

What foods do you associate with Italy?



So what do you think the Romans ate?

So what do you think the Romans ate?

If your answer is pasta
or pizza, you are

WRONG!!



So what food did the Romans bring to Britain?

<https://www.bbc.co.uk/bitesize/clips/zgps34j>



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 depended on whether you were rich or poor.

Build a Banquet



You have just been assigned a new task from the Emperor, Septimius Severus. He wants you to create a menu for his next banquet.

Severus has given you strict instructions. The Romans had some very strange tastes in foods – take a look and see what menu you can come up with.

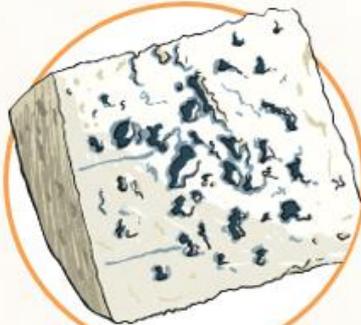


Sumptuous Starters

Design a starter using the following ingredients:



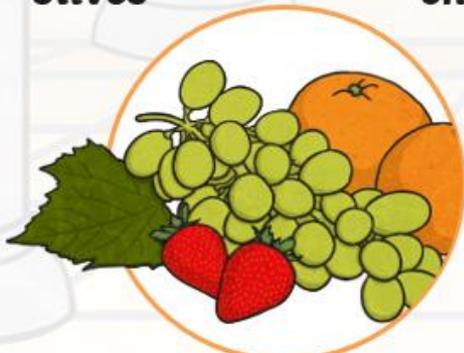
olives



cheese



bread



fruit



salad

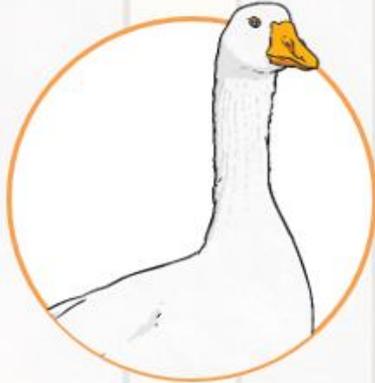


Fun Fact

Food was cut into bitesize chunks so that Romans could eat with their fingers.

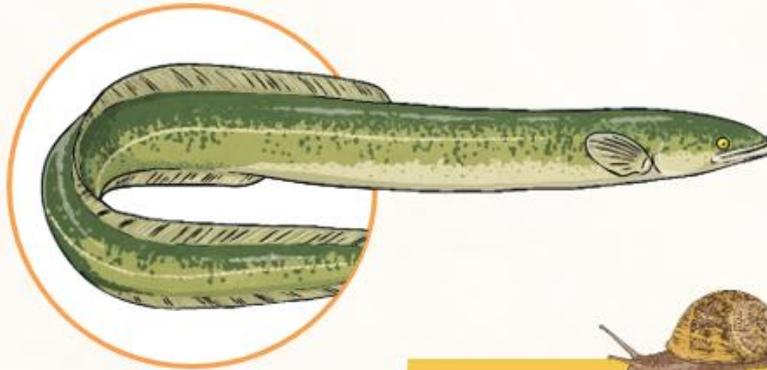
Marvellous Mains

Create a main meal using the following ingredients:



Stuffed meats

- goose
- duck
- boar
- goat
- lamb
- hare
- peacock
- pheasant



Fish

- eels
- oysters
- mackerel

Make your menu extra special by including delicacies like snails and dormice!

Fun Fact

Roman banquets would last for hours and lavish entertainment was provided between each of the courses.

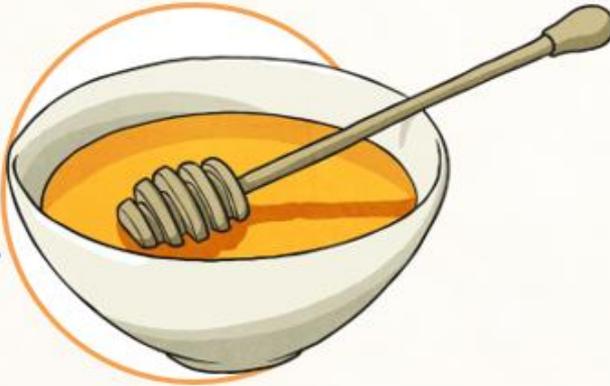


Delectable Desserts

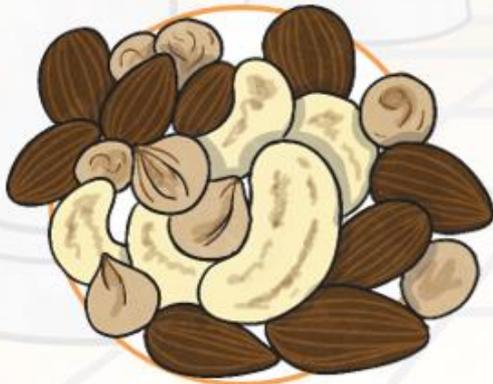
Create a dessert using the following ingredients:



fruit



honey



nuts



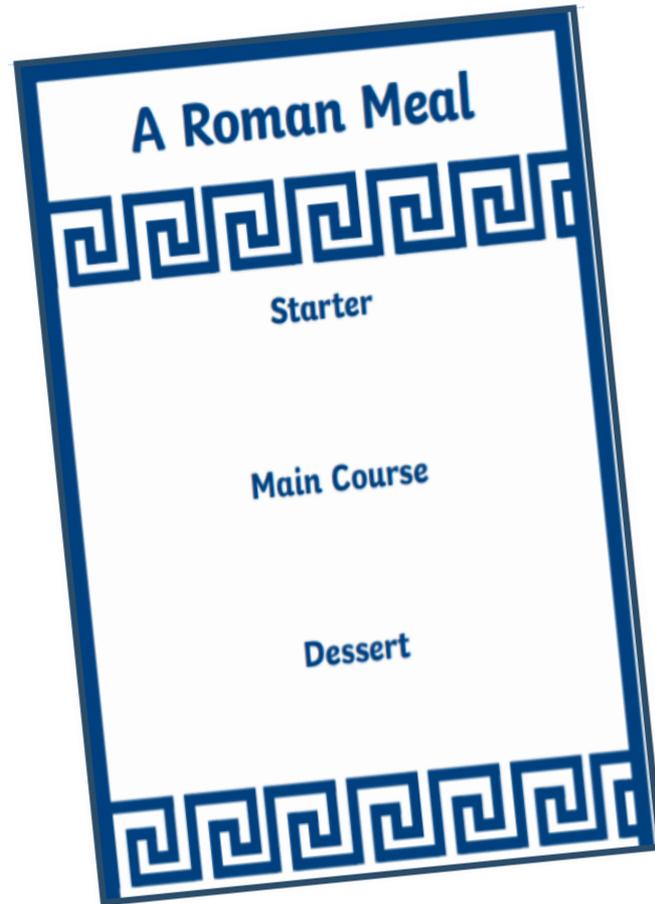
pastries (e.g. tarts)



Fun Fact

Food was served to guests whilst they reclined on couches surrounding small tables.

Create a Roman menu using the task sheet or, if you feel creative, design your own Roman feast!



A Roman Meal

Starter

Main Course

Dessert

The image shows a menu template titled "A Roman Meal". It features a blue Greek key border at the top and bottom. The text is centered and includes sections for "Starter", "Main Course", and "Dessert".

Mrs Planter-Dixon's Roman Feast

THE APPETIZER (GUSTATIO):

- Bread rolls
- A salad of baby lettuce and chopped leeks, dressed with a bit of olive oil and red wine vinegar
- Assorted raw vegetables including celery, carrot and cucumber with a cheese pate for dipping.

THE MAIN COURSE (PRIMA MENSA):

- Bread rolls
- Cabbage leaves roasted in olive oil and “served in the black dish”
- Pork sausage served on top of savoury porridge
- Roasted dormice in a cumin and honey sauce
- Rabbit with fruit sauce

DESSERT (SECUNDA MENSA):

- Fresh fruit
- Nut and custard tart
- Roman cheesecake

Challenge:

If you want to try to recreate an Ancient Roman dish, look in this week's investigation folder for a Roman Recipe to try at home!

