

INVESTIGATING A ROMAN RECIPE

INVESTIGATING ROMAN RECIPES AND COOKING UTENSILS

Introduction activity

Ask the class to tell you what they ate for their last meal.

Discuss whether they think that the food they ate and the way it was prepared is similar or totally different to how it was eaten and prepared in Roman times.

Watch the Roman lentil casserole (pottage) video located here: <http://cookit.e2bn.org/> on the 'Cook it' site.

Ask the pupils to make quick notes as they are watching the beginning part of the video where the ingredients of the dish are being explained.

Ask one group to write down the dry ingredients; one group, the liquids; one group, the vegetables and one group, the herbs and spices.

Stop the film and discuss any ingredients that are very different to modern ingredients – especially the Defrutum and perhaps the asafoetida resin (this is according to Wikipedia is the dried latex (gum oleoresin) exuded from the living underground tap root of a herb native to India. Asafoetida has a pungent, unpleasant smell when raw, but in cooked dishes, it delivers a smooth flavour, reminiscent of leeks)

Explain to the class that you are going to watch the rest of the video and this time you want them to note down any differences in the way this dish is prepared compared to modern cooking.

Perhaps ask them to draw 2 boxes and into one box write down all the things that are the same and into the other all the ones that are different.

Discuss with the class the similarities and the differences.

Main part of the lesson

Located [here](#) you will find a gallery of all the images from this recipe. Or alternatively use the 'Roman recipe image resource'.

Depending on the age and ability of the class, either have these images already downloaded into a shared folder or demonstrate to the class how they can select an image and save it for themselves.

Explain that you want the class to select an image or a couple of images and paste them into a document, adding some text to either explain what is happening in the image or how the image shows how similar/different cooking was in the Roman period.

Plenary

Ask the pupils to return to the 'Cook it' site and on the page located [here](#) investigate some other Roman recipes and find one that they think they would like to try and one that they would not like to try.

Return to the Romans in London site and view some of the images of cooking and food preparation items

E.g.



Discuss their use and their modern-day equivalents.