

The Romans

Do you want to know what the Romans ate, wore and did for fun? Read on to find out more about this mighty group of people.

Who Were the Romans?

The Romans were a group of people who were named after the important city of Rome. Rome is the capital city of Italy. It was the city at the centre of the Roman Empire.

However, many soldiers fighting in the Roman army did not come from Rome itself. Instead, they came from one of the many countries which were part of the Roman Empire. The Roman Empire included parts of Europe, North Africa and the Middle East.



The Roman Empire in AD 117

What Did the Romans Wear?

Roman clothing was different for men and women:

Men wore:

- a knee-length **tunic**;
- a cloak over their tunic.

Rich Roman men would wear a long robe called a **toga**.



Women wore:

- an ankle-length tunic;
- a dress over their tunic.

Rich Roman women would wear long tunics made from silk. They also wore lots of jewellery.



The Romans also had different clothing for boys and girls:

Boys wore:

- a knee-length tunic;
- a special piece of jewellery called a **bulla**.



Girls wore:

- an ankle-length tunic;
- a special piece of jewellery called a **lunula**.



The Romans thought that the **bulla** and the **lunula** would protect the child from evil spirits.

Most Romans would have worn sandals or boots made from leather.

What Did the Romans Eat?

The Romans would usually eat three meals per day:

Breakfast



- bread
- pancakes
- dates
- honey

Lunch



- fish
- cold meat
- bread
- vegetables

Evening Meal



Poorer Romans would eat vegetables and porridge. Richer Romans would eat a feast and drink wine.

What Did the Romans Enjoy?

The Romans did not have much free time. However, when they did, some Romans enjoyed:

- hunting;
- watching chariot races;
- watching gladiator fights.