



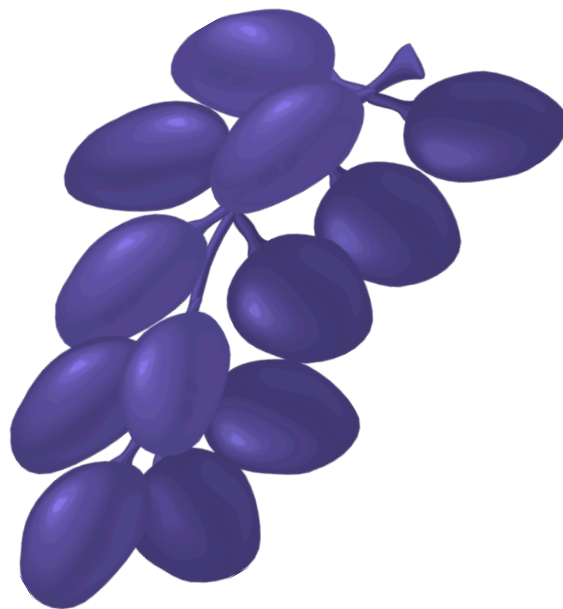
Cibus



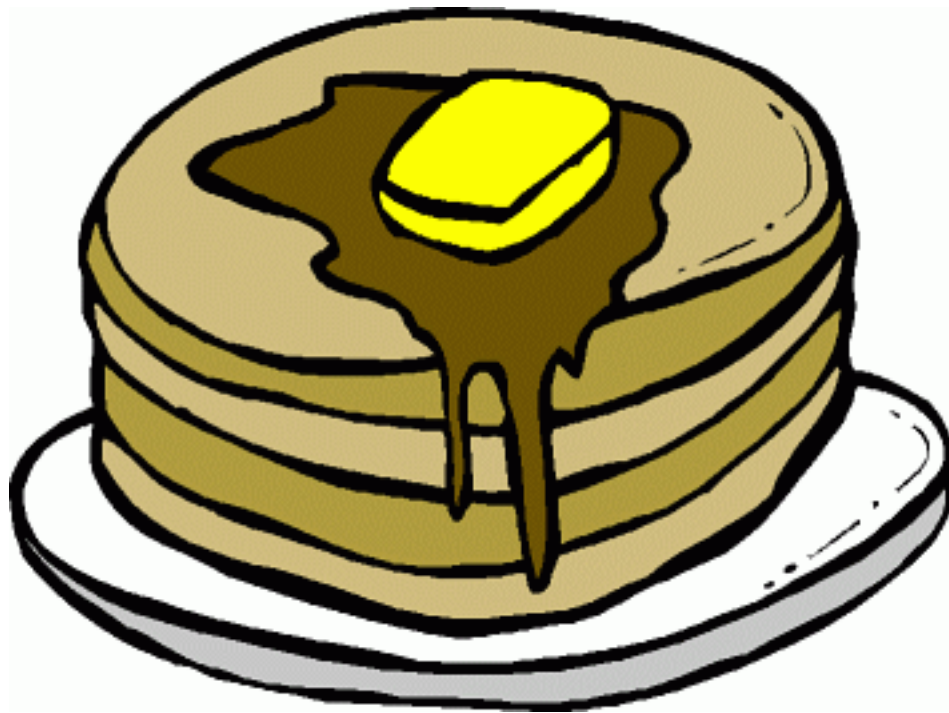
pane, panis



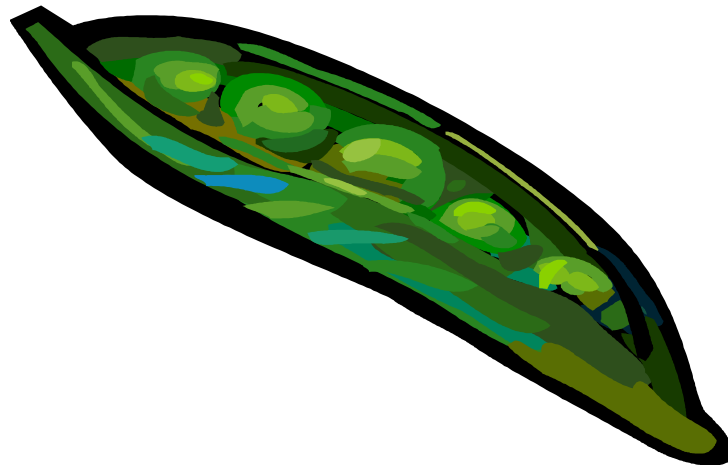
Uva, Uvae



artolaganum, artolagani



pisum, pisi



thea, theae



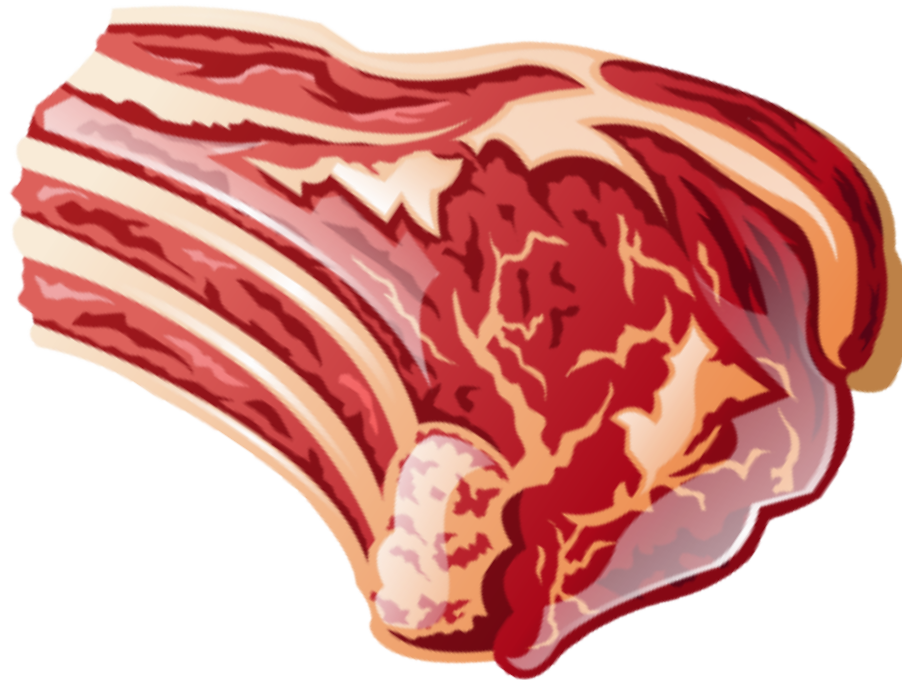
gallopavo, gallopavonis



tomaculum, tomaculi



caro, carnis



patata, patatae
pomum terrestre, pomi terrestre



lac, lactis



perna, pernae



acetarium, acetarii



persica, persicae



vinum, vini



carota, carotae



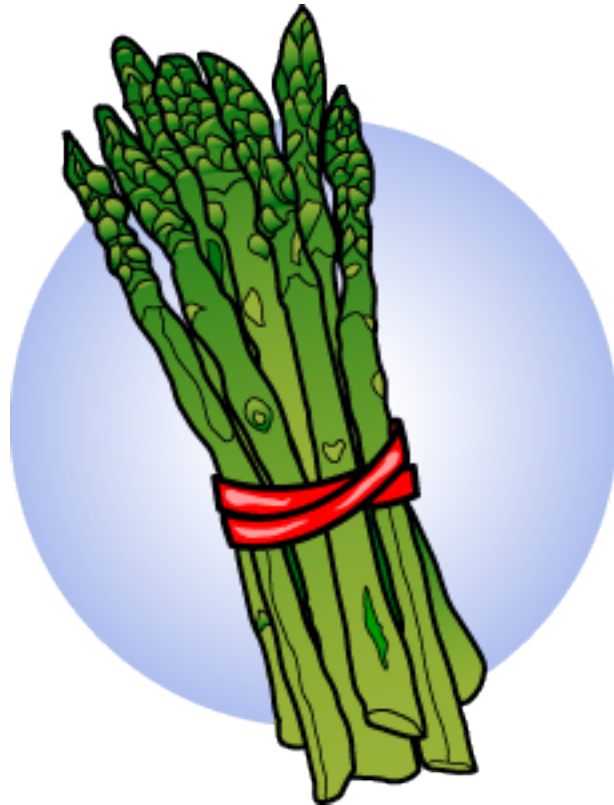
pitta, pittae



aqua, aquae



asparagus, asparagi



lactuca, lactucae
letuca, letucae



mala, malae
malum, mali



crustum, crusti



crustulum, crustuli



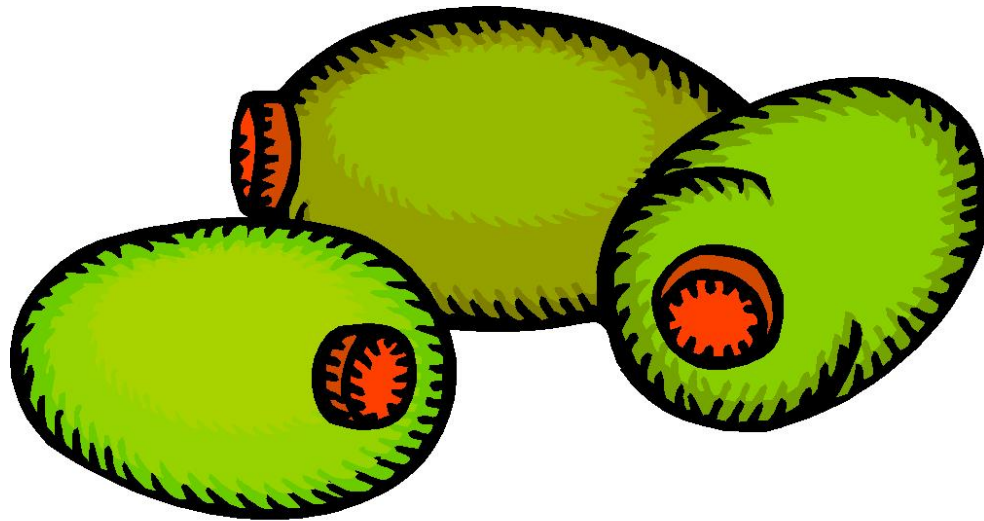
pira, piraē



caseus, casei



oliva, olivae



ovum, ovi



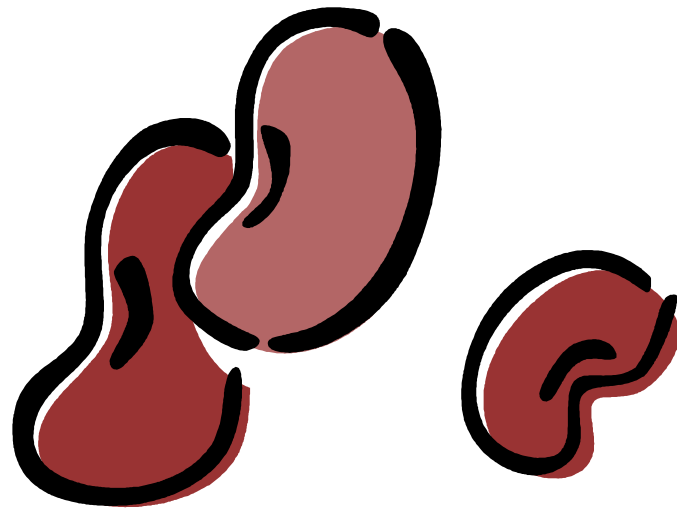
ariana, arianae
banana, bananae



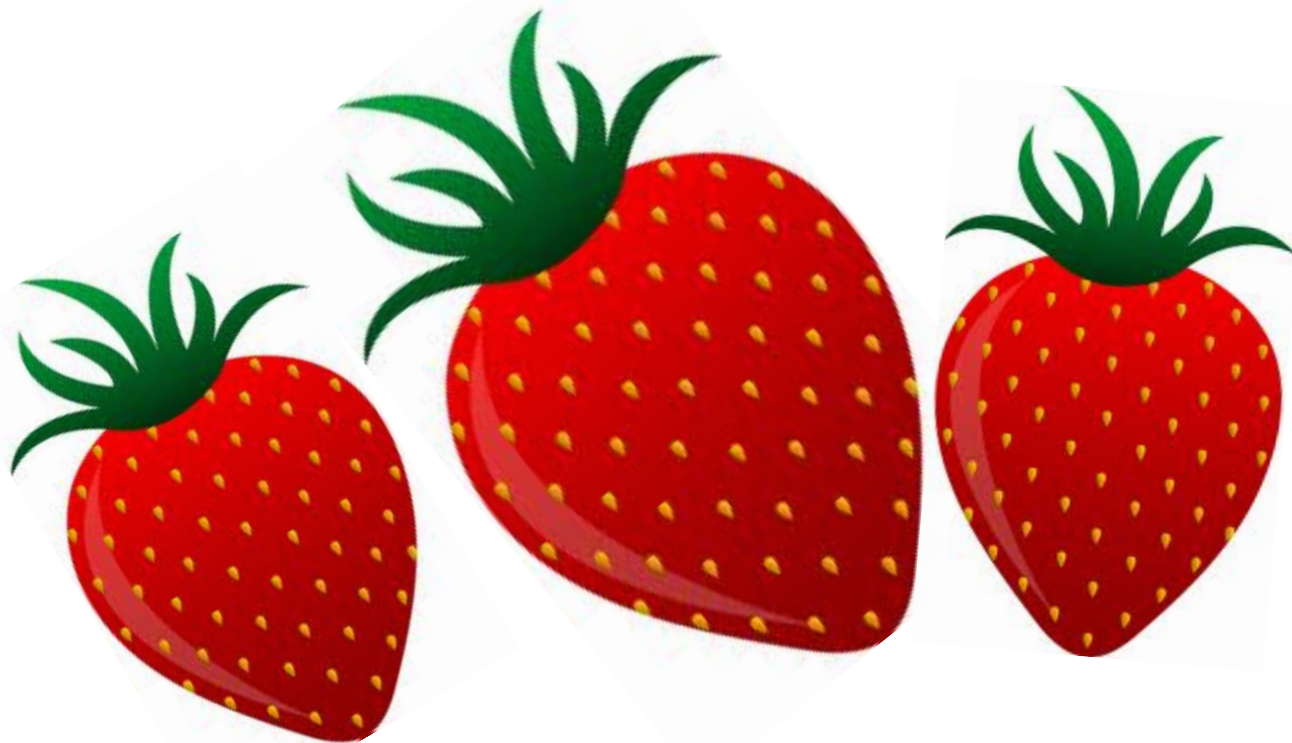
piscis, piscis



faba, fabae



fragum, fragi



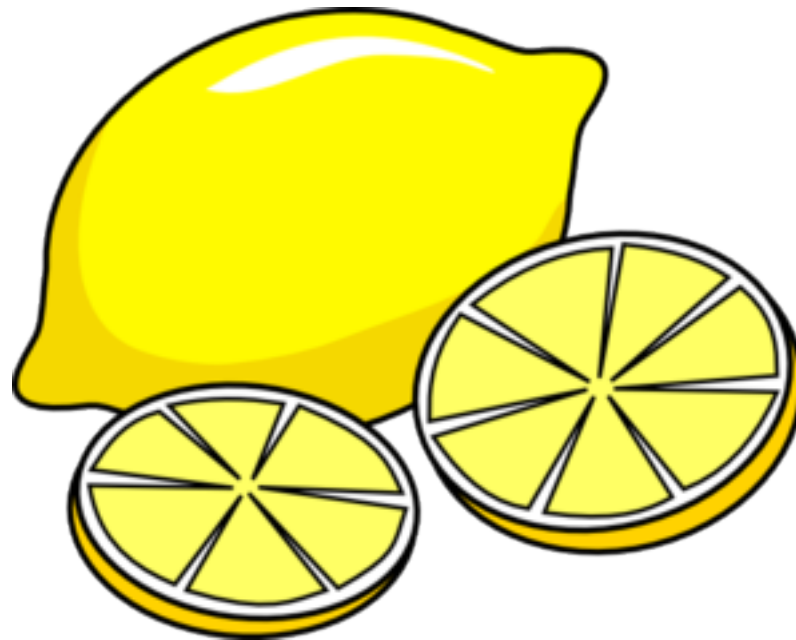
socolata, socolatae



cerasum, cerasi



citreum, citrei



caffea, caffeeae





Popular Roman Foods

Pro lentaculo

- *lentaculum* is the Latin word for breakfast and was served at dawn
- The average Roman breakfast consisted of salty flat loaves of bread
- Wealthier Romans would also eat eggs, fruit, cheese, honey and milk

Pro Prandio

- *Prandium* was the Roman word for lunch
- A typical *prandium* meal consisted of a light meal of leftovers from dinner the day before. If there were no leftovers to be had, fresh fruit and fish were eaten

Pro Cena

- The *cena* was the main and largest meal of the day.
- *Cena* typically consisted of at least three courses

Pro Cena

- The first course (called *gustatio*) was mostly snacks, with food like small sausages, olives, sweet rolls or an egg dish
- In fancier dining, the first course might consist of wild goat or boar, a fatted hen, asparagus or shellfish

Pro Cena

- The second course of *cena* was the main course, called *prima mensa* (first table). Typically this course would consist of a cooked bird, ranging from chicken to pheasant to flamingo to peacock. They would also serve fish, pork, venison and beef.
- Side dishes like vegetables, pickles, mushrooms, truffles and various sauces were served along with the meat

Pro Cena

- The third and final course was dessert, often called *mensa secunda* (second table)
- The Romans ate nuts, fruit and cheese as dessert. They would also eat cakes, pies and cheesecakes.



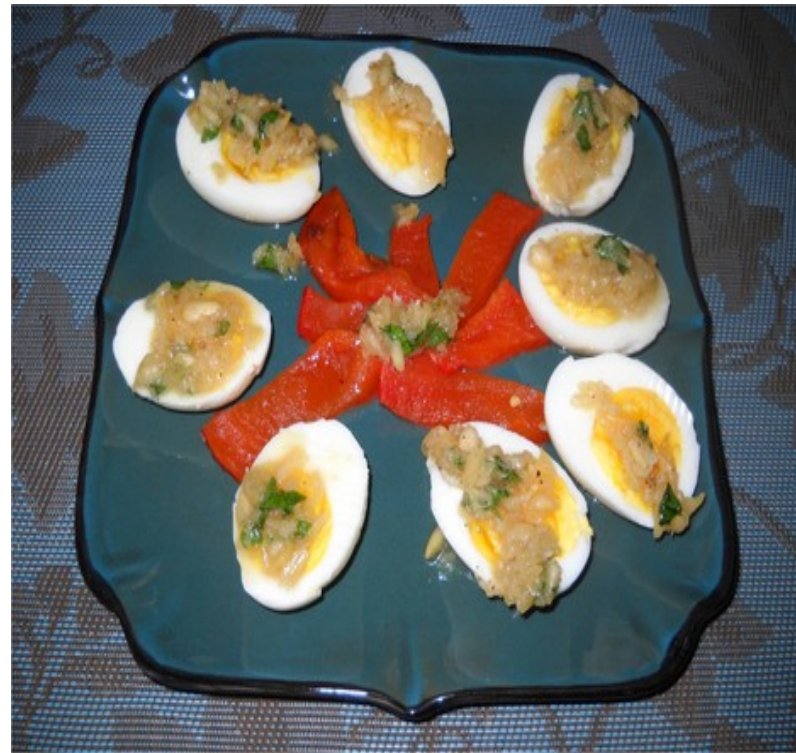
Unique Roman Foods

Unique Foods

- As you can see, especially from their strange taste in meat (flamingo, anyone?!) the Romans had some very unique tastes

Unique Foods

- One strange dish was cooked/boiled eggs with a sauce consisting of softened pine nuts, honey, salt and pepper



Unique Foods

- Romans were all about sauces. One popular sauce was *garum* which was essentially fermented fish sauce
- The sauce was made by removing the intestines of a fish, mashing them together with a large quantity of salt and setting the mixture in the sun for one to three months. The large quantity of salt prevented the growth of bacteria. After the mixture settled, the liquid at the top was the *garum* and the sludge at the bottom was the *allec*

Unique Foods



- Dormice were considered a delicacy. The rodents were farmed, fattened and eaten, usually as a snack. They were roasted and dipped in honey or stuffed with other savory foods.



Unique Foods

- The Romans ate most of the usual fruit one would expect. Citrus was rare, but apples, pears, grapes, pomegranates, olives and figs were especially common.
 - The Romans knew of at least 30 varieties of olive and 40 kinds of pears.
- The Romans also ate normal vegetables, especially broccoli, cauliflower, brussels sprouts, lettuce, onion, asparagus and cabbage.



Anything We Still Use



Roman Dining Customs

Anything We Still Use

- Today's eaters still enjoy the nuts, fruits and veggies eaten by the Romans. They may have changed in everything from color to size, but they are generally the same.



Anything We Still Use

- The Romans used honey like we use sugar. Lately, there has been a resurgence in the usage of honey as a natural (unprocessed) sweetener.



Roman Dining Etiquette

Roman Dining Etiquette

- The lower classes typically did not prepare or eat meals at home. Their homes were too small to accommodate the cooking mechanisms required at the time
- Restaurants, therefore, were popular with the lower classes and grab-and-go items that could be eaten cold were common

Roman Dining Etiquette

- Fine dining for the upper classes, who would hold lavish banquets to entertain their guests
- The banquets were held either within the homes of the well-to-do, or in private dining clubs

Roman Dining Etiquette

- A private home would have its own staffed kitchen, who would prepare its evening meal.
- The evening meal (the *cena*) was a highly social affair,

Roman Dining Etiquette

- The meal was hosted in the dining room (the *triclinium*) where guests lounged on couches. Meals were eaten in a reclined position
- The many courses were served by the household slaves

Roman Dining Etiquette

- Meals were eaten with the right hand (the left hand was used for other less sanitary activities). Utensils were not typical.
- Diners would eat until they were full, at which point they would force themselves to vomit so they could continue eating. Any bathroom matters were conducted within the dining room.

Roman Dining Etiquette

- The point of hosting a *cena* was to pretentiously show off your lavish wealth. A guest should expect to be entertained by both the company and the array of dishes.

Roman Dining Etiquette

Below are some links to demonstrate proper dining behaviors:

- <https://www.youtube.com/watch?v=TFo4-N3EwsU>
- <https://www.youtube.com/watch?v=0uAZ5NaAvYU>