

Extra resources to help you run
The Roman Banquet activity.

Contents

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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)*

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Food Groups

Answers.

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A Balanced Diet:

Pie Chart with answers.

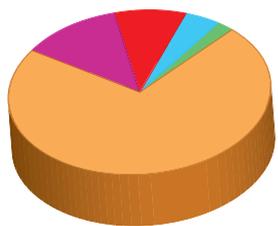
18

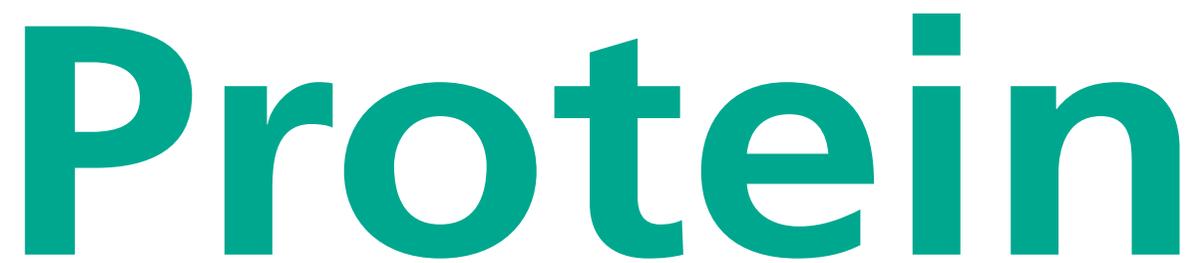
Food Cards:

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

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

19 – 22





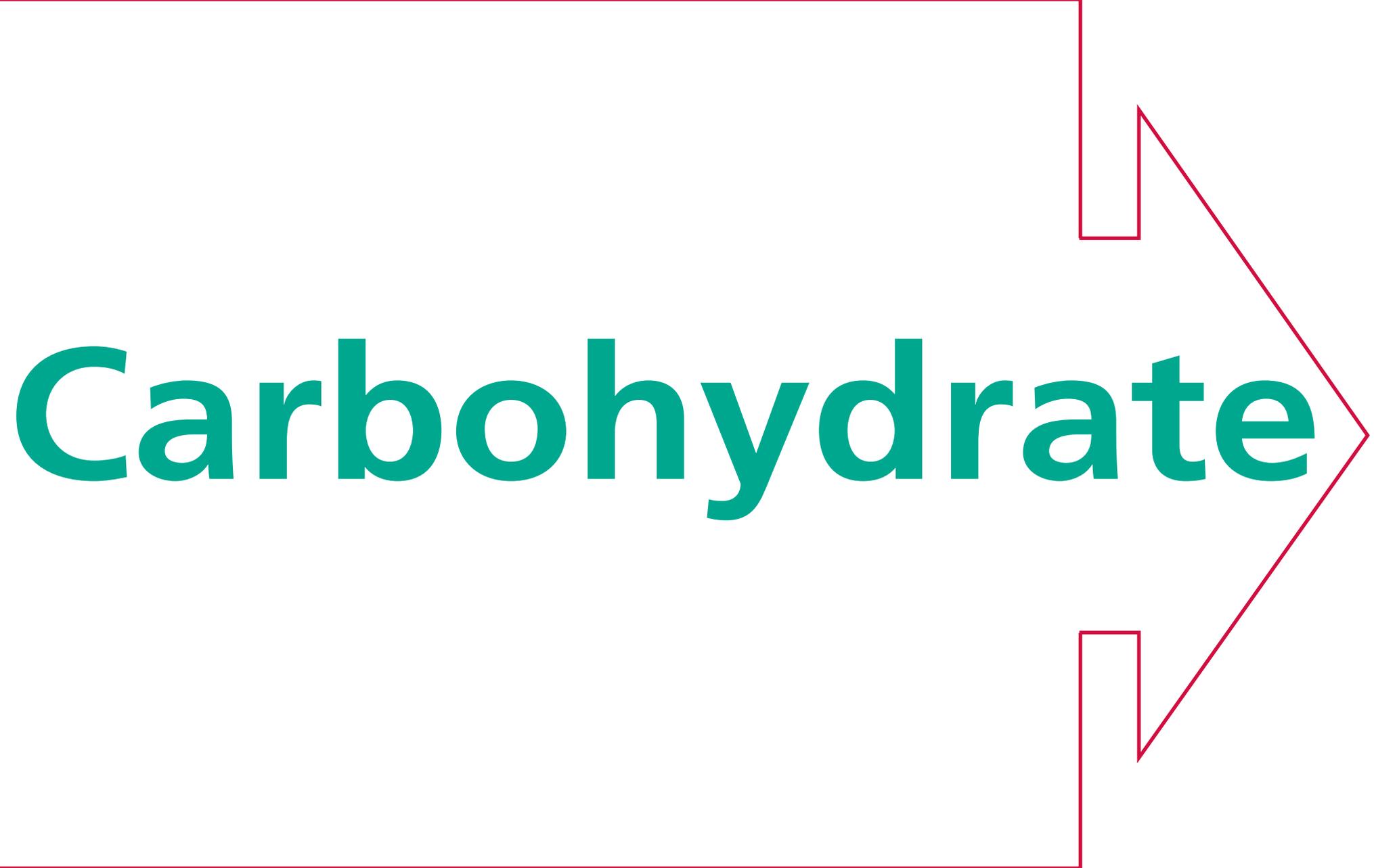
Protein

Fats

Vitamins & minerals



Fibre



Carbohydrate

A balanced diet



A balanced diet



A balanced diet

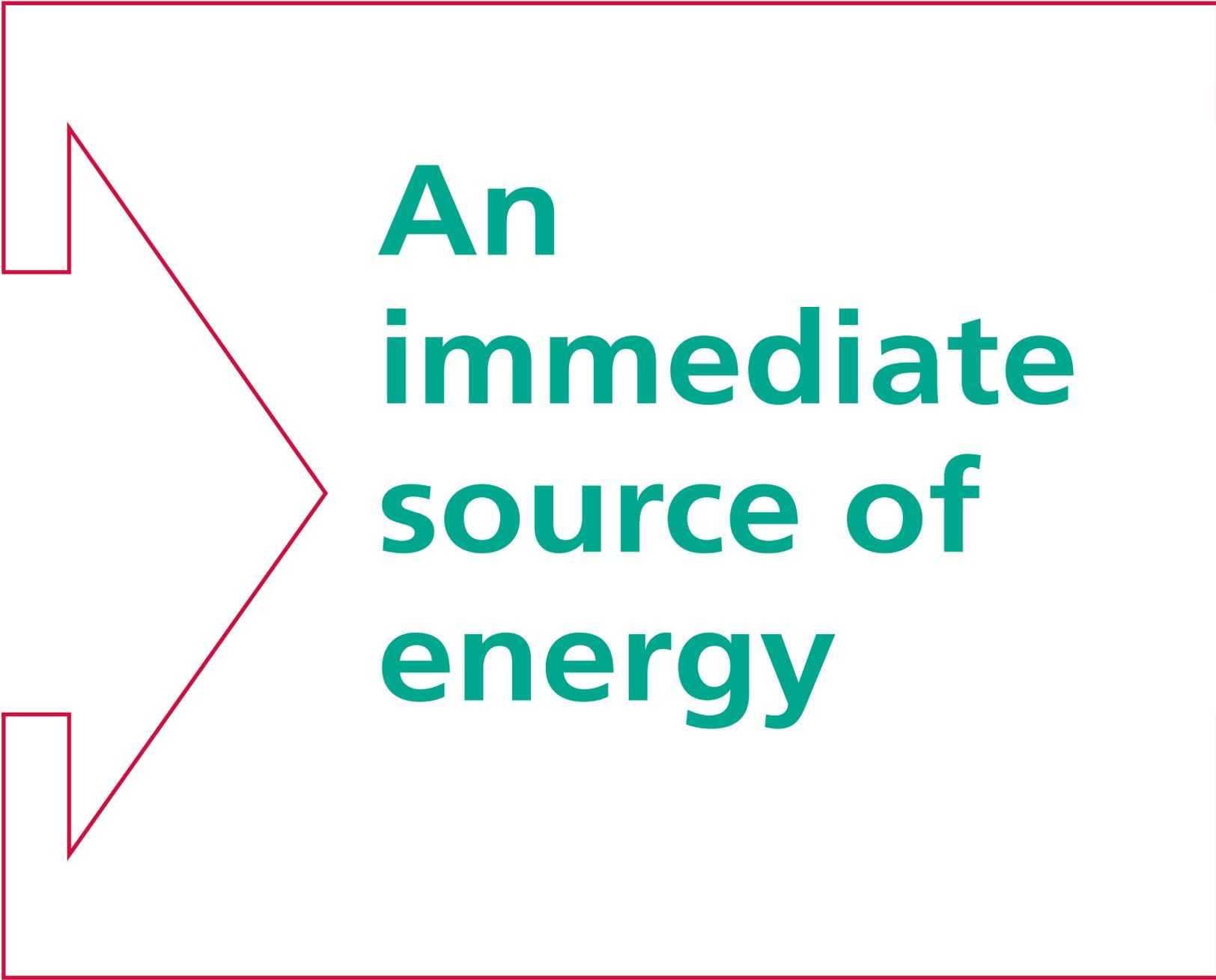


A balanced diet

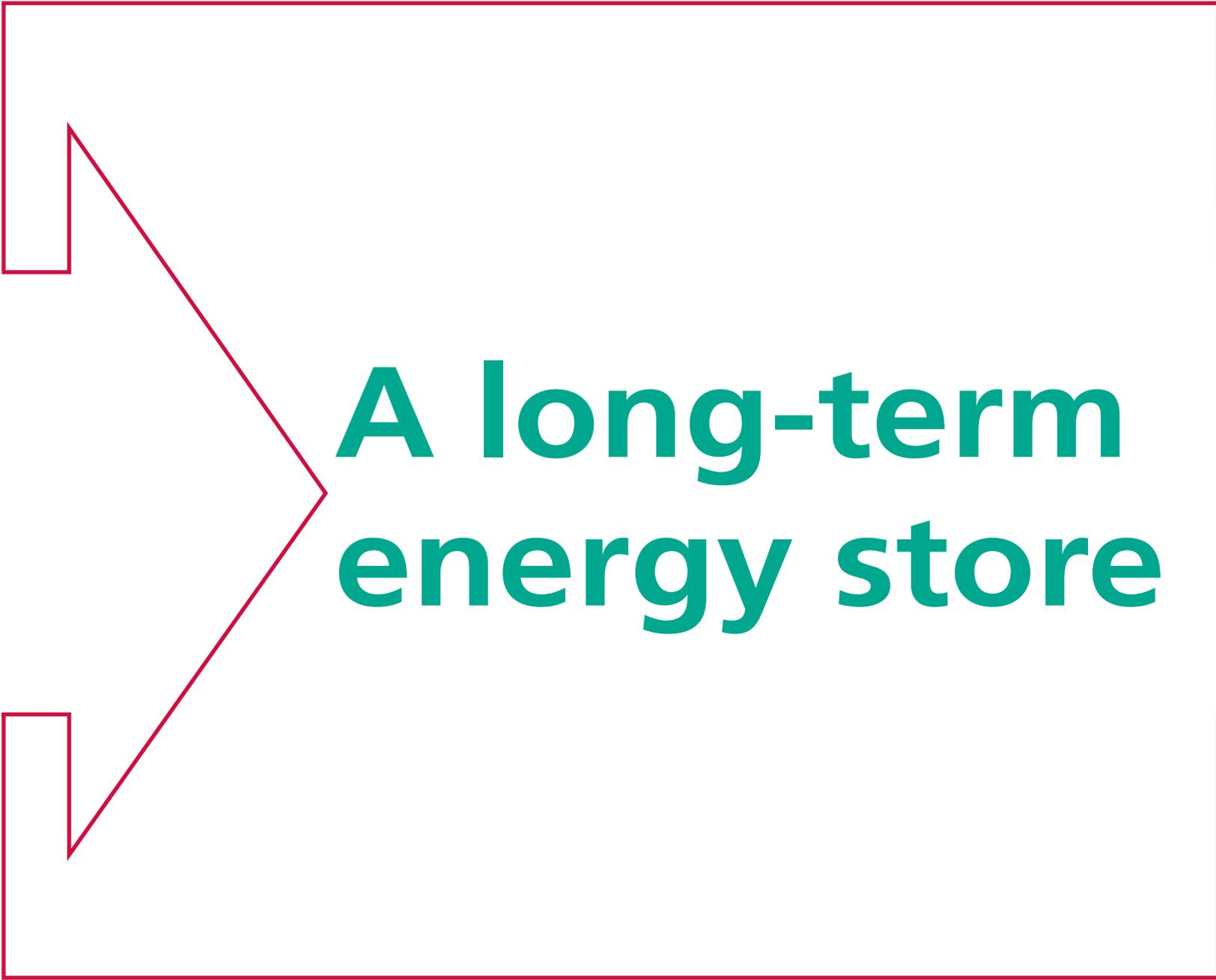


A balanced diet





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

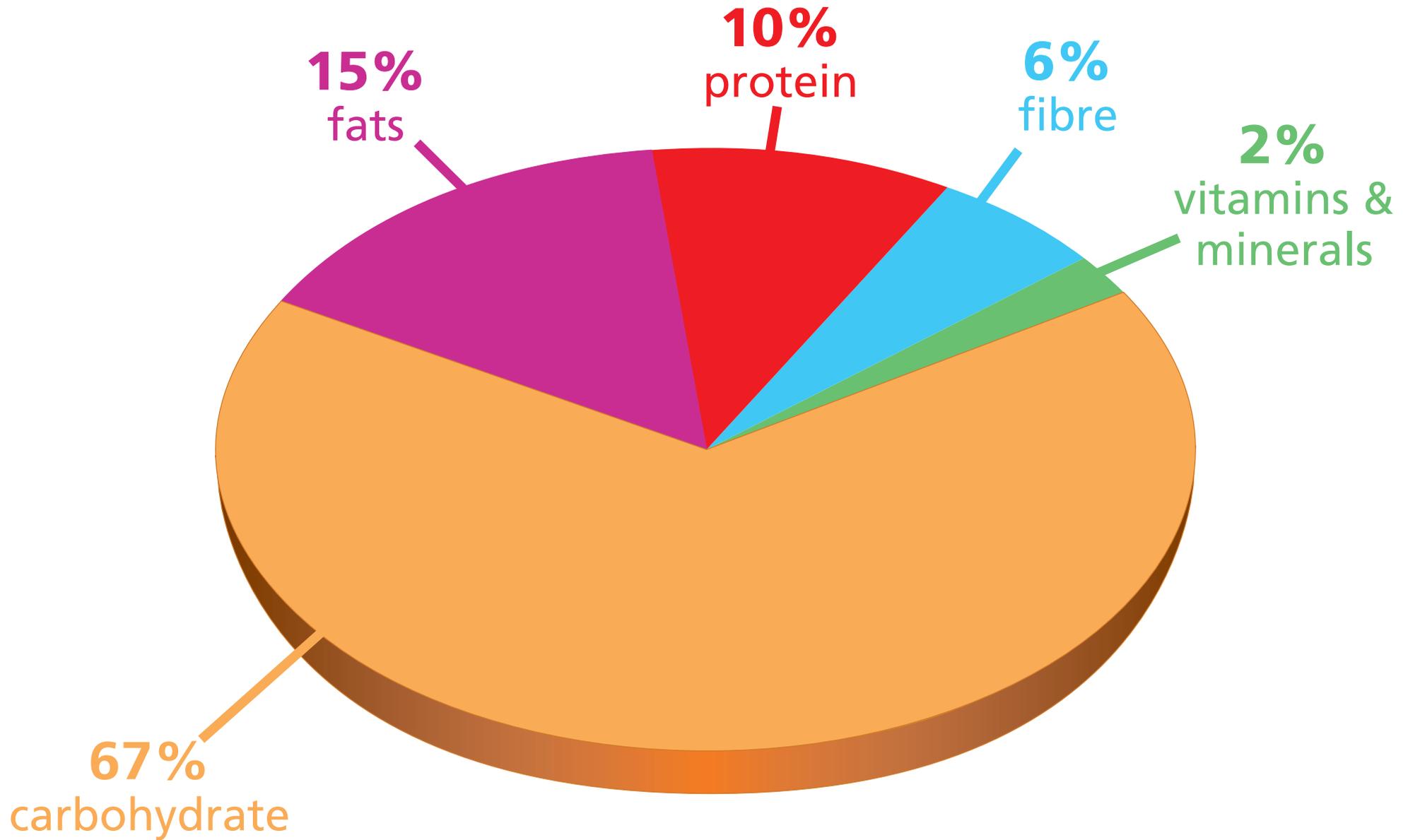


Vitamins & minerals – important in small amounts to keep the body healthy



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

Pickled cheese

<i>Protein</i>	4
<i>Carbohydrate</i>	3
<i>Fat</i>	5
<i>Vitamins & minerals</i>	4
<i>Fibre</i>	1

Pancakes with milk

<i>Protein</i>	2
<i>Carbohydrate</i>	4
<i>Fat</i>	5
<i>Vitamins & minerals</i>	2
<i>Fibre</i>	2

Feta cheese

<i>Protein</i>	4
<i>Carbohydrate</i>	3
<i>Fat</i>	5
<i>Vitamins & minerals</i>	4
<i>Fibre</i>	1

Apple tart

<i>Protein</i>	2
<i>Carbohydrate</i>	5
<i>Fat</i>	4
<i>Vitamins & minerals</i>	2
<i>Fibre</i>	2

Bread dipped in olive oil

<i>Protein</i>	2
<i>Carbohydrate</i>	5
<i>Fat</i>	5
<i>Vitamins & minerals</i>	1
<i>Fibre</i>	4

Bread

<i>Protein</i>	2
<i>Carbohydrate</i>	5
<i>Fat</i>	1
<i>Vitamins & minerals</i>	1
<i>Fibre</i>	4

5very good source
of this nutrient**4**good
source**3**average
source**2**poor
source**1**very poor
source*Butter beans*

<i>Protein</i>	4
<i>Carbohydrate</i>	3
<i>Fat</i>	1
<i>Vitamins & minerals</i>	3
<i>Fibre</i>	5

Lentil & chestnut meal

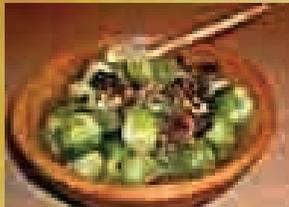
<i>Protein</i>	4
<i>Carbohydrate</i>	3
<i>Fat</i>	2
<i>Vitamins & minerals</i>	2
<i>Fibre</i>	5

Oatmeal porridge

<i>Protein</i>	2
<i>Carbohydrate</i>	4
<i>Fat</i>	1
<i>Vitamins & minerals</i>	1
<i>Fibre</i>	5

Egg & cabbage

<i>Protein</i>	4
<i>Carbohydrate</i>	1
<i>Fat</i>	1
<i>Vitamins & minerals</i>	5
<i>Fibre</i>	2

Sprouts & walnuts

<i>Protein</i>	2
<i>Carbohydrate</i>	1
<i>Fat</i>	1
<i>Vitamins & minerals</i>	5
<i>Fibre</i>	4

Apples, pears & figs

<i>Protein</i>	2
<i>Carbohydrate</i>	2
<i>Fat</i>	1
<i>Vitamins & minerals</i>	5
<i>Fibre</i>	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 ostrich



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