





The Anglo-Saxons had a very varied diet

The Anglo-Saxons first tried to invade Britain in the 4<sup>th</sup> century but the Romans stopped them.



 Around 450AD the ancient romans had left Britain, so the Anglo-Saxons came over in wooden boats and took their chance to settle in Britain.



The Anglo-Saxons came from Germany, Denmark and the Netherlands.





When they died they got buried with their most prized possessions to take to the afterlife.



 At Sutton Hoo the Anglo-Saxons buried their king with a ship because it was his most prized possession







The royal burial mounds of Sutton Hoo were a signpost to the kingdom of East Anglia





There were 7 anglo saxon kingdoms in England



• Norfolk came from North Folk

