

2.8

More about Roman Food

Ordinary Romans did not eat much meat. Their main food was wheat flour, which was made into bread or porridge. They added herbs, vegetables, and other flavorings to make their simple diet more interesting.

Wealthy people had a more varied menu and ate much more meat and fish. A favorite sauce was the strong, salty **garum**, made from fish entrails. At a **cēna** people might eat as many as seven courses.

1 There is one food in each group which the Romans did **not** eat. Circle it and pick out from the word the letter indicated in the column on the right. Rearrange the letters to complete the sentence below.

a) potatoes cabbage onions olives 2nd letter _____

b) chicken lamb curry mushrooms 5th letter _____

c) figs raisins chocolate pears 2nd letter _____

d) cherries bananas dates walnuts 3rd letter _____

e) tea wine olive-oil fish-sauce 2nd letter _____

The Romans relied on _____ as a sweetener

2 Spot the differences. There are five things missing in one of these pictures of a **cēna**.

