

Year 3 have been learning about the Romans and the sort of food that they ate. They compared ancient and modern diets, looking at similarities and differences. They discussed the health aspect of the Roman diet, and the availability of different foods. They wouldn't have had baked beans for lunch!



The children also learnt that food is grown, reared and caught and that the Romans would not have had access to some of the foods that we take for granted, such as potatoes, as they had yet to be discovered.



They really enjoyed learning how to cook a selection of savoury dishes from fresh ingredients.

