

# Life in middle ages

-Daily life during the Middle Ages is sometimes hard to fathom. Pop culture loves to focus on exciting medieval moments-heroic knights

-Most of the time was spent working the land, and trying to grow enough food to survive another year

-Church feasts marked sowing and reaping days, and occasions when peasant and lord could rest from their labors. Social activities were important, and every citizen in a medieval town would be expected to attend. Fairs with troubadours and acrobats performing in the streets...merchants selling goods in the town square...games of chance held at the local tavern...tournaments featuring knights from near and abroad...these were just some of the ways medieval peasants spent their leisure time. Medieval weddings were cause for the entire town to celebrate.

## CLOTHING

-From the 11th through the 13th centuries, medieval clothing varied according to the social standing of the people. The clothing worn by nobility and upper classes was clearly different than that of the lower class. The clothing of peasants during the Middle Ages was very simple, while the clothing of nobility was fitted with a distinct emphasis on the sleeves of the garments.

## HOUSING

-The houses were characteristically square and wooden, built of planks or even rough logs. On wetter soils these were built on the ground or on wooden rafts, but elsewhere they were regularly sunken into the ground. Slavic houses often had a clay or stone oven in one corner. These materials, however, lack any details concerning appearance and construction of former houses.

## FOOD

-Medieval foods and diets depended much on the class of the individual. For those living in the manor house, there was a wide range of foods available. Fowl such as capons, geese, larks, and chickens were usually available to the lord and his family.

-Medieval peasants, on the other hand, had a much simpler diet available to them. Most of the wheat they harvested went exclusively to the market, and peasant breads were made from barley and rye, baked into dark heavy loaves.