

So what did the Romans Eat?

When the Romans lived at Binchester Roman Fort in County Durham, they ate the usual cattle, sheep, goats and pigs. But in addition to that, archaeologists have also found fragments of bones of red and roe deer, fox, hare, badger, otter and rabbit. There were also plenty of bird bones including duck, goose, oystercatcher, raven, swan and white tailed and golden eagles. Have a look at the images below.



Photos: Durham Wildlife Trust



<http://en.wikipedia.org/wiki>



<http://www.bds.org.uk/index.html>



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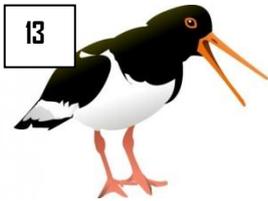
10

<http://www.wildaboutbritain.co.uk>



11

<http://www.jahwallpaper.com>



13

<http://www.freepik.com/>



12



14

<http://en.wikipedia.org/>

The golden eagle's scientific name is *Aquila chrysaetos*.

The Sea Eagle is *Haliaeetus albicilla*.

4. Can you research the scientific names for the other animals on these pages?

1. Can you say which animal each image shows?
2. Choose **two** of these animals. Research each one and then write a description of its lifestyle and its status in Britain; eg, is it endangered or doing well?
3. Many of Britain's wild plants and animals are protected by The Wildlife and Countryside Act (1981), the Wild Mammals (Protection) Act (1996), the Hunting Act (2004) and the Protection of Badgers Act (1992). Why do you think that is?

Of course, there was no protection for wildlife in ancient times. People ate what they could rear or catch.

Research – Roman Food

Look at this website: http://www.historylearningsite.co.uk/roman_food.htm

1. What was **jentaculum**? If you were a Roman, what would you often eat for this meal?
2. What was **prandium**? When would you eat it? What sort of foods would you eat?
3. What was **cena**? How long might this meal last?
4. What would a Roman have for supper?
5. What was **garum**? Would you like to eat it?
6. How did the Romans cook dormice? (Remember that dormice are **strictly protected** today.)



http://en.wikipedia.org/wiki/Edible_dormouse

Look at this website: <http://www.historyforkids.org/learn/romans/food/romanfood.htm#!>

7. What differences would there be between the food of rich people and that of the poor?
8. Click on 'Northern Europe and England'. For what did the Romans use olive oil?
9. Why did the Romans think the Germans 'smelled funny'?
10. Why did Tacitus say the Germans were larger than the Romans?



Look at this website: www.historyonthenet.com/romans/food.htm

<http://commons.wikimedia.org>

11. One of the main meals for Romans was **pottage**.
Go to: <http://cookit.e2bn.org/historycookbook/899-pottage-a-vegetable-soup.html> In groups, Could your group make a meal of pottage? Read the recipe carefully. **Take care with sharp kitchen tools and hot cooking equipment!**

Look at this website: <http://primaryfacts.com/1135/roman-food-facts-what-did-the-romans-eat/>

12. How did Romans eat their meals? How is that different to the way you eat?
13. Why didn't the Romans use sugar?

Watch the **video** clip.

Globi (Cheese and Sesame Sweetmeats)



14. For what did the Romans use napkins?
15. How did they serve their wine?
16. What was their favourite pudding?

<http://commons.wikimedia.org>

Look at this website: http://resourcesforhistory.com/Roman_Food_in_Britain.htm

17. The Romans brought leeks to Britain. How do we know that they were an important part of the British diet?
18. Some people who lived in town apartments would not have had proper cooking facilities. How did they get around that problem?
19. How many eggs did the slave of Verecundus need to buy? 'But only if ...'
20. How many chickens did he have to find?
21. What did the **lead bread stamp** suggest?
22. How many soldiers shared a frying pan?



Roman army bread making ingredients.

Extension Work (To be arranged by your teacher.)

<http://commons.wikimedia.org>

http://en.wikipedia.org/wiki/Ancient_Roman_cuisine

<http://www.romanarmy.net/food.shtml>

Why not visit Binchester Roman Fort? <http://www.durham.gov.uk/article/2011>

<http://en.wikipedia.org/wiki/Vinovia> <http://binchester.blogspot.co.uk/>

See: <http://www.thisisdurham.com/things-to-do/durham-attractions/binchester-roman-fort-p22641> for opening times.

The Binchester Roman Town in County Durham, where archaeologists have unearthed artefacts dating back 1,800 years, was recently (2014) bought by the owners of nearby Auckland Castle, following a campaign to secure its future as a preserved visitor attraction which drew thousands of supporters from across Britain and the backing of TV stars.

Owners of the Bishop Auckland site have now revealed plans to create a glass walkway over the ruins and a visitor centre, while at the same time confirming that the digs that have taken place at the site will continue next year at least and thanking those who backed the campaign. (The Chronicle) <http://aucklandcastle.org/>



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<http://binchester.blogspot.co.uk/>