

Roman life in the city!



The Emperor

His Army

The Merchants

The Potter

The Bather

The Farmers

Lets see what Ancient Roman food was like...

What did the Ancient Romans eat?

Watch the video, on virtual school I have linked it in for you to watch!

Breakfast...

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

They used cereals they grew to make bread.

Lunch...

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 dinner.

Dinner...

For dinner 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.



Did you know...?

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

They also ate meat from animals and birds.

They could also find different food and drink to buy at the baths.

TASK: Draw 3 meal plates with a Roman meal on for breakfast, lunch and dinner. Write a sentence next to each one. It must be factual...What did the Ancient Romans actually eat?

Breakfast



For breakfast an Ancient Roman would normally have...

Lunch



At lunch they would normally eat...

Dinner



The main meal of the day was dinner. A Roman would have had to eat in the Ancient Roman times.

Here is a cool video about the Roman Vomitorium.... GROSS!

Yes this was a real thing!  [Watch video](#)



Remember if you are on Virtual School all the links are in the topic section for the videos!