Food

The Aboriginal peoples had a very healthy diet. They knew how to find foods that were full of vitamins and minerals.

The women were the main food gatherers and they would go out and search for seeds, vegetables, fruit and witchetty grubs. The men were in charge of hunting animals. They would hunt for kangaroo, lizards, snakes and goannas. To catch the animals they would use boomerangs, throwing sticks and spears.

The Aboriginal peoples ate different foods depending on where they lived in Australia. Some parts of Australia had a wide range of plants and animals that they could eat. In other parts of Australia there was barely enough food to survive.

The Aboriginal peoples that lived along the coast would eat mainly fish and turtles. They would catch these animals by using spears.

Once the food was caught the Aboriginal peoples would usually cook their meat on a fire. Before cooking their meat they would wrap it in bark or leaves.

There were various ways of preparing food. Meat was generally cooked on fire or steamed in pits. Sometimes it was wrapped in bark or leaves. Plant foods were washed, ground, strained, grated, boiled or cooked in large seashells or in bark troughs. Roots were dried in the sun or roasted on hot ashes and sometimes baked into cakes.