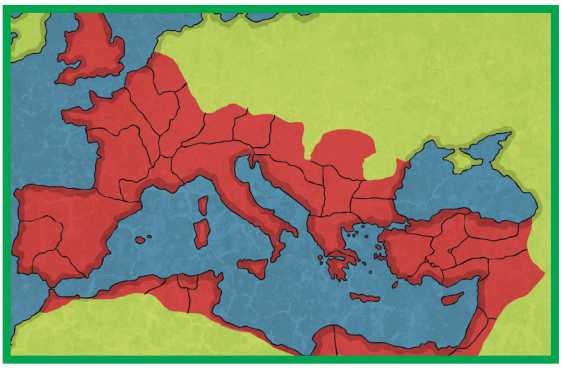
The Romans

From the size of their empire to their strange beliefs, read on to find out more about the mighty group of people known as the Romans.

Who Were the Romans?

Rome is the capital city of modern-day Italy. It was the city at the centre of the Roman Empire. The Roman Empire is the name used for the land that was controlled by the Romans. This includes parts of Europe, North Africa and the Middle East.

The Romans were a group of people who were named after the important city of Rome. However, many soldiers fighting in the Roman army did not come from Rome itself. Instead, they came from one of the many countries which were part of the Roman Empire.

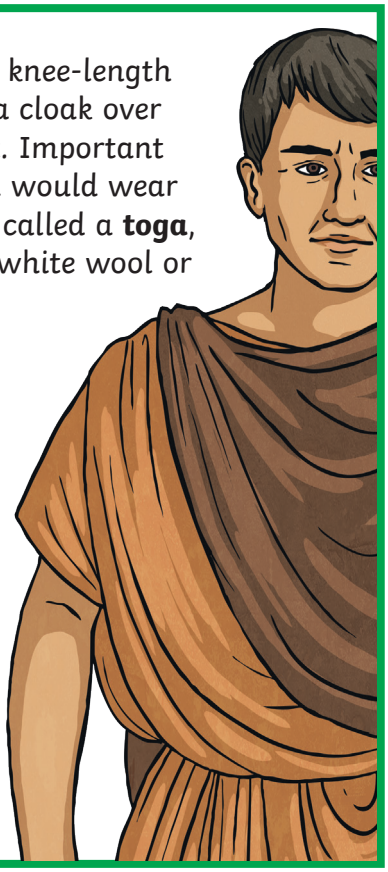


The Roman Empire in AD 117

What Did the Romans Wear?

Roman clothing was different for men and women:

Men wore a knee-length **tunic** with a cloak over the top of it. Important Roman men would wear a long robe called a **toga**, made from white wool or linen.

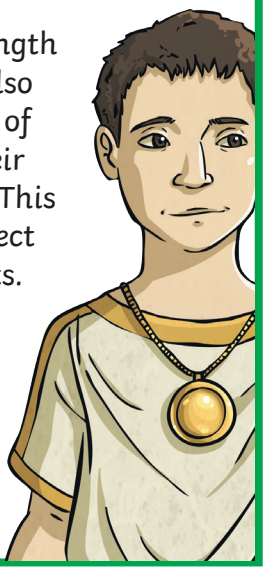


Women wore a tunic which went down to their ankles. They would wear a dress called a **stola** over their tunics. Rich Roman women would wear long tunics made from silk. They also wore lots of jewellery.



The Romans also had different clothing for boys and girls:

Boys wore a knee-length tunic. They would also wear a special piece of jewellery around their neck called a **bulla**. This was thought to protect them from evil spirits. It would be given to them when they were a few days old and they would wear it until they were 16.



Girls wore an ankle-length tunic with a belt made from wool. They also wore a necklace called a **lunula**. It was thought to protect them against the evil eye and would be worn until the day before their marriage.



On their feet, most Romans would have worn sandals or boots made from leather.

What Did the Romans Eat?

The Romans would usually eat three meals per day:

ientaculum



The Romans would eat a breakfast of bread or pancakes with dates and honey.

prandium



For lunch, the Romans would eat a light meal of fish, cold meat, bread and vegetables.

cena



In the evening, poorer Romans would eat vegetables and porridge whereas richer Romans would enjoy a feast, including wine.

What Did the Romans Enjoy?

The Romans did not have much free time. However, when they did, some Romans enjoyed hunting whilst others would watch chariot races. Many enjoyed watching gladiators fighting and wealthy Romans would throw expensive dinner parties to entertain their friends.