**History – The Romans:**

**Lesson 7: History 12th June 2020**

**LO: To find out about the type of food that the Romans ate in Roman Britain.**

**Complete the circle map of what you have learnt so far about the Roman era.**

**THINK PAIR, SHARE**

Discuss/think about how you eat your meals at home.

**WHITE HAT**

What utensils do you use?

Where do you sit?

Where is your food?

**GREEN HAT**

What types of food do you eat?

**Key information:** Before the Romans invaded lots of different countries, they ate food that was relatively normal e.g. vegetables and simple, boring foods.

After they invaded lots of countries and started to become rich they began to introduce some very different and interesting foods into their diets.

**Use these links to find out about the Roman diet:**

<https://kidskonnect.com/history/roman-food/>

<http://www.primaryhomeworkhelp.co.uk/romans/food.html>

**What foods did they Romans eat?**

The Romans ate food that they could grow such as vegetables.

They used cereals they grew to make bread.

They also ate meat from animals and birds.

The Romans brought food over from other countries in their empire (imported food). Many of these foods were new to Britain and had therefore never been tasted by people living in Britain. These 'new' foods included many vegetables such as carrots, cucumbers, cabbages, radishes, broad beans and celery.

The Romans were also very fond of fish sauce called liquamen (also known as Garum).

**Meals**

Typically, the Romans ate three meals a day.

**Breakfast - ientaculum**

The Romans ate a breakfast of bread or a wheat pancake eaten with dates and honey.

**Lunch - prandium**

At midday they ate a light meal of fish, cold meat, bread and vegetables. Often the meal consisted of the leftovers of the previous day's cena.

**Dinner - cena - The main meal**

What was eaten for dinner varied among classes. The poor might only eat a simple meal of vegetables and porridge, whereas the rich could enjoy such luxuries as several course meals and exotic food and wine.

Wheat was boiled to make the tasteless porridge. To add flavour to the porridge they often added flavourings and relishes as well as vegetables, herbs and a little meat.

**Rich Romans**

Rich Romans held elaborate dinner parties in the triclinium (dining room). These parties often lasted up to eight hours. The Romans did not sit on chairs around the table like we do today. Instead the adults lay on sloping couches situated around a square table. Only small children or slaves were permitted to eat sitting.

The Romans ate mainly with their fingers and so the food was cut into bite size pieces. Slaves would continually wash the guests' hands throughout the dinner.

Spoons were used for soup.

Rich Romans could afford to eat lots of meat.

"Meat dishes included boar (wild pig), venison (deer), wild goat, mutton, lamb, kid, sucking pig, hare and dormice. Poultry dishes were of almost every known bird: chicken, geese, ostriches, cranes, pheasants, pigeons, doves, thrushes, fig-peckers, and- for the rich- peacocks" (Cowell, 1961: 78).

**Roman writer Petronius wrote about his eating experiences in around AD 60:**

"After a generous rubdown with oil, we put on dinner clothes. We were taken into the next room where we found three couches drawn up and a table, very luxuriously laid out, awaiting us.

We were invited to take our seats. Immediately, Egyptian slaves came in and poured ice water over our hands. The starters were served. On a large tray stood a donkey made of bronze. On its back were two baskets, one holding green olives, and the other black. On either side were dormice, dipped in honey and rolled in poppy seed. nearby, on a silver grill, piping hot, lay small sausages. As for wine, we were fairly swimming in it."

**Drinks**

Wine and water was served in jugs.

**Task 1:** Imagine you are a rich Roman. Design a menu for your dinner party. (Template attached below.)

**Task 2:** Write a paragraph explaining what is included and offering suggestions about why the Romans may have eaten those types of food.

**Task 3 ((Optional):** Design an invitation for your dinner party.

