

Revival of Ancient Egyptian Food Habits: Preserving the Past and Living the Present

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Abstract : A variety of sources on Ancient Egypt provides us with knowledge about its agricultural and eating habits. This wealth of information testifies that the ancient Egyptians disposed of a wide variety of food choices. Egyptian agricultural diet was complemented by livestock breeding (Cows, sheep, geese, ducks, quail, pigeons, pelicans, etc). Moreover, the ancient Egyptians planted and harvested large amounts of cereals and vegetables (onions, leeks, lettuces, garlic). They had a varied and well-balanced diet throughout their history. Like in modern times, their eating habits not only changed from one region to the other, but also these also differed according to social classes. The present research is a descriptive-analytical study that tackles eating habits and culinary experience of the ancient Egyptians in an attempt to revive and preserve Egyptians' food heritage. It focuses on different meals that were prepared and consumed in different occasions, and the habits that can be traced in Egypt in modern times. It also suggests means of bringing to life the ancient Egyptians' food experience through restaurants and other tourism activities.

Keywords : cultural heritage, ancient Egyptian food, eating habits, preserving food traditions

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