

Let's see how much you know about the history of Rome, but also about current events (and if you have a good memory if you did our tour 😊)

**1. Who was the first emperor of Rome?**

A) Augustus B) Caesar C) Nero

**2. What they were adding in the wine in Ancient Rome?**

A) Sand B) Water C) Jam

**3. According to a legend, carbonara was born from?**

A) From USA B) From charcoal burners C) From A Chef

**4. What was the population of the ancient Rome at its peak?**

A) 10.000 B) 100.000 C) 1.000.000

**5. Women could drink wine?**

A) Only once a Year B) No C) Yes

**6. Where the tomatoes come from?**

A) India B) Italy C) Americas

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## Answers

1-A= Augustus was a Roman statesman and military leader who became the first emperor of the Roman Empire, reigning from 27 BC until his death in AD 14.

2-B= Water . Drinking wine provided a ready source of nutrition, Greeks and Roman's added water to their wine because it had a two fold effect it made a supply of wine travel further and prevented the drinker from getting wasted too soon.

3-B= Charcoal burners .The dish would have been "invented" by the charcoal burners (carbonari in Romanesco) who prepared it using ingredients that are easy to find and store.

4-C= 1 million people. Rome was the largest of the cities. Historians estimate that the population of Rome may have reached up to 1 million people at its peak. Other major cities such as Alexandria, Ephesus, Carthage, and Antioch had peak populations of 200,000 or more.

5-A= Only once a year. Bona Dea was a goddess in ancient Roman religion. She was associated with chastity and fertility in Roman women, healing, and the protection of the state and people of Rome. Her rites allowed women the use of strong wine and blood-sacrifice, things otherwise forbidden them by Roman tradition.

6-C= Americas . Tomatoes originated from the Andes, in what is now called Peru, Bolivia, Chile and Ecuador - where they grew wild. They were first cultivated by the Aztecs and Incas as early as 700 AD.

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# ROMA EAT

FOOD EXPERIENCE

- Activity - (For kids)

Grab some markers or colours 😊

This is the statue of **Augustus**, the first emperor of Rome. What colour is it?

In your opinion it was as we see it today or it was... more colorful?



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The Romans loved bright colors, they colored statues, temples,



columns...everything!



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In fact, they hated white, the absence of colors, the neutral.

Why do we see today all their decorations around Rome and in the world white?

Because with the passing of time, the rain, the sun, the wind the colors wear out, melt, ruin and disappear...

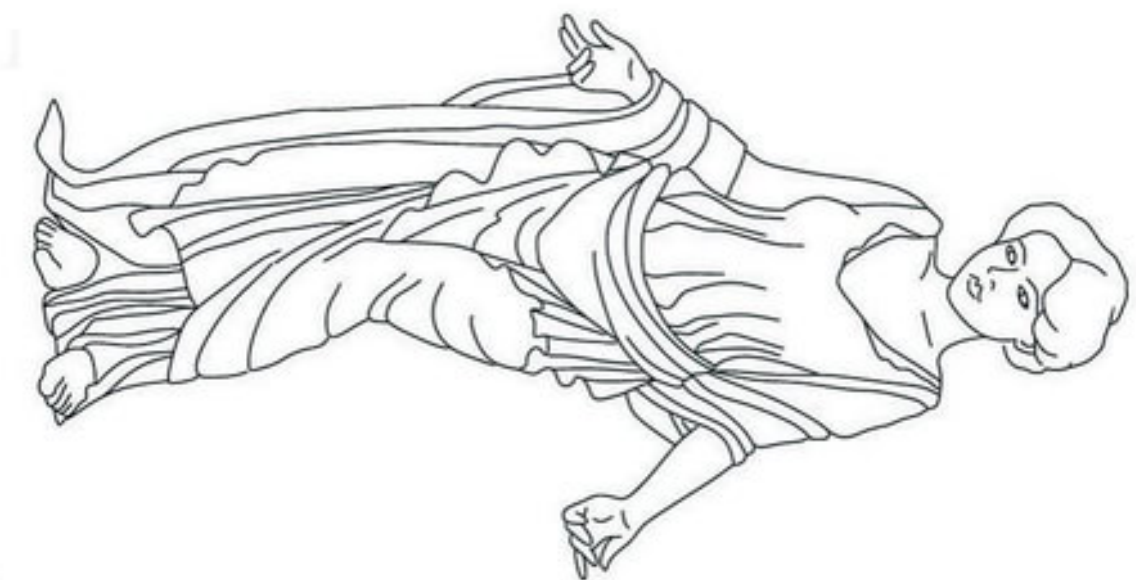
Fortunately, however, they leave invisible traces to our eyes, so the archaeologists armed with special microscopes have succeeded to reconstruct the colors that the ancient Romans once saw!

Look how the same statue of Augustus must have looked like a little while ago ...

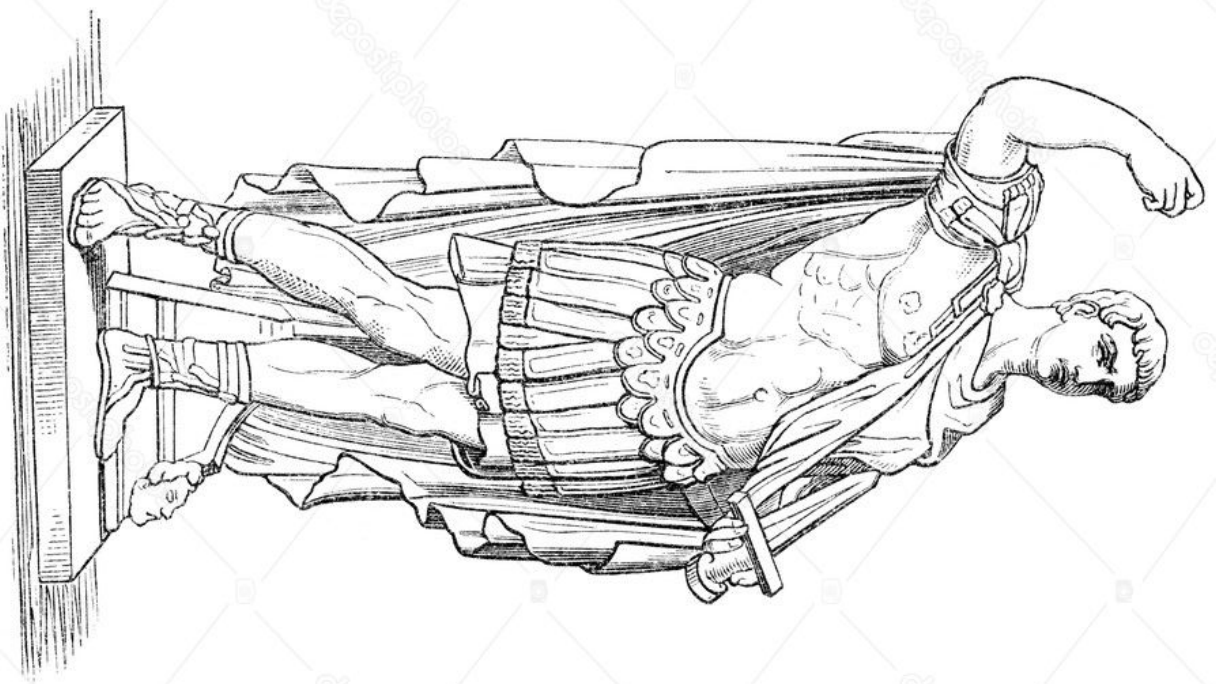


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If you were a sculptor from ancient Rome, how would you color these statues? Unleash your imagination!

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# ROMA EAT - Activity - FOOD EXPERIENCE Did you know that ...

Relax with an aperitif and a good bottle of wine, and discover some interesting anecdotes of this drink that has always been so important for Italy:

- 1) It's true that ancient Greeks and **Romans** mixed water and **wine**—but technically they were putting **wine** into **their** water more than they were putting water into **their wine**. ... **There** are also reports of adding lemon, spices, resin or even seawater to **dilute wine**.
- 2) By some estimates **Rome's** 1 million citizens and slaves **drank** an astonishing average of three liters of **wine** a day. Although most everyone **drank wine** diluted with water, people complained if they thought they were being shortchanged.  
**Romans** also used defrutum and sapa to sweeten fermented **wines**.
- 3) A typical **Roman** might drink a liter of **wine** in a day, and, in doing so, ingest up to 20 mg of **lead** in the process
- 4) Both posca and lora were the most commonly available **wine** for the general **Roman** populace and probably would have been for the most part red **wines**, since **white wine** grapes would have been reserved for the upper class.
- 5) The Speyer **wine bottle** (or Römerwein) is a sealed vessel, presumed to contain liquid **wine**, and so named because it was unearthed from a Roman tomb **found** near Speyer, Germany. It is considered the world's **oldest** known **bottle of wine**.

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# ROMA EAT - Activity -

## *Cooking challenge for the whole family*

Let's cook the "Libum", a ritual bread that was prepared to offer it as a **gift to the gods** during sacred rituals.

From the sources we know that it prepared from engaged couples and offered to Jupiter during the wedding celebration.

**Preparation:** mix **1 kg of soft cheese** (Like ricotta) with **500 g of flour**, or if you want it softer, only 250 g. **Add an egg and mix.**

If we want to follow the original recipe we would have to stop here, but if we want to flavor it a little ... **add half a teaspoon of salt, a drizzle of oil, laurel leaves, sage and rosemary.**

Now we are ready to make the loaf or, if you prefer, several smaller loaves.



You can engrave the top of your Libium with the design you prefer, following your wildest fantasy! Or you can replicate the drawing of Photo 7 which is a type of libium that archaeologists have found reproduced on ceramics. The design you will see represents the ten fingers of the hand holding a corn on the center.

**COOKING** Cook at 180 degrees for 40 minutes until becomes gold!



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**Buon Appetito!**



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# ROMA EAT - Activity - (For Kids)

Become an emperor of Ancient Rome, you will have your face on a coin

In ancient Rome, **coins** circulated just like today around the **world**, for this reason they were used as **real newspapers to communicate to the people scattered** around the world some important facts that happened in Rome and beyond.

For example, to communicate to people that a new building had been built, coins were printed with the designs of the new temple or the new stadium with the date of construction.

The coronation of a new emperor was then communicated in the same way by printing on the coins the face of the emperor with the title and his official name.



Are you ready to become the new emperor of Rome?

Print a photo of the size you want, cut out a piece of tinfoil and attach it to the photo with staples. Lean on a soft surface like a pile of sheets or blankets and trace your face / torso on the foil, being careful not to break the sheet! If you want you can also engrave your name as you see in Photos 8.

Now remove the staples, turn the foil and attach the part you have traced to a card, cut out the card and the foil giving it the shape of a coin. Here you

go, your coin is ready!

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