

History - Romans - Food

L.O: To know what food Romans ate.

Week beginning 4th May 2020

Investigate the food and drink the Romans consumed

What type of food do you think the Romans ate?

Why?

(Think about where the Roman Empire started)



How do you think we know what Romans ate?

The Roman Diet

The ancient Mediterranean diet revolved around four staples, which, even today, continue to dominate restaurant menus and kitchen tables: cereals, vegetables, olive oil and wine. Seafood, cheese, eggs, meat and many types of fruit were also available to those who could afford it.

The Romans were also adept at processing and conserving their food using techniques from pickling to storage in honey. Flavouring food with sauces, herbs and exotic spices was another important element of Roman food preparation.

Our knowledge of just what the Romans ate and how has been gathered from texts, wall-paintings and mosaics, and even the remains of the food itself from sites such as Pompeii.

Cooking

Roman towns had inns and taverns where people could buy prepared meals and enjoy a drink of cheap wine, but they were not very clean avoided by the more richer citizens.

Bakeries could provide the sufficiently hot ovens needed for bread-making, where often customers brought their own bread dough and used only the bakery's oven to bake it.

Apart from these places, cooking was still very much a household activity. Using a brazier, food was roasted, broiled, and boiled. The art of good cooking was particularly associated with mixing sauces well to create tasty and unique dishes using wine, oils, vinegar, herbs, spices, and meat or fish juices.

There were even writers who offered helpful cooking advice, such as Apicius who wrote *On the Art of Cookery*, a collection of 4th century CE recipes.

Roman food

Watch this video about food and meals:

<https://www.youtube.com/watch?v=mhOkLLsDAm8>

Try and make the bread in the video or you can look for your own recipe for a dish from Roman times.

Don't forget to take photos and email in your dishes.