

Roman Food

Like many people today – the Romans loved their food.

Some of the food would have been grown in Britain, but other foods were brought by ships from around the Roman world. There was wine and grape juice from Italy, olives from Spain and dates from North Africa.

Activity 1

Amazing food facts - True or false?

Mark in the box whether you think these facts about Roman food are true (T) or false (F). Check your answers at the end of the last page.

1. The Romans used salt not only to flavour their food, but also to help preserve it in the days before fridges?
2. Archaeologists (people who like digging up old things to find out about the past) found something amazing in a Roman town called Pompeii, in Italy. In one of the ovens in a bakery (where you make bread) they found a perfectly preserved, 2000-year-old loaf of bread?
3. Only rich Romans could afford to put pepper on their food because it came all the way from India and that made it very expensive?
4. Sometimes the Roman's added honey to their wine or grape juice to make it taste sweeter?
5. Some Romans liked the oysters found in the sea around Britain so much that they had them sent all the way to Rome nearly 2000 miles away?

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Activity 2

Word search

Believe it or not – many of the foods that the Romans enjoyed 2000 years ago we still eat today. Many of these were kept in large clay pots called amphora. These were so big and heavy that two people were needed to lift them.

See if you can find these Roman foods hidden in the word search on the opposite page. Tick the words off when you find them.

- | | | | |
|---------------|-------------------------------------|----------|--------------------------|
| • Apple | <input type="checkbox"/> | • Garlic | <input type="checkbox"/> |
| • Bean | <input checked="" type="checkbox"/> | • Olive | <input type="checkbox"/> |
| • Chicken | <input type="checkbox"/> | • Onion | <input type="checkbox"/> |
| • Cucumber | <input type="checkbox"/> | • Pea | <input type="checkbox"/> |
| • Garum sauce | <input type="checkbox"/> | | |

Do you still eat any of these Roman foods?

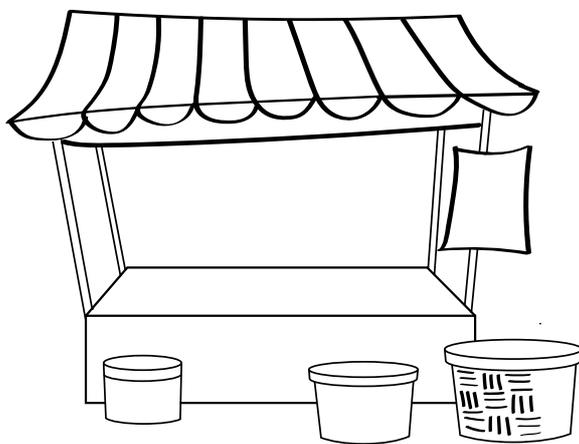
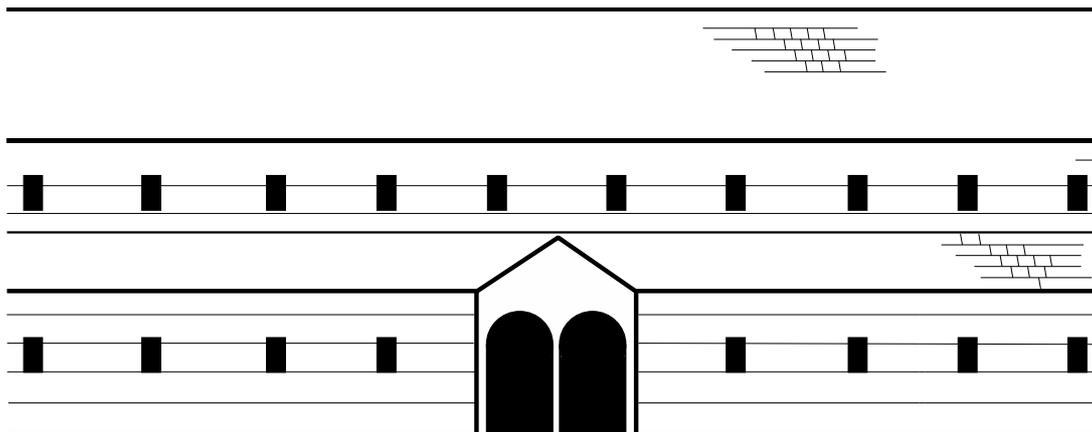
Garum sauce may be the only one that you have not heard of. This was a special type of sauce made of fish guts (the bits inside that we do not usually eat) that were left to stew for a long, long time.

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stalls and lots of shops surrounding this. You could buy almost everything at the Forum and it was always very busy.

Activity 3

Complete the picture of a Roman Forum below. You might want to add some market stalls, some people shopping or some of the Roman foods from the word search.



(True or false answers: Believe it or not all of these amazing facts are true).