

A Roman meal activity | Teacher notes

Many poor, town dwelling Romans did not have a kitchen in their homes and a meal would often have been a simple bowl of porridge or some bread.

For wealthier Romans, the main meal, or '*cena*', could include chicken, pork, veal and vegetables. A sweet desert made with honey was also common.

Banquets included delicacies such as fattened dormice and songbirds. Slaves would cook this food and they often ate better than poor, free Romans.

Activity ideas:

- Pupils can cut out the pictures of the food items eaten by Romans and create a typical meal. What foods did the Romans eat that we don't eat so much today?
- This activity could be used to show the difference between the diet of a poor Roman and a wealthy one.
- Discuss the likely long-term consequences of a nutrient lacking diet on the poor.

Fun fact: Much of the food was heavily spiced and the Romans loved to flavour their food with '*garum*' a sauce made from fermented fish innards. It could be likened to their version of tomato ketchup!



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