

DINNER IN ANCIENT ROME

Dinner was Ancient Romans' most important meal. It was served between 3 p.m. and sunset. During the Roman Empire, rich Romans had dinner in a room called triclinium, their dining room. In the early periods, women and children had their meals in a separate room, but later on, they joined the men in the triclinium. There was a table and three couches around it where nine people (three per couch) reclined to have dinner. The children sat on stools.

Ancient Romans ate with their fingers. Before taking the food to the table, the slaves cut it into small pieces.

Dinner generally comprised three courses: the first one consisted of salads, eggs, olives, and other kinds of food considered stimulant; the second or main course usually consisted of meat or fish. For the third course, Romans had fruit, nuts, cakes, just like we have desserts.

A very popular dessert in Ancient Rome was Tiropatnam. Here are the ingredients to make it:

500 ml milk
6 eggs
3 tablespoons honey
A little bit of ground pepper

Some very popular desserts in the world today have similar recipes. They have different names in different countries, but they are basically the same thing. The most sophisticated one is Crème Brûlée, one of the most popular French desserts. In Portugal, there is Leite Creme, and in the United States there is custard, which has basically the same ingredients in its recipe.



- WHICH WORD FROM THE TEXT MEANS "THE TIME WHEN THE SUN GOES DOWN"?
- WHICH WORD FROM THE TEXT MEANS "PEOPLE WHO ARE NOT FREE AND DO NOT GET ANY MONEY FOR THEIR WORK"?
- WHICH WORD FROM THE TEXT MEANS "A KIND OF SOFA"?
- WHERE DID THE ROMANS HAVE DINNER?
- HOW MANY COUCHES WERE THERE IN THE TRICLINIUM?

f) HOW MANY PEOPLE COULD RECLINE ON THE COUCHES?

g) WHERE DID CHILDREN SIT?

h) INSTEAD OF FORKS AND KNIVES, WHAT DID THE ROMANS EAT WITH?

i) HOW MANY COURSES DID DINNER GENERALLY COMPRISE?