

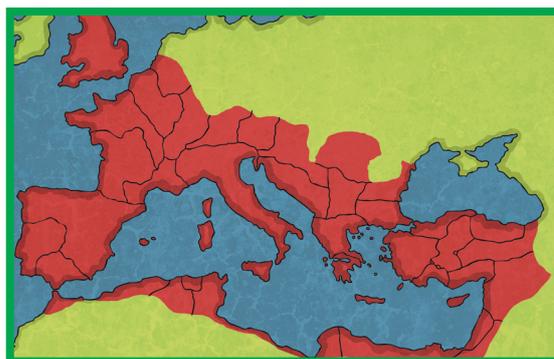
# The Romans

From their global origins to their strange superstitions, read on to find out more about the mighty civilisation known as the Romans.

## Who Were the Romans?

Rome is the capital city of modern-day Italy and it was the city at the centre of the Roman Empire. The Roman Empire is the name used to group the lands that were controlled by the Romans, which includes parts of Europe, North Africa and the Middle East.

The Romans were a group of people who were named after this important city. However, many soldiers fighting in the Roman army did not come from Rome itself. Instead, they originally came from one of the many countries which formed part of the Roman Empire.

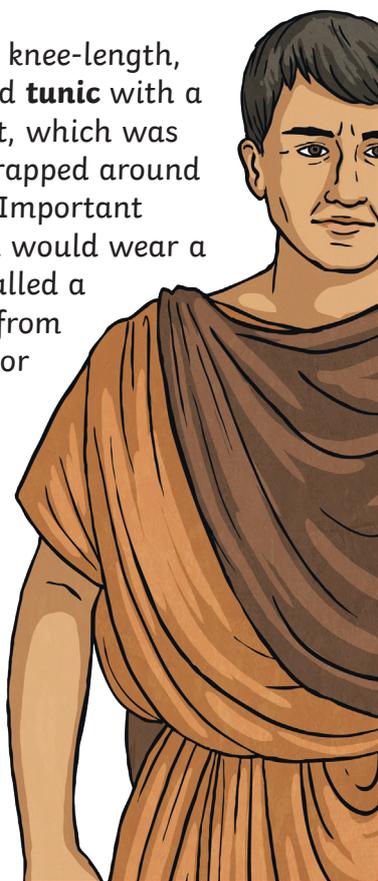


The Roman Empire in AD 117

## What Did the Romans Wear?

Roman clothing was different for men and women:

Men wore a knee-length, short-sleeved **tunic** with a cloak over it, which was carefully wrapped around their body. Important Roman men would wear a long robe called a **toga** made from white wool or linen.

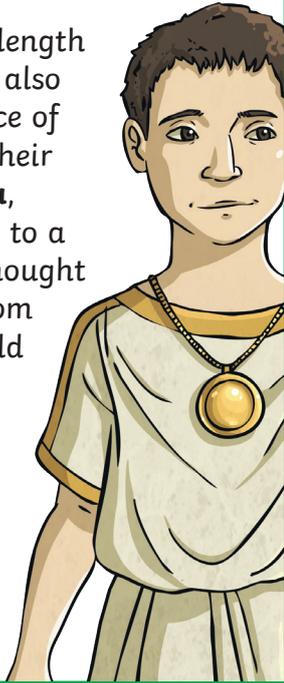


Women wore a longer tunic than men which went down to their ankles. They would wear a dress called a **stola** over their tunics which fastened at the shoulders. Rich Roman women would wear long tunics made from expensive silk. They also wore lots of jewellery, such as **brooches**.



The Romans also had different clothing for boys and girls:

Boys wore a knee-length tunic. They would also wear a special piece of jewellery around their neck called a **bulla**, which was similar to a locket. This was thought to protect them from evil spirits. It would be given to them when they were a few days old and worn until they became a Roman citizen at the age of 16.



Girls wore an ankle-length tunic with a belt made from wool. They also wore a piece of jewellery called a **lunula**. This was a necklace with a crescent moon-shaped charm. It was thought to protect them against the evil eye and would be worn until the day before their marriage.



On their feet, most Romans would have worn sandals or boots made from leather.

### What Did the Romans Eat?

Usually, the Romans would eat three meals per day:

#### ientaculum



The Romans would eat a breakfast of bread or pancakes with dates and honey.

#### prandium



For lunch (at around midday), the Romans would eat a light meal of fish, cold meat, bread and vegetables.

#### cena



As an evening meal, poorer Romans would eat vegetables and porridge whereas richer Romans would enjoy a feast, including wine.

### What Did the Romans Enjoy?

The Romans did not have much free time. However, when they did, some Romans enjoyed hunting for fun and for food whilst others would watch chariot races at the Colosseum. Many enjoyed watching gladiators fighting at their local amphitheatre and wealthy Romans would throw lavish dinner parties to entertain their friends.