

## You Are What You Ate: Food lessons from the past!

### 'Diet, health and growth': free bone workshops

Diseases such as dental decay, scurvy, rickets and gout all leave tell-tale traces on the skeleton. Periods of malnutrition and starvation in childhood stopped growth and caused children to be short and grooves to appear on teeth. Come and explore the links between diet and health in the Middle Ages. A short introductory talk is followed by a laboratory session where you will be encouraged to examine medieval skeletons with evidence of diet-related pathology and stunted growth. See for yourself how what we eat affects our bodies!

Join us for a free osteology workshop on Saturday 23 March from 10am to 12.30pm at the University of Bradford (Archaeological Sciences). The session will be repeated on Saturday 27 April (times and venue the same).

The workshop is open to anyone over 18. If you are interested in diet or history, or would like to find out more about bioarchaeology, this workshop is for you.

Booking is essential as places are limited. To book a place on one of the workshops, please email [youarewhatyouate@leeds.ac.uk](mailto:youarewhatyouate@leeds.ac.uk) or phone us on (0113) 343 1910 (the office is open Weds and Thurs: if you call any other time, please leave a contact phone number so we can get back to you to confirm if you have a place).

Refreshments will be provided.

This activity is part of the 'You are what you ate' project, funded by the Wellcome Trust, and in partnership with the University of Leeds, Wakefield Council and the University of Bradford.

For more information on all our events and activities, including our 'Food for all seasons' exhibition, take a look at our website:

[www.leeds.ac.uk/youarewhatyouate](http://www.leeds.ac.uk/youarewhatyouate)

'You are what you ate'

Room 421, 4th floor, Parkinson Building  
School of History, University of Leeds, LS2 9JT  
Telephone: (0113) 343 1910