

Extra resources to help you run
The Roman Banquet activity.

Contents

Page

15 Jigsaw pieces:



*These can be printed out onto A4
and used as whole class activity.*



*To be used with the Food Groups
Activity (please see Teachers' notes)*

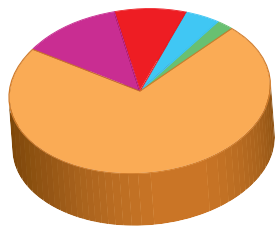
2 – 16



Food Groups

Answers.

17



A Balanced Diet:

Pie Chart with answers.

18

Food Cards:

*These can be printed out onto A4
and cut out.*

*For use with the 'Meet the Romans
Activity (please see Teachers'
notes).*

19 – 22

Protein

Fats

Vitamins & minerals



Fibre



Carbohydrate

A balanced diet



A balanced diet



A balanced diet



A balanced diet



A balanced diet





**An
immediate
source of
energy**



**A long-term
energy store**



**Keeps waste
moving
through
your
digestive
system**



**Important
in small
amounts to
keep the
body
healthy**



**Important
for growth
and repair
to the body**



Protein – important for growth and repair to the body



Carbohydrate – an immediate source of energy



Fats – an energy store

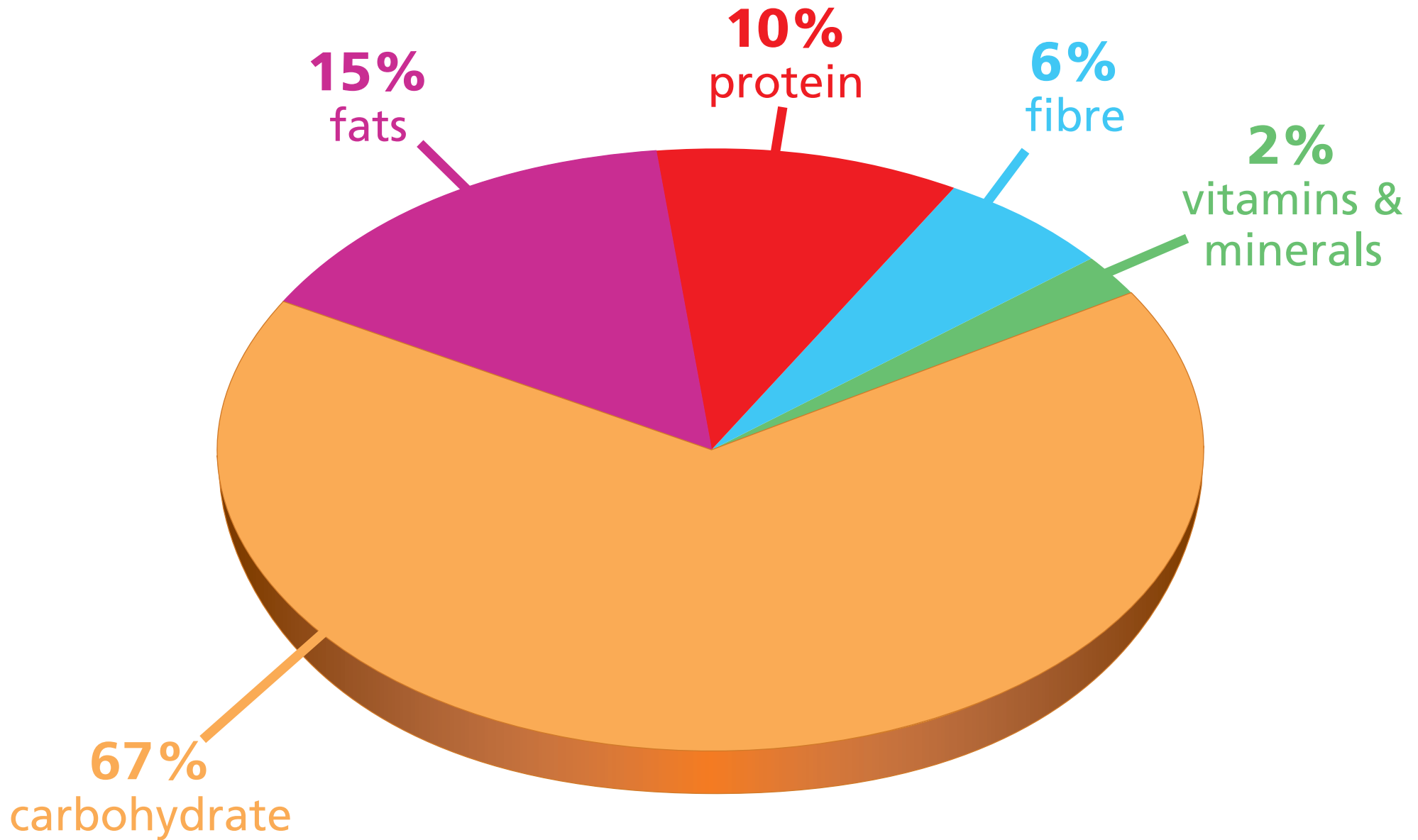


Vitamins & minerals – important in small amounts to keep the body healthy



Fibre – keeps waste moving through your digestive system

A balanced diet



5
very good source
of this nutrient

4
good
source

3
average
source

2
poor
source

1
very poor
source

Beef Stew



| | |
|---------------------|---|
| Protein | 5 |
| Carbohydrate | 2 |
| Fat | 4 |
| Vitamins & minerals | 1 |
| Fibre | 2 |

Spiced lentils & bacon



| | |
|---------------------|---|
| Protein | 5 |
| Carbohydrate | 2 |
| Fat | 2 |
| Vitamins & minerals | 3 |
| Fibre | 4 |

Fried veal



| | |
|---------------------|---|
| Protein | 5 |
| Carbohydrate | 2 |
| Fat | 4 |
| Vitamins & minerals | 1 |
| Fibre | 1 |

Pork Stew



| | |
|---------------------|---|
| Protein | 5 |
| Carbohydrate | 2 |
| Fat | 4 |
| Vitamins & minerals | 1 |
| Fibre | 2 |

Dormice in honey



| | |
|---------------------|---|
| Protein | 5 |
| Carbohydrate | 4 |
| Fat | 1 |
| Vitamins & minerals | 1 |
| Fibre | 1 |

Twelve-bird roast



| | |
|---------------------|---|
| Protein | 5 |
| Carbohydrate | 2 |
| Fat | 4 |
| Vitamins & minerals | 1 |
| Fibre | 1 |

5
very good source
of this nutrient

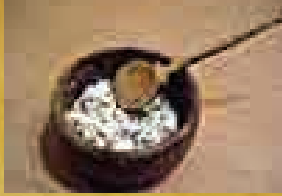
4
good
source

3
average
source

2
poor
source

1
very poor
source

Pickled cheese



| | |
|---------------------|---|
| Protein | 4 |
| Carbohydrate | 3 |
| Fat | 5 |
| Vitamins & minerals | 4 |
| Fibre | 1 |

Pancakes with milk



| | |
|---------------------|---|
| Protein | 2 |
| Carbohydrate | 4 |
| Fat | 5 |
| Vitamins & minerals | 2 |
| Fibre | 2 |

Feta cheese



| | |
|---------------------|---|
| Protein | 4 |
| Carbohydrate | 3 |
| Fat | 5 |
| Vitamins & minerals | 4 |
| Fibre | 1 |

Apple tart



| | |
|---------------------|---|
| Protein | 2 |
| Carbohydrate | 5 |
| Fat | 4 |
| Vitamins & minerals | 2 |
| Fibre | 2 |

Bread dipped in olive oil



| | |
|---------------------|---|
| Protein | 2 |
| Carbohydrate | 5 |
| Fat | 5 |
| Vitamins & minerals | 1 |
| Fibre | 4 |

Bread



| | |
|---------------------|---|
| Protein | 2 |
| Carbohydrate | 5 |
| Fat | 1 |
| Vitamins & minerals | 1 |
| Fibre | 4 |

5
very good source
of this nutrient

4
good
source

3
average
source

2
poor
source

1
very poor
source

Butter beans



| | |
|---------------------|---|
| Protein | 4 |
| Carbohydrate | 3 |
| Fat | 1 |
| Vitamins & minerals | 3 |
| Fibre | 5 |

Lentil & chestnut meal



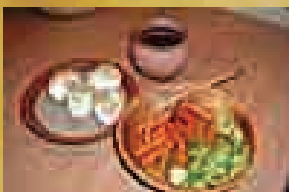
| | |
|---------------------|---|
| Protein | 4 |
| Carbohydrate | 3 |
| Fat | 2 |
| Vitamins & minerals | 2 |
| Fibre | 5 |

Oatmeal porridge



| | |
|---------------------|---|
| Protein | 2 |
| Carbohydrate | 4 |
| Fat | 1 |
| Vitamins & minerals | 1 |
| Fibre | 5 |

Egg & cabbage



| | |
|---------------------|---|
| Protein | 4 |
| Carbohydrate | 1 |
| Fat | 1 |
| Vitamins & minerals | 5 |
| Fibre | 2 |

Sprouts & walnuts



| | |
|---------------------|---|
| Protein | 2 |
| Carbohydrate | 1 |
| Fat | 1 |
| Vitamins & minerals | 5 |
| Fibre | 4 |

Apples, pears & figs



| | |
|---------------------|---|
| Protein | 2 |
| Carbohydrate | 2 |
| Fat | 1 |
| Vitamins & minerals | 5 |
| Fibre | 4 |

5
very good source
of this nutrient

4
good
source

3
average
source

2
poor
source

1
very poor
source

Roasted pheasant



| | |
|---------------------|---|
| Protein | 5 |
| Carbohydrate | 1 |
| Fat | 3 |
| Vitamins & minerals | 0 |
| Fibre | 1 |

Roasted peacock



| | |
|---------------------|---|
| Protein | 5 |
| Carbohydrate | 1 |
| Fat | 3 |
| Vitamins & minerals | 0 |
| Fibre | 1 |

Roasted ostritch



| | |
|---------------------|---|
| Protein | 5 |
| Carbohydrate | 1 |
| Fat | 3 |
| Vitamins & minerals | 0 |
| Fibre | 1 |

Honey cake



| | |
|---------------------|---|
| Protein | 1 |
| Carbohydrate | 5 |
| Fat | 1 |
| Vitamins & minerals | 1 |
| Fibre | 2 |

Chitterlings (pigs' intestines)



| | |
|---------------------|---|
| Protein | 5 |
| Carbohydrate | 3 |
| Fat | 4 |
| Vitamins & minerals | 0 |
| Fibre | 1 |

Peahen eggs



| | |
|---------------------|---|
| Protein | 4 |
| Carbohydrate | 0 |
| Fat | 0 |
| Vitamins & minerals | 3 |
| Fibre | 0 |