Ancient Roman Cuisine
A thorough analysis of food culture and its relatively to modern times

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Research Context:
Food is often a staple of many modern day cultures. In Ancient Rome, it was no different. This research questions in what ways food shaped Ancient Roman society and how it still has lasting impacts to this day.

Sites:
Rome (Roman Forum)
Naples/Pompeii
Milan
Florence
Venice

Roman Food Staples

- Bread was commonplace in every Roman settlement including Pompeii (where it is preserved)
- Lentils and Legumes were also commonplace
- No modern version of "pasta" was present at the time of Ancient Rome
- Fish was a major part of a Roman diet and was present in several frescoes, displaying a sign of importance in culture and community
- Modern European cuisine has many similarities in its emphasis on Olive Oil and other natural grains and breads
- Frescoes prominently displayed dishes of foods in sites like Pompeii

Why this research?
Ancient Roman influences are around the entire world from mottoes to abbreviations
Food is a staple of almost all modern cultures and is present in every day life

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