



Chertsey Museum Education Service
Runnymede Borough Museum

Resources For

ROMANS



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Runnymede
BOROUGH COUNCIL



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Romans Work Scheme



Literacy	Discuss the ingredients in the Roman recipes and design a Roman banquet menu	Explain how archaeologists unearth hidden treasure - write a story about the person who owned one of the items in the box e.g. torc	Write a letter home as a soldier from a warm climate arriving for the first time in cold, wet Britain	
Geography	Use the map to discover the Roman names for modern towns/cities	Identify prominent Roman roads such as the Fosse Way and Watling Street - discuss why these roads link certain cities	Locate Vindolanda on the map of Roman Britain. Discuss why the Romans were based there.	Look at a map of Italy and locate Vesuvius. Discuss what a volcano is and how they are formed
Art/Creative	Make a model of a hypocaust heating system	Make a Roman oil lamp	Make a Roman dining room in a shoe box	
History	Look at the images of women's hairstyles and discuss how slaves and their owners differed			
Drama	Use the quotes from Pliny as inspiration for drama based on the eruption of Vesuvius			
Other Suggestions	Discuss the list of things the Roman's left behind	Emperor for an hour - take it in turns to reward and "punish" classmates		

Roman Recipes



What Romans ate very much depended on how wealthy they were.

Poor Romans had a limited diet. One of the main things that they ate was pottage, which was a bit like porridge with bits of vegetables and maybe occasionally a bit of meat mixed in.

Rich Romans had access to a wide variety of foods from around the Empire and, as such, had a varied diet with plenty of fruit, vegetables, meats and fish. They had fruit such as grapes, pear, pomegranates and plums and vegetables which included olives, lettuce, asparagus and cabbage. Cheese, usually made from goats milk, was popular, as was a wide range of meats including things such as dormice and flamingo tongues.

Wealthy Romans ate three meals a day, with dinner being a more elaborate meal.

More information can be found at sites such as those listed below. Always check websites first to ensure suitability for your class.

www.bbc.co.uk/history/ancient/romans/recipes.shtml

www.wikihow.com/Cook-Like-a-Roman

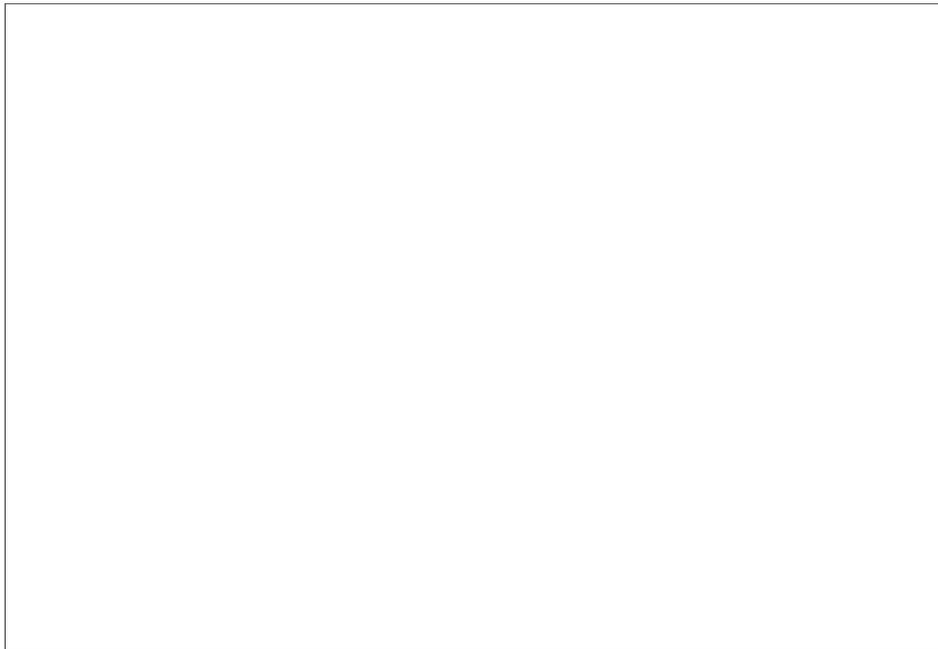
www.press.uchicago.edu/Misc/Chicago/233472.html

www.primaryhomeworkhelp.co.uk/romans/food.html

www.primaryfacts.com/1135/roman-food-facts-what-did-the-romans-eat

www.museumvictoria.com.au/melbournmuseum/discoverycentre/pompeii/daily-life/food-and-dining

Who owned this item?



Choose an item from the box. Draw it above. Now write a story about the person who owned the item. Continue your story on another piece of paper if necessary.

A large rectangular area containing ten horizontal lines for writing a story.

How to Make a Model of a Hypocaust Heating System



The Romans invented the idea of central heating. They called their central heating system “hypocaust.” It was a form of under floor heating. Most Roman villas were heated in this fashion. The hypocaust was built by placing the floor on brick pilae (pillars) standing on pedestals (pedalis). The floor was fitted on top of the pillars and then covered with tiles or mosaic tesserae. The walls may have been hollow too, to allow air to rise through them. The air, which circulated underneath, was heated by a fire, which was often just outside the building. Slaves stoked the fire.

Materials:

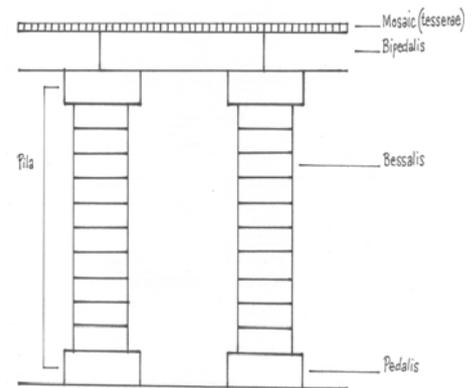
Small wooden building blocks or lego
A thin piece of wood or cardboard
Small squares of coloured paper

Instructions:

Create six pillars out of building blocks. Make sure the pillars are all the same height.

Rest the cardboard on top.

Decorate the top of the cardboard with coloured squares of paper to create a mosaic floor (optional).



Make a Roman Oil Lamp



Roman oil lamps were generally made in moulds, but they can be by your class using the classic pinch pot technique.

Materials:

Air dry clay
Modelling tools
Picture of an oil lamp

Instructions:

Split clay in half. Put one half to the side.
Using pinch pot techniques, form one half of the clay into a simple bowl shape.
Then push your thumb gently into the rim on one side to create a spout.
Pinch some clay into a handle shape on the opposite side.

Next, flatten the other half of the clay into thick disk, which will be the top of the oil lamp.

Make a hole in the centre of the disk.
Attach the top to the base using a bit of water
Use the clay tools to decorate the top.

How to Make a Roman Dining Room in a Shoe Box



Wealthy Romans ate dinner in a dining room called the Triclinium. Generally this room contained three couches surrounding a small table. The name triclinium comes from the fact that there were three couches in the room. The diners lay on their side on the couches whilst eating.

To do this project, children might also like to research Roman mosaic floors and wall frescoes.

Materials:

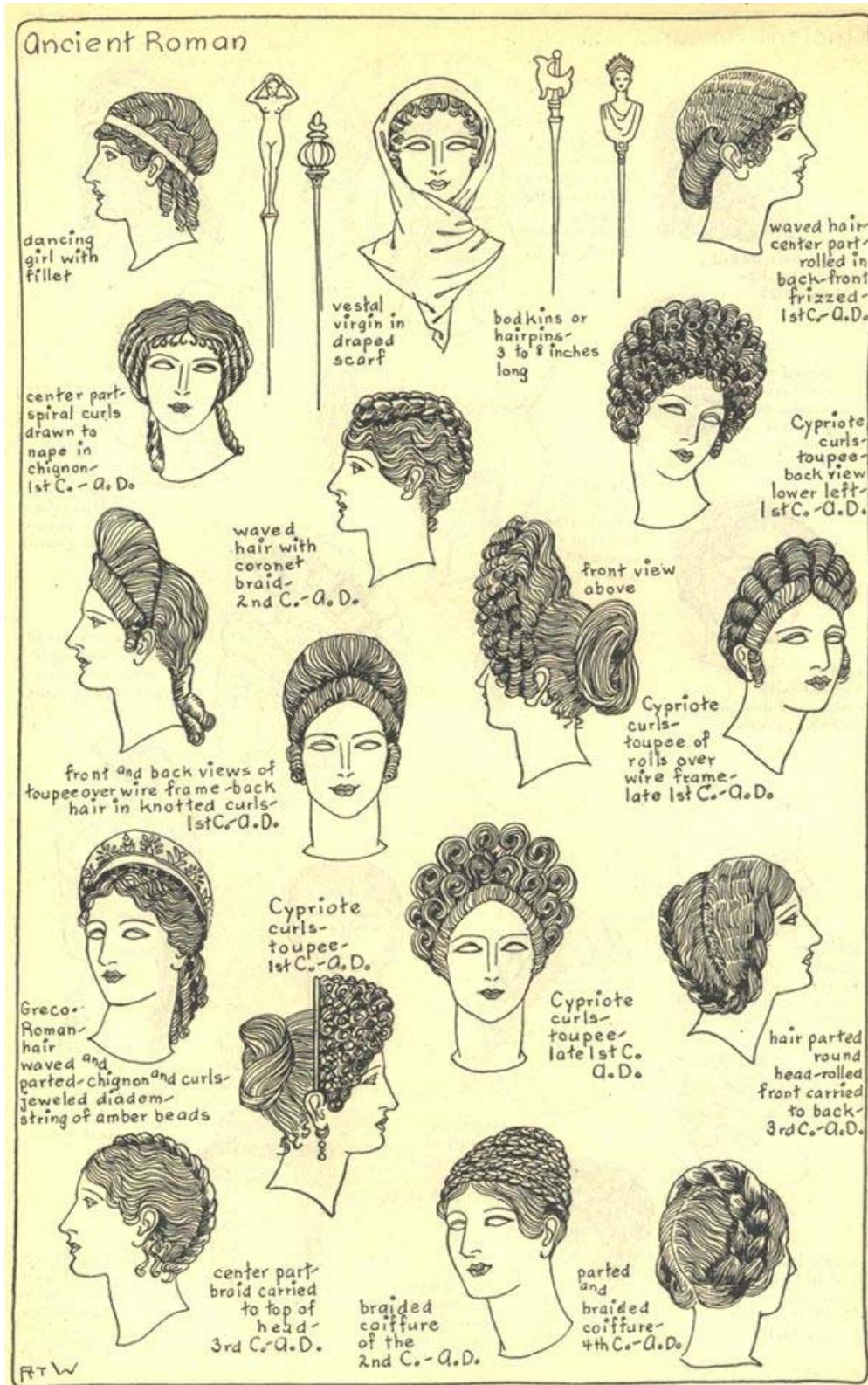
1 shoe box
Card and 3 small boxes (for the couches and table)
Glue
Pens, pencils and paints (optional)
Small squares of coloured paper
Fabric
Various colours of Plasticine

1. Turn shoe box on side so opening points towards you.
2. Using pens, decorate the walls with Roman style frescoes.
3. Use the squares of coloured paper to create a mosaic floor.
4. The small boxes will be the couches. Cover them with fabric.
5. Use the fabric to create small pillows for each end of the couches.
6. Make a small table out of card and decorate it.
7. Research Roman food and create some dishes of food out of plasticines, for instance, plates of grapes and olives. Put these on the small table.
8. Enjoy your creation!

More information can be found at sites such as those listed below. Always check websites first to ensure suitability for your class.

www.historyforkids.org/learn/romans/architecture/houses/triclinia.htm
www.primaryhomeworkhelp.co.uk/houses/Roman/index.htm
www.primaryhomeworkhelp.co.uk/romans/food.html
www.museumvictoria.com.au/melbournmuseum/discoverycentre/pompeii/daily-life/food-and-dining/
www.pompeiiisites.org/Sezione.jsp?titolo=Food%20and%20Nutrition&idSezione=632

Woman's Hairstyles



Letter from Pliny



Use this letter from Pliny the Younger to Tacitus as inspiration for a drama based on the eruption of Vesuvius.

Full text courtesy of Project Gutenberg www.gutenberg.org/ebooks/2811

To Tacitus

Your request that I would send you an account of my uncle's death, in order to transmit a more exact relation of it to posterity, deserves my acknowledgments; for, if this accident shall be celebrated by your pen, the glory of it, I am well assured, will be rendered forever illustrious. And notwithstanding he perished by a misfortune, which, as it involved at the same time a most beautiful country in ruins, and destroyed so many populous cities, seems to promise him an everlasting remembrance; notwithstanding he has himself composed many and lasting works; yet I am persuaded, the mentioning of him in your immortal writings, will greatly contribute to render his name immortal. Happy I esteem those to be to whom by provision of the gods has been granted the ability either to do such actions as are worthy of being related or to relate them in a manner worthy of being read; but peculiarly happy are they who are blessed with both these uncommon talents: in the number of which my uncle, as his own writings and your history will evidently prove, may justly be ranked. It is with extreme willingness, therefore, that I execute your commands; and should indeed have claimed the task if you had not enjoined it. He was at that time with the fleet under his command at Misenum.

On the 24th of August, about one in the afternoon, my mother desired him to observe a cloud which appeared of a very unusual size and shape. He had just taken a turn in the sun and, after bathing himself in cold water, and making a light luncheon, gone back to his books: he immediately arose and went out upon a rising ground from whence he might get a better sight of this very uncommon appearance. A cloud, from which mountain was uncertain, at this distance (but it was found afterwards to come from Mount Vesuvius), was ascending, the appearance of which I cannot give you a more exact description of than by likening it to that of a pine tree, for it shot up to a great height in the form of a very tall trunk, which spread itself out at the top into a sort of branches; occasioned, I imagine, either by a sudden gust of air that impelled it, the force of which decreased as it advanced upwards, or the cloud itself being pressed back again by its own weight, expanded in the manner I have mentioned; it appeared sometimes bright and sometimes dark and spotted, according as it was either more or less impregnated with earth and cinders. This phenomenon seemed to a man of such learning and research as my uncle extraordinary and worth further looking into. He ordered a light vessel to be got ready, and gave me leave, if I liked, to accompany him. I said I had rather go on with my work; and it so happened, he had himself given me something to write out. As he was coming out of the house, he received a note from Rectina, the wife of Bassus, who was in the utmost alarm at the imminent danger which threatened her; for her villa lying at the foot of Mount Vesuvius, there was no way of escape but by sea; she earnestly entreated him therefore to come to her assistance. He accordingly changed his first intention, and what he had begun from a philosophical, he now carries out in a noble and generous spirit. He ordered the galleys to be put to sea, and went himself on board with an intention of assisting not only Rectina, but the several other towns which lay thickly strewn along that beautiful coast. Hastening then to the place from whence others fled with the utmost terror, he steered his course direct to the point of danger, and with so much calmness and presence of mind as to be able to make and dictate his observations upon the motion and all the phenomena of that dreadful scene. He was now so close to the mountain that the cinders, which grew thicker and hotter the nearer he approached, fell into the ships, together with pumice-stones, and black pieces of burning rock: they were in danger too not only of being aground by the sudden retreat of the sea, but also from the vast fragments which rolled down from the mountain, and obstructed all the shore.

Here he stopped to consider whether he should turn back again; to which the pilot advising him, "Fortune," said he, "favours the brave; steer to where Pomponianus is." Pomponianus was then at Stabiae, separated by a bay, which the sea, after several insensible windings, forms with the shore. He

Letter from Pliny

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had already sent his baggage on board; for though he was not at that time in actual danger, yet being within sight of it, and indeed extremely near, if it should in the least increase, he was determined to put to sea as soon as the wind, which was blowing dead in-shore, should go down. It was favourable, however, for carrying my uncle to Pomponianus, whom he found in the greatest consternation: he embraced him tenderly, encouraging and urging him to keep up his spirits, and, the more effectually to soothe his fears by seeming unconcerned himself, ordered a bath to be got ready, and then, after having bathed, sat down to supper with great cheerfulness, or at least (what is just as heroic) with every appearance of it. Meanwhile broad flames shone out in several places from Mount Vesuvius, which the darkness of the night contributed to render still brighter and clearer. But my uncle, in order to soothe the apprehensions of his friend, assured him it was only the burning of the villages, which the country people had abandoned to the flames: after this he retired to rest, and it is most certain he was so little disquieted as to fall into a sound sleep: for his breathing, which, on account of his corpulence, was rather heavy and sonorous, was heard by the attendants outside. The court which led to his apartment being now almost filled with stones and ashes, if he had continued there any time longer, it would have been impossible for him to have made his way out. So he was awoke and got up, and went to Pomponianus and the rest of his company, who were feeling too anxious to think of going to bed. They consulted together whether it would be most prudent to trust to the houses, which now rocked from side to side with frequent and violent concussions as though shaken from their very foundations; or fly to the open fields, where the calcined stones and cinders, though light indeed, yet fell in large showers, and threatened destruction. In this choice of dangers they resolved for the fields: a resolution which, while the rest of the company were hurried into by their fears, my uncle embraced upon cool and deliberate consideration. They went out then, having pillows tied upon their heads with napkins; and this was their whole defence against the storm of stones that fell round them. It was now day everywhere else, but there a deeper darkness prevailed than in the thickest night; which however was in some degree alleviated by torches and other lights of various kinds. They thought proper to go farther down upon the shore to see if they might safely put out to sea, but found the waves still running extremely high, and boisterous. There my uncle, laying himself down upon a sail cloth, which was spread for him, called twice for some cold water, which he drank, when immediately the flames, preceded by a strong whiff of sulphur, dispersed the rest of the party, and obliged him to rise. He raised himself up with the assistance of two of his servants, and instantly fell down dead; suffocated, as I conjecture, by some gross and noxious vapour, having always had a weak throat, which was often inflamed. As soon as it was light again, which was not till the third day after this melancholy accident, his body was found entire, and without any marks of violence upon it, in the dress in which he fell, and looking more like a man asleep than dead.

During all this time my mother and I, who were at Miscnum--but this has no connection with your history, and you did not desire any particulars besides those of my uncle's death; so I will end here, only adding that I have faithfully related to you what I was either an eye-witness of myself or received immediately after the accident happened, and before there was time to vary the truth. You will pick out of this narrative whatever is most important: for a letter is one thing, a history another; it is one thing writing to a friend, another thing writing to the public.

Farewell.

Things the Romans Left Behind



Lasting Influence

They came, they saw, they conquered, but in the immortal words of Monty Python, “what did the Romans ever do for us”? Here are just some of the things the Romans introduced to Britain.

administration
advertisements
apples
apricots
arches
asparagus
benefits for the poor
bricks
bikinis
calendar (days of the month and 365 days in year)
carrots
catapult
cats
cement
chain mail
Christianity
coriander
currency
firemen
flushing lavatories
glass
irrigation systems
laws
measurement - feet and inches
parks

pavements
pears
plumbing (the word plumbing comes from the Latin word plumbum, meaning lead.)
policemen
prefabricated buildings (e.g. Lunt Fort near Coventry)
public libraries
public order
rabbits
roads
Semaphore (soldiers stationed on Hadrian's Wall used flags to signal to each other)
shops
stinging nettles
street cleaners
tenement blocks (high-rise living)
three-course meal
towns
turnips
waterwheel
wine

Useful Websites

www.iadb.co.uk/romans/index.htm

www.romans-in-britain.org.uk/

www.bbc.co.uk/schools/primaryhistory/romans/

www.primaryhomeworkhelp.co.uk/Romans.html

