

**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)*

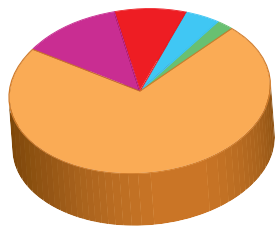
**2 – 16**



## Food Groups

Answers.

**17**



## A Balanced Diet:

Pie Chart with answers.

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## 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



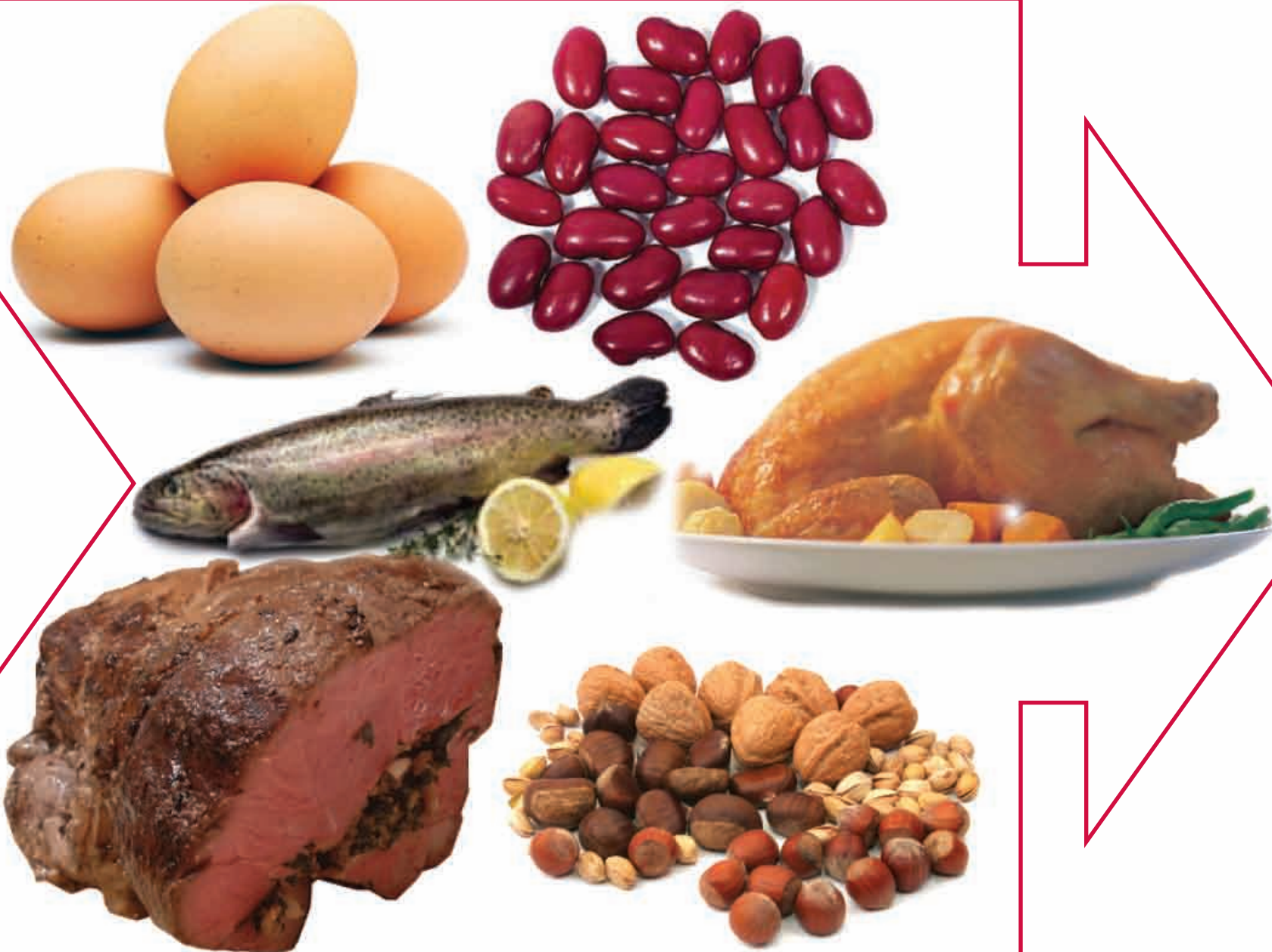
# Carbohydrate

# 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

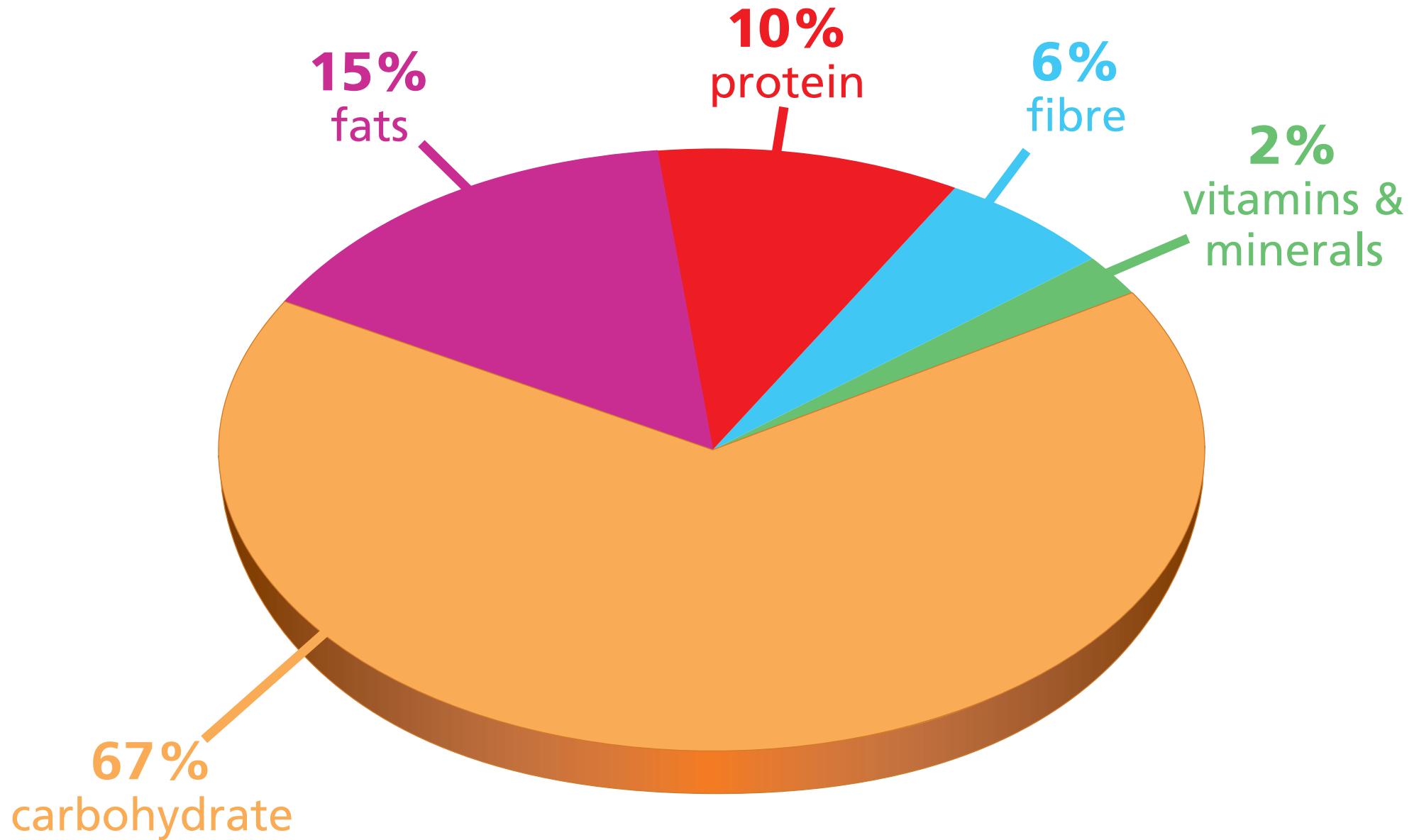


**Vitamins & minerals** – important in small amounts to keep the body healthy



**Fibre** – keeps waste moving through your digestive system

# A balanced diet



## 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 |



## 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 |

## Butter beans



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

## Lentil &amp; chestnut meal



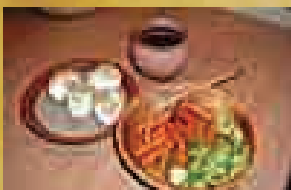
|                     |   |
|---------------------|---|
| Protein             | 4 |
| Carbohydrate        | 3 |
| Fat                 | 2 |
| Vitamins & minerals | 2 |
| Fibre               | 5 |

## Oatmeal porridge



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

## Egg &amp; cabbage



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

## Sprouts &amp; 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 |



## 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 |