



WESTON  
MUSEUM

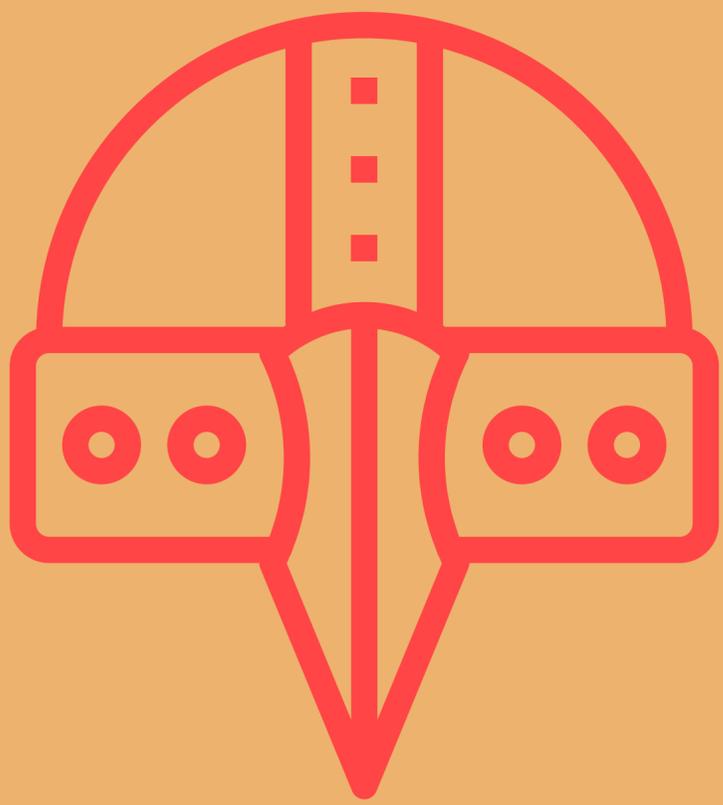


# VIKING

The Vikings came from all around Scandinavia (where Norway, Sweden and Denmark are today).

Even though the Vikings didn't stay in Britain, they left a strong mark on society.

**TODAY, WE WILL BE EXPLORING THE EVERYDAY LIFE OF THE VIKINGS - INCLUDING SOCIAL STRUCTURE, APPEARANCES AND FARMING AND CUISINE.**



# SOCIAL STRUCTURE

**There were 3 main types of social class in the Viking era.**

**Research all 3 and write at least two sentences about each social class.**

**THRALLS**

**KARLS**

**JARLS**

# APPEARANCES



Vikings put a lot of work into their appearance, and the practice of grooming was a concern for all levels of society.

Research and find out what you can about the appearances of the 3 classes of society (there is a lot of information out there about Jarls and Karls, but less so about Thralls).

**THRALLS**

**KARLS**

**JARLS**



# FARMING AND CUISINE

**The Sagas tell about the diet and cuisine of the Vikings. However, first hand evidence such as cesspits, kitchen middens and garbage dumps have proved to be of great value and importance in providing insight into the diet and cuisine of Vikings.**

**Let's do some research into the diet of Vikings to see what they liked to eat!**

**WHAT MEATS DID VIKINGS LIKE TO EAT?**

**WHAT ALCOHOLIC BEVERAGES WERE CONSUMED?**

# FARMING AND CUISINE



WHAT ANIMALS DID THEY GET MILK FROM?

WHAT MEAT DID THE VIKINGS IN YORK EAT?

WHAT FRUITS WERE COLLECTED AND CONSUMED?



# A VIKING RECIPE

**This is a recipe that the Vikings used to make Honey, Oat and Spiced Cakes.**

**All of the ingredients they used are still around today - why not try to follow this recipe and make the cakes?**

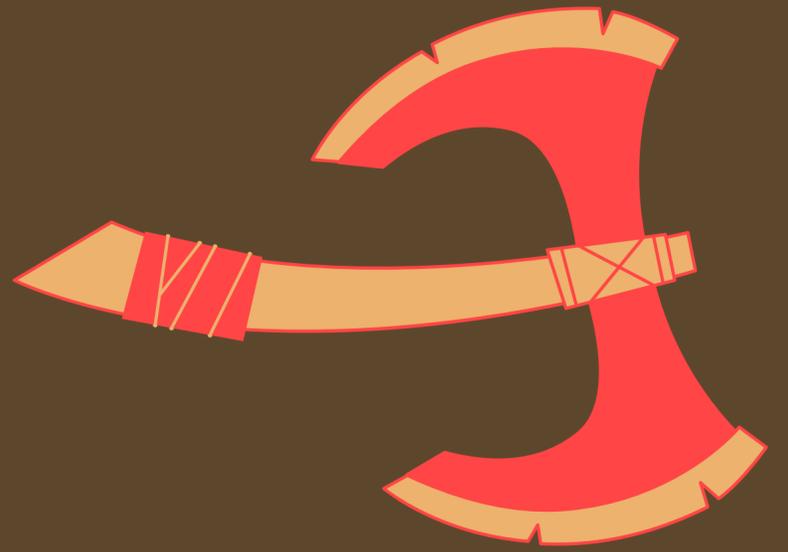
## INGREDIENTS

- 250g oats (use Scottish porridge oats)
- 125g unsalted butter
- 50g chopped dride apricots or dried apples
- 4 large tablespoons of runny honey
- 1 level teaspoon of ground cinnamon

## EQUIPMENT

- weighing scales
- large saucepan
- wooden spoon
- greaseproof paper
- baking sheet

# A VIKING RECIPE



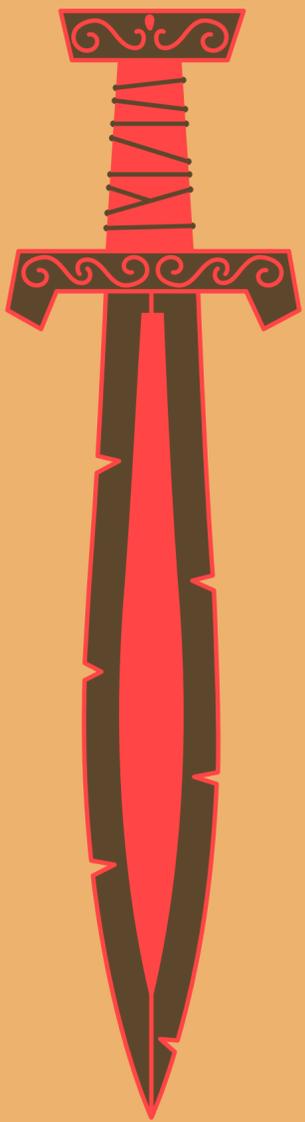
**This is a recipe that the Vikings used to make  
Honey, Oat and Spiced Cakes.**

**All of the ingredients they used are still around  
today - why not try to follow this recipe and  
make the cakes?**

## INGREDIENTS

- preheat the oven to 180C
- in a large saucepan over a low heat, melt the butter and then remove from the heat when butter has melted
- stir in the oats, dried fruit and honey
- mix until well-mixed
- spoon dollops of the mixture onto a well-greased baking sheet and flatten slightly
- bake in the oven for 10 - 12 minutes (or until golden)
- gently lift the cakes onto a wire rack and leave to cool

**Let us know if you made the cookies! Tag us on  
social media @westonmuseum**



# GLOSSARY

Throughout this research, you may have come across some new words. Let's explore the meaning of these words and write a definition in the boxes below.

**THING**

**NORSE**

**SAGA**

**DRINKING VESSEL**

# COMMON MISCONCEPTIONS



A few of the well-known "facts" about Vikings, are not actually true! Let's explore these misconceptions by reading below.

## HORNED HELMETS

Apart from two or three representations of helmets - with protrusions that may be either stylised ravens, snakes or horns - no preserved Viking helmets have horns. Viking helmets were conical, made from hard leather with wood and metallic reinforcement for regular troops. The iron helmet with mask and mail was for the chieftains.

## BARBARITY

The image of wild-haired, dirty savages sometimes associated with Vikings in popular culture, is a distorted picture of reality. Viking tendencies were often misreported. The work of Adam of Bremen, among others, told largely disputable tales of Viking savagery and uncleanness.

## USE OF SKULLS AS DRINKING VESSELS

There is no evidence that Vikings drank out of the skulls of vanquished enemies. This was a misconception based on a passage in the skaldic poem *Krákumál* - speaking of heroes drinking from *ór bjúgvíðum hausa* (branches of skulls). This was a reference to drinking horns - but was mistranslated in the 17th Century, as referring to the skulls of the slain.



# DID YOU KNOW?

**Here are 4 facts about the Vikings that you might not have known.**

1. The word "Viking" means "a pirate raid" in the Norse language - which was spoken by Vikings.
2. The Viking alphabet 'Futhark' was made up of 24 characters called Runes. Each one stood for entire words or gods, as well as sounds.
3. There was a large Viking community around York called Jorvik. Archaeologists have found out a lot about the Vikings thanks to the artefacts found there.
4. In Viking times, people usually took baths once a week! This often took place on Saturdays.

**Did you already know any of these facts about the Vikings?**