



**♂ MALE** **♀ FEMALE**

As part of our Roman topic, Year 3 will be having a **Roman Day on Tuesday 16th October**. Throughout the day the children will take part in activities inspired by this topic. To enable the children to become completely engaged, we require them to come to school dressed as Romans. They could be rich or poor, a soldier or an Emperor! Costumes can be made cheaply using an old white bedsheet for a toga. Please ensure it is fixed securely. Alternatively parents in previous years have also had costumes made by a tailor, borrowed from a child formerly in Year 3 or bought a costume from one of the costume shops such as Posters or The Party Shop in Abu Dhabi.

We look forward to seeing all the children dressed in their Roman costumes on the 16th.



**Step 1**  
Place sheet around body, preferably to knee length



**Step 1**  
Place sheet under arm and wrap around body, preferably to knee length



**Step 2**  
Wrap sheet around body, repeat this so you have two layers



**Step 2**  
Wrap sheet around body, repeat this so you have two layers



**Step 3**  
Wrap around your back and bring over your left shoulder



**Step 3**  
Collect remaining fabric and twist to make a rope then wrap around waist



**Step 4**  
Then tie the front and back corners in a knot on your shoulder



**Step 4**  
Bring rope around back of neck then bring down and secure with waist rope



**Step 5**  
Use a safety pin to help secure the material along your waist line and shoulder



**Step 5**  
Tie the rope into a knot and then wrap around back of waist to secure



# WHAT DID THE ROMANS EAT?

The Romans ate food that they could grow - **vegetables** and **fruit** such as **figs** and **apples** and **barley** and **olive oil** and **lentils**. They used the **cereals** they grew to make **bread**. They also ate **meat** from animals and birds they caught. The Romans were also very fond of **fish sauce** called liquamen—also known as Garum, you can find recipes for the this today on the internet . They sometimes ate cheese and eggs too.

The Romans also introduced improvement of the British diet by introducing proper vegetables to the island. These 'new' foods included many vegetables such as **carrots, cucumbers, cabbages, radishes, broad beans, garlic, onions, leeks, peas, turnips celery** and more.

Roman 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 same **courses** as the previous day's cena.

◆ Dinner - cena - The main meal



◆ **Poor Romans** might only eat a simple meal of **vegetables** and **porridge**. **Wheat** was boiled to make **tasteless porridge**. To add flavour to the porridge they often added flavourings and **relishes** as well as **vegetables, herbs** and a little **meat**.

**Rich Romans** held elaborate dinner parties in the triclinium (dining room) and could enjoy such luxuries as several course meals of exotic food. The Romans did not sit on chairs around the table like we do today. Instead the adults lay on sloping couches situated around a square table. Only small children or slaves were permitted to eat sitting. The Romans ate mainly with their fingers and so the food was cut into bite size pieces. Slaves would continually wash the guests' hands throughout the dinner but spoons were used for soup. Then, after... a trip to the vomitorium!

On **Tuesday 16th October** we would like you to bring in your very own Roman lunch, choosing from many of the foods highlighted above in **bold**, but remember, although Italy is famous for many foods such as pasta, lasagne and pizza, these had not yet been invented, so please consider this when choosing your **Romani prandium**.

