

## **Cibus Romanus**

### **(A Roman Food Research Odyssey)**

**Objectives:** The student will conduct research to determine what foods, beverages, and herbs the ancient Romans consumed for nutrition and for medicine and compare them to our modern use of such foods and what modern science has learned about these foods. The students should in this process discover the answers to such questions as:

- how do we know what the Romans ate?
- what foods were the staples of the ancient Roman diet?
- which herbs and spices did the ancient Romans use to flavor their food?
- what kinds of cooking methods were used?
- how did ancient Roman cuisine differ from modern Italian cuisine?
- which historical developments led to a radical change of food in Italy?
- which foods and herbs did the ancient Romans believe had medicinal or healthful benefits?
- how are those foods and herbs regarded today?
- how can ancient Roman eating habits be judged in light of modern nutritional science?
- what can we learn from the ancient Romans about nutrition?
- what could the Romans learn from us about nutrition?

**Procedure:** The student will conduct original research using the internet and produce an informational brochure which can be used by other students wanting to learn about Roman food. (due 11/15/13)

**Evaluation:** The student's product will be evaluated on the basis of the following criteria:



60% - accuracy of information

20% - aesthetic appeal

10% - originality

10% - spelling/grammar/mechanics