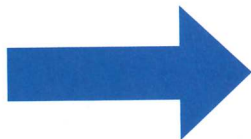


# DID SETTLED LIVING HELP OR

The change from hunting and gathering to farming took place gradually over many thousands of years. As you read, think about how people and communities were affected by the transition to new ways of living.

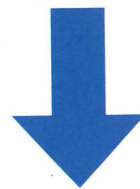
## FROM HUNTER-GATHERER TO FARMER TO CITY DWELLER

Hunter-gatherers needed more stable and reliable food sources.



To solve this problem, hunter-gatherers started to settle in fertile areas and cultivate plants that grew there naturally.

They also domesticated wild animals, such as oxen, to provide food and help with the farm work.



Improved farming methods and inventions such as the wheel meant that farmers were able to grow more food than needed to feed their own family. Surpluses meant that some people could buy or trade for food and follow other pursuits such as soldiering, building, medicine, and the arts.



For convenience and protection, many non-farmers chose to live close to one another in settlements that gradually grew into towns and cities.





# HARM EARLY SOCIETIES?



Archaeological evidence suggests that the diet of hunter-gatherers consisted mainly of leaves, fruits, vegetables, lean meats, and fish. The diet of farmers and people who lived in towns and cities was less varied. Their diet was higher in fats and salt, but lower in fibre. Evidence suggests that this may have led some people to suffer from high blood pressure and heart disease.

Hunter-gatherers lived in small groups that moved around a lot. This reduced their chances of spreading infectious diseases. In towns and cities, people lived in close contact with one another. As a result, infectious diseases spread easily. Many people died.

As farmers produced surplus crops and trade increased, some people became wealthy. Their wealth attracted invaders who wanted the riches. This image is from a mosaic found in the royal tomb in the city of Ur in Mesopotamia. It shows an army marching to battle. **Q:** What inferences can you make about how warfare affected people living in Mesopotamian cities?

## THE EVOLUTION OF DIET

*The following is an excerpt from a National Geographic article written by Ann Gibbons, author of **The First Human: The Race to Discover Our Earliest Ancestors.***

The domestication of grains such as sorghum, barley, wheat, corn, and rice created a plentiful and predictable food supply, allowing farmers' wives to bear babies in rapid succession—one every 2.5 years instead of one every 3.5 years for hunter-gatherers. A population explosion followed; before long, farmers outnumbered [hunter-gatherers].