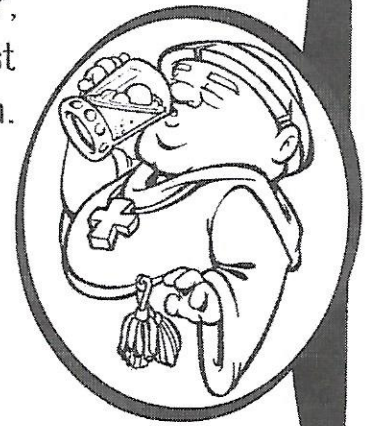


A Medieval Beverage



During medieval times, water was mostly unfit for use. Besides wine, beer and apple cider, mead was the favourite beverage, and it was usually served with dessert. Mead was made with honey and water. Similar to wine, it was fermented in wooden barrels and often flavoured with spices or fruit juices. More flavour was added, depending on the type of honey: clover, linden or others.

Three kinds of mead were made. One-and-a-half mead was prepared with each litre of honey diluted with half a litre of water. Double mead was made with as much honey as water. Triple mead was made in a ratio of one litre of honey to two litres of water and was fermented for two years. So drinking a glass of mead might easily feel like being at the court of King Arthur, since the senses of smell and taste are the most effective in stimulating memory and imagination. Have a good trip back in time!



A Medieval Beverage

- 1) How come people did not drink water in medieval times? _____

- 2) Find a different title for this text. _____

- 3) What other fermented beverage is compared to mead in the text? _____

- 4) Flavour was added depending on what criterion? _____

- 5) What else did people drink in the Middle Ages? _____

- 6) How many kinds of mead were made? _____
- 7) What basic ingredients were needed to make mead? _____
- 8) In what proportion was double mead made? _____

- 9) Would you like to end up in the court of King Arthur? Why?

- 10) According to the author, what senses best stimulate memory?
Do you agree? _____

