



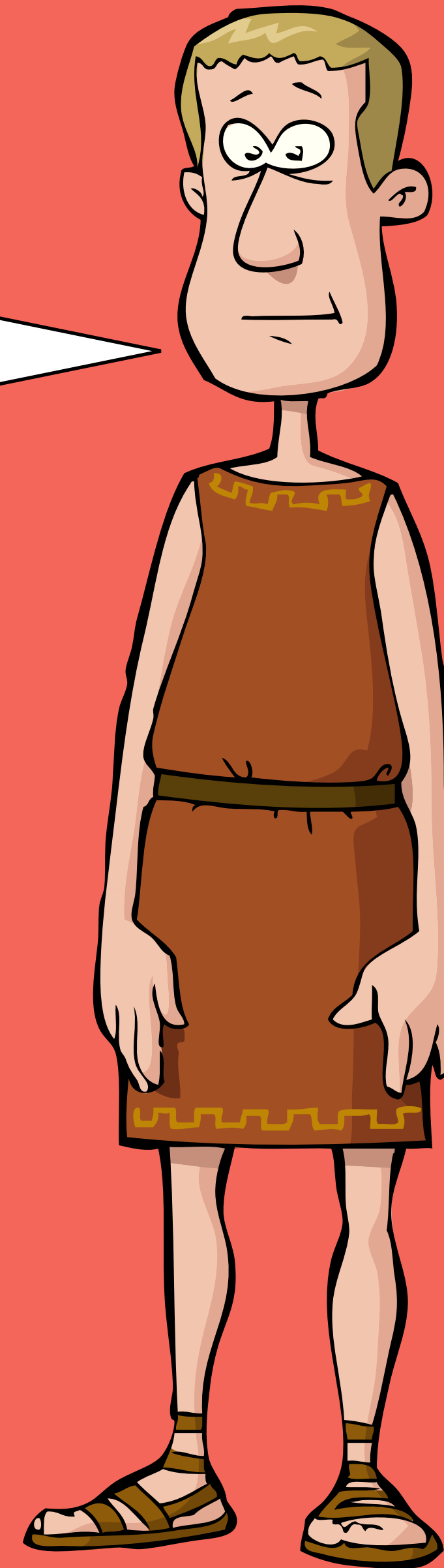
The Romans

Learning Objective:

To carry out historical research to find out what daily life was like in ancient Rome.

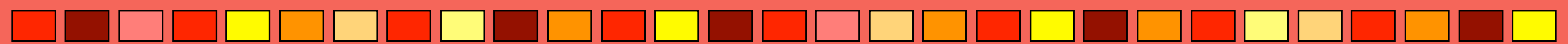
What do you think life
was like for the
ordinary people of
ancient Rome?

Think, pair, share your ideas.



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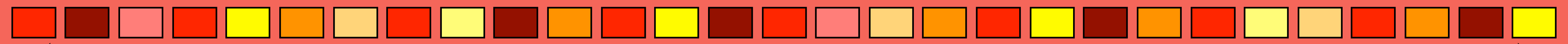


What ideas did you come up with?

Life in ancient Rome:



Blank writing area for notes.



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Technology

Roman technology can still be seen in the ruins of amphitheatres, aqueducts and roads that are still in Rome today. The Romans were great engineers who used technology to build impressive sights. However, very little of the techniques used by the Romans were new.

They were uninterested in creating new machinery to help with building work since they had slaves to do the hard work for them.

One of the important inventions during the Roman period was cement which made tricky and complex buildings much easier to build. Also important was perfecting how to build an arch. Arches were used to develop bridges, road networks and aqueducts.



The inside of the Coliseum in Rome. How many arches can you spot?

The technology of Rome meant that there were lots of conveniences that people hadn't had before. Aqueducts channeled fresh water to the cities, an effective sewage system gave excellent drainage and good roads made travel much easier than it had ever been.



A Roman aqueduct

Pont du Gard, Provence France

Hygiene

The Romans were very big on cleanliness as they believed that being clean would make people healthy. Every Roman town had public baths where people could go and wash. The baths were also a place for relaxing and socialising. Women bathed separately from the men.



The famous remains of Roman Baths in Bath, England.



Communal squat toilets, typical of the Roman period

Connected to the sewars of the baths were the public toilets. These were communal and were also a place to socialise. Rome had around 150 public toilets dotted around the city which were often pots. The pots would then be collected by the laundry cleaners who used urine to clean clothes! They didn't have toilet paper but instead used a sponge that everyone would share. Another aspect of hygiene was hair care. The Romans thought hair was dirty as it was easy to catch lice. In the baths, men would often shave each other's chests, legs and backs.

Children

There is lots of evidence for what children's lives were like in ancient Rome because archaeologists have found lots of children's games and toys. Children enjoyed playing with coloured marbles, rag dolls, balls, dice made from bones, and lots of other things.



A Roman puppet



A pull-along buffalo toy



A rag doll over 2000 years old, now at the British Museum



Attribution: https://en.wikipedia.org/wiki/File:Spieldende_M%C3%A4dchen.JPG

Roman girls playing

Not all children went to school in ancient Rome. It was mainly boys from rich families who went to school or had a tutor. Boys would be taught to read, write, count and be good public speakers. Some were also taught Greek and literature. Poorer children would learn from their parents at home. Girls were usually taught how to weave cloth, sew and look after the household. A girl in ancient Rome was believed to have no need for an education.



Attribution: https://commons.wikimedia.org/wiki/File:Roman_school.jpg

Three boys with their tutor

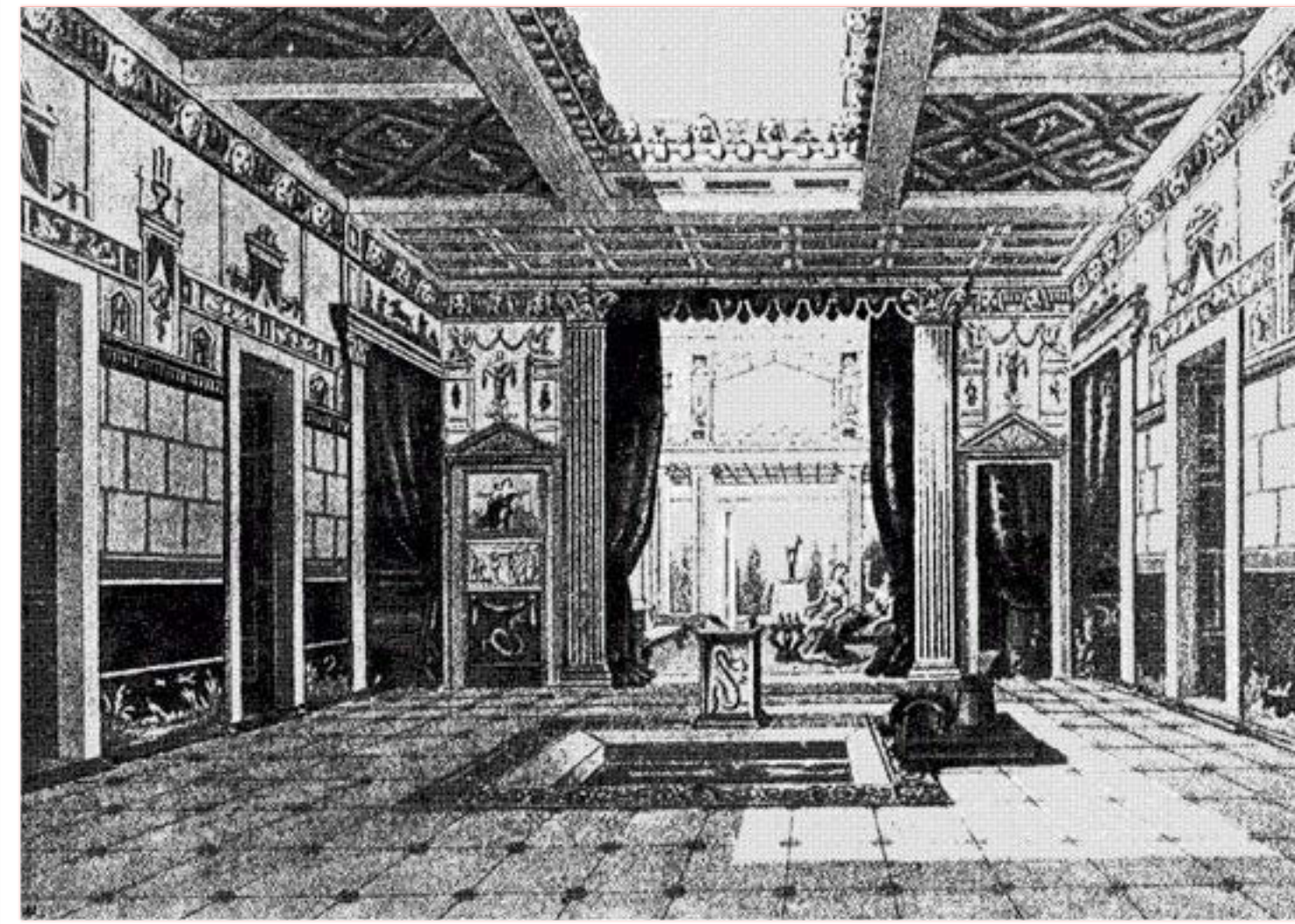
Food

For the ordinary people of ancient Rome, food centered around breads and porridges, sometimes sweetened with honey. They also ate a lot of fruit and vegetables, cheese, beans, fish and eggs. Meat was expensive so was rarely eaten by most people. Food for the rich was an entirely different experience. Rich Romans had slaves to cook for them and were always trying to outdo each other by hosting the most elaborate and expensive dinner parties. These banquets could last for four hours and were usually eaten reclined on a couch.



Houses

Only wealthy Romans could afford to live in a private house. These houses were usually centred around an open courtyard in the centre of the house, known as the *atrium*, with rooms around the outside. In a wealthy house, the walls would be highly decorated either with paintings or mosaics.



Inside a wealthy Roman house



Poorer Romans usually lived in apartments called *insula*. These were usually made with timber and mud which made them a fire hazard. Unlike rich houses, apartments had no running water and no sewage so the conditions could be dirty, smelly and unhygienic. Lots of these *insula* had shops on the bottom floor.

The photo shows some remains of ancient Roman apartments. These apartments were made out of brick so have lasted for much longer than the timber and mud houses would have done.





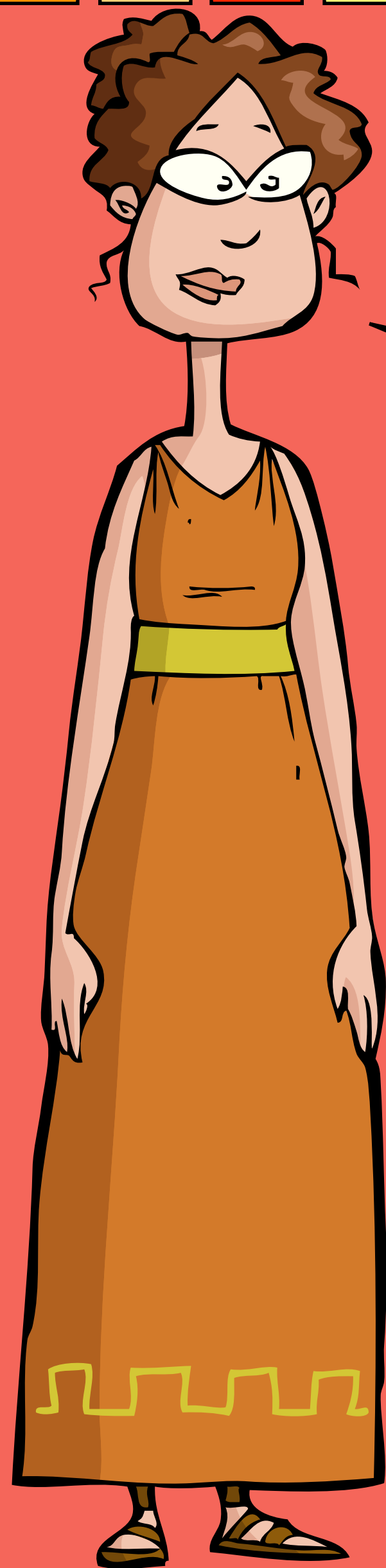
What else would you like to find out about each of the categories?

<p><u>Technology</u></p>	<p><u>Hygiene</u></p>	<p><u>Children</u></p>
<p><u>Food</u></p>	<p><u>Homes</u></p>	<p><u>Anything else...</u></p>



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Today you will be finding out some more information about daily life in ancient Rome. What sources of information could we use to help us?

Discuss your ideas.

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