

albatros



FRUITS AND VEGETABLES

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In Ancient Rome, the wealthy ate fruits and vegetables regularly. They grew peaches, apricots, lemons, onions, cucumbers, beets, and legumes such as peas and beans. Olives, figs, and dates were also part of their diet.



THE ROMAN KINGDOM

When it was founded, Ancient Rome was a kingdom, ruled by a king who had a Senate - an advisory body - to help him. In the early period, the king's Senate had 100 members, carefully chosen from among the wealthy and powerful. Symbols of the king's power included a magenta (reddish purple) toga embroidered with gold.

CONTAINERS FROM GAUL

Some of the most well-known ceramic containers were red. They were crafted in Gallic workshops – meaning workshops from Gaul. Gaul was a Roman name for an area that includes modern-day France, northern Italy, Belgium, and parts of Switzerland, Germany, and the Netherlands.

CARPENTERS

With the historical arrival of construction, new crafts emerged, allowing the Romans to build more intricate structures. Woodworking became increasingly important for constructing new buildings. So, too, did the tools that helped the builders do their job.

ANCIENT ROME

I hope the Wind doesn't lift my toga.



GRAINS

Grains were necessary for the production of the staple known as bread. The Romans grew mostly wheat and barley.

FISHING

In ancient times, fishing was an essential skill to get food for all cultures. The Romans, too, had fishing boats and fishermen who provided plenty of fresh fish for Ancient Rome.

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OLIVE TREES

Olive oil has been an essential part of the Mediterranean diet for centuries. The Romans cultivated olive trees in the rocky soil and warm climate of the **Apennine** Peninsula

THE TIBER

Maybe I should have used smaller Piece of wood to make a toothpick.

CATTLE

Cattle farming was essential to the Roman diet. The Romans raised cows, horses, sheep, goats, pigs, and chickens on their pastures. They farmed cattle for Be careful! meat and milk, and also for pulling wagons. Sheep were farmed mostly for their wool.

FASCES

An axe called the fasces was a symbol of the power of Roman kings – a reminder that the king could impose the highest penalty. The axe was wrapped in 12 rods. This represented the number of lictors, who were the king's servants and later the highest-ranking officials.

CLASSICAL ANTIQUITY

The period of Antiquity, from roughly the 8th century to the 7th century BCE, is called Classical Antiquity.

ANTIQUITY

Antiquity is the period dating from the emergence of the first civilizations to the early Middle Ages in roughly the 6th or 7th century.

BAKER

Baking was an important trade in Rome, since it gave people the basic food they needed to survive - bread. Bakers used a brick furnace to make different kinds of bread. Flour was made from grains in mills powered by people or by animals.

GRAPEVINES

I'm working

like²

donkey

Farmers grew grapevines on fertile hills and then turned the grapes into wine, a popular beverage in Ancient Rome and modern-day Rome too.

THE SEVEN HILLS OF ROME, CIRCA **700 BCE**

1. Aventine – According to legend, this is where Remus, one of the twins said to have founded Rome, lived lived and where he's buried. Circus Maximus was later built at the foot of the hill. But we'll talk about that later.

- 2. Capitoline The best-known of all the hills and the esteemed center of Rome, this was where the most beautiful Roman temple stood: the Temple of Jupiter. The Forum Romanum can be found beneath the hill.
- 3. Palatine Legend has it that this is where Rome originally began, in a cave where the twin boys Romulus and Remus are said to have been nursed by a she-wolf. The hill was allegedly the home of Romulus.
- 4. Caelian Ancient Roman paths can be seen on the hill to this day.
- 5. **Esquiline** A hill close to the Colosseum, this is where Emperor Nero built his luxury palace Domus Aurea and where the Emperor Trajan built his baths.
- 6. Viminal The smallest of the seven hills, this was, according to legend, the home of the Sabines - another people living at the time of Rome's founding.
- 7. Quirinal This is where Italian presidents have their seat today.

ANCIENT ROME

Rome was founded on the Apennine Peninsula in Southern Europe nearly 3,000 years ago. This city was the birthplace of the Ancient Roman Empire, one of the most influential civilizations in human history. Within a few centuries, the empire expanded from a small city to cover large areas of Europe. In many ways, it continues to have a lasting impact on the world.

CERAMICS

Poor families in the Roman Empire made their living by crafting items. Potters, for example, created ceramic containers to store food. Eventually, big factories were set up to make and sell ceramics across the Roman Empire.

LATIN

head is spinning.

and animals.



ROMULUS AND REMUS

Legend has it that after being born, the twins Romulus and Remus were placed into a wooden cradle and thrown into the Tiber River. They were saved from certain death by a she-wolf who lived on Palatine Hill and nursed the brothers. Later, they were found by Faustulus, a shepherd who went on to raise them.

THE LEGEND OF THE **CITY'S FOUNDING**

When the brothers grew up, they decided to found a city. In keeping with the traditions of old, they dug out a spot in the earth to mark the future town, leaving gaps in places where they planned to make the gates of the city's fortifications.

ACCORDING TO LEGEND, ROME WAS FOUNDED IN 753 BCE

AMPHORA

This was a ceramic container with a pointed bottom. It was used for storing wine, olive oil, fish, and other food.

A DISPUTE BETWEEN THE BROTHERS

The brothers couldn't agree on who the new city should be named after. To settle their disagreement, a prophecy (a prediction of the future in ancient myths) was delivered by a flock of birds. Legend has it that Remus saw six birds, while Romulus counted twelve. Since Romulus saw more birds, the city was named after him - Rome.



AGRICULTURE

Agriculture was absolutely essential for the Ancient Romans to feed themselves. They figured out how to water their fields and drain the soqqy lands. They used fertilizers to get bigger

harvests; grew grains, legumes, fruits, and vegetables; and harvested them with basic sickles.

5,500 years ago, shepherds and farmers settled in the hills where Rome was eventually established. Around 800 BCE, the individual settlements united, creating a new city. Two ancient peoples, the Etruscans and Latins, were among the first inhabitants.

ROMULUS'S HOME

On Palatine Hill, there are the ruins of a hut said to have belonged to Romulus, who was Rome's founder and its first king. Though this isn't a fact but rather just a legend, the ruins give us an idea of what the homes of Rome's first inhabitants were like. The roofs were made of straw and the walls of a mud and twigs.

Ancient Rome gave the world a language called Latin. Many modern European languages, such as French, Italian, and Spanish, are based on Latin. Latin is still used in medicine for diseases, in anatomy for bones and body parts, and in biology for plants



RHINITIS



Legends can be fascinating, but often there's no truth to them. This is the case for the founding of Rome too. About



ROMAN NUMERALS

The number system of Ancient Rome was still used in Europe until the late Middle Ages, when it was replaced by the more advanced Arabic numerals (the ones we use today). You can still see roman numerals, though, in many places, like on buildings, which often show the date of construction, or on clock faces.

THE AQUEDUCT

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 The Romans built many special structures to make life in the city easier. For example, watercourses were stony channels that carried water around Rome. They had to be ever-so-slightly sloped so the water could flow downhill over long distances. This created challenges because of the valleys and hills in the land. To solve this, the Romans built aqueducts - arched structures with a channel on top – to carry the water.



DOMUS

Wealthy Roman families lived in *domus* – grand homes, often adorned with marble and elaborate decorations. These big homes had many rooms, a garden, a courtyard, and a roofless area near the entrance called an atrium. Other rooms, like the kitchen, study, or bedroom, were arranged around this atrium. The back area usually also had an additional small garden surrounded by pillars called a peristyle.

1. Vestibule entrance hall 2. Atrium 3. Peristyle

4. Garden

VILLA RUSTICA

a villa.

A farm in the countryside, surrounded by wide open spaces. The building included a home for the owner or manager, a barn for the animals and crops, and living quarters for the farmhands and enslaved people. In the center was a garden for the owner to enjoy. Only the wealthy citizens of Rome could afford to own

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THE ROMAN REPUBLIC

PATRICIANS

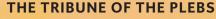
Members of Rome's wealthy class were called patricians. They were from wealthy families, and had lots of power, believing they were the descendants of Rome's founders.

PLEBEIANS

Lunch is

ready!

People who didn't come from wealthy families in the city were known as plebeians. They were free citizens, but for a long time they weren't allowed to have a say in how Rome was run and they had to fight to get the same rights as people from wealthy families.



When the Roman Republic began, the upper class and the lower class argued a lot about who would make the decisions in the country. In the end, the lower class created the office of the Tribune of the Plebs to protect them from the upper class. The tribune was to guard the lower class from officials, and later he had the power to reject any decision made by officials and the Senate. The tribune was elected by the lower class for a period of one year. However, he could make decisions only within the city.

ROMAN BATHS

The Romans loved public baths and they used them daily. Water mains brought water directly into the baths. People used the baths not only for hygiene, but also for socializing and discussing the topics of the day.



Roman theaters were a popular place to see plays, especially during celebrations. They put on plays to entertain the audience.

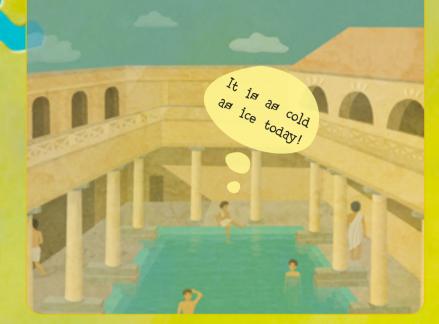
1. Cavea – the auditorium (where the audience sits) was separated into three terraces (levels where people sat). Each terrace was used by a different class. The lowest part of the auditorium was used by the highest-ranking citizens. The auditorium was shaped like a half circle.

2. Orchestra - a place for the actors and important visitors.

3. Scaena - the place where the plays were staged.

ROMAN TERRITORY

As the Roman Republic's power grew, the ambitious Romans began eyeing foreign places to take over. First, they conquered the entire Apennine Peninsula. Then they ventured deeper into Europe. The country, which had originally started out as a small area surrounding the seven hills of Rome, soon became the largest power the world had ever known.



GUARD TOWERS

ASIA

There is always digging

Soing on.

Romans built guard towers on their territory to protect against sudden enemy attacks. Some of these buildings – or their ruins – can still be seen in certain European countries today.

Hey, director!

There is no

one out here!



Poor and middle-class people who couldn't afford their own houses in Ancient Rome lived in rental buildings (like modern-day apartment complexes) called insulae. An insula had several stories and around six apartments. The ground floor usually had shops, bars, and workshops.



CICERO

LIGURIAN

SEA

He was an important philosopher, politician, and writer of the Roman Republic. People still read him today.

MEDITERRANEAN SEA

ROMAN ROCES

ROMAN REPUBLIC AROUND 320 BCE

You may have heard someone say that "All roads lead to Rome." But why do people say this? On the one hand, this phrase means that the Roman Empire had a huge influence on the whole world. But it also means that Romans had a huge system of roads that covered their lands. These roads were very nice and had many layers.

IONIAN

SEA

ANCIENT

1. The base layer was made of large stones. 2. The second layer was small stones and gravel. 3. The third layer was made of sand. 4. The top layer was made of cobblestones.



JULIUS CAESAR

Julius Caesar was a powerful leader in Ancient Rome. After becoming the leader, he helped make things better for people and their communities, and he was elected dictator for life. His name inspired the title "Caesar," meaning Emperor . . . and his legacy still lives on today.

THE ROMAN EMPIRE

Creating a republic in Ancient Rome and letting ordinary people make decisions was a brand-new idea back then. Many countries around the world later did the same thing. However, the Roman Republic lasted for only about 500 years before it became an empire (a large country where ordinary people don't get to make any decisions about what the country does). As a republic, Rome had an all-powerful dictator. This man was elected by the Senate and was only allowed to be in charge when the country was facing problems. The Romans believed that in times of emergency, it was best for one person to have absolute power.

AUGUSTUS

After Julius Caesar, Augustus was the next person in charge of Rome. He was the first ruler of Rome to be called an Emperor. He took the power away from the people and took control over the Roman Empire and army. He wore plant wreaths on his head to show his power, and after his death he was declared a god. The eighth month of the year, August, was even named after him.

WREATHS AND CROWNS

These symbols were awarded to soldiers and noble citizens who did good things. They would then wear them on official occasions.

- 1. The **Civic Crown** was awarded for saving the life of a Roman citizen.
- 2. The **Grass Crown** was granted to any military commander who saved an army or a city under attack.
- 3. The **Naval Crown** was worn by any sailor who was the first one to board an enemy ship.
- 4. The Mural Crown could be claimed by anyone who was the first person to set foot beyond the fortifications of a city being conquered.
- 5. The **Camp Crown** was given to any soldier who was the first to enter an enemy camp.



ROMAN SOCIETY

Roman society was divided into patricians (noblemen and noblewomen) and plebeians (ordinary people). Whichever group you were born into was the group that you stayed in for all of your life. People were also separated into different groups depending on how rich or popular they were.



- 1. During the time of the Roman Empire, the Emperor was the highest-ranking official in the country. He had all the power and made all the decisions about the empire.
- 2. Patricians were at the top of the social hierarchy. They claimed that their ancestors had been in Rome since its founding.
- 3. Soldiers were among the highest-ranking citizens of Rome. During the time of the Roman Empire, their power increased even more.
- 4. Plebeians, made up of craftsmen, were another social group. The special rights that they worked hard to get during the Roman Republic came to an end under the Roman Empire.
- 5. Farmers were responsible for feeding Roman citizens. Despite this, they were one of the poorest social classes in Ancient Rome.
- 6. Enslaved people were at the very bottom of the pyramid. Sadly, they weren't free to make their own choices, and they were forced to work for their masters.

IN LATIN, THE ROMAN EMPIRE WAS CALLED IMPERIUM ROMANUM

SENECA

When it comes to freedoms and rights (in other words, people being allowed to choose what to do with their lives), the Empire was a dark time in Roman history. Still, it was in this era that Rome grew bigger and its culture flourished. It was also a good time for philosophers. Seneca, who was a playwright,

ENGAGEMENT RINGS

poet, and writer, was

ones.

one of the best-known

Ancient Egyptians were the first to use rings as a symbol of engagement and marriage. But the modern tradition of engagement rings likely began in Ancient Rome. The ring symbolized the groom entrusting his property to his bride. The bride wore it only in public. At home and while working, she wore an iron ring shaped like a key, symbolizing that the property could be taken away at any time.

NEWS

A stone version of the modern newspapers. The Romans chiseled important news in stone for citizens to read.

TOWERS

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On the edges of the places they conquered, the Romans built guard towers. These allowed the soldiers to give Roman armies plenty of warning about any possible danger.

SIEGE MACHINERY

The Roman military used mechanical siege weapons to take over fortresses. This catapult could shoot stones and flaming balls far beyond the enemy's walls.

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THE PUNIC WARS

The Punic Wars were a series of battles between the Roman Republic and Carthage, a city in northern Africa. The Romans referred to the Carthaginians as the Punic people, and the wars were fought to stop the Carthaginians from gaining control of areas around the Mediterranean Sea.

PONTOON BRIDGES

The Romans used pontoon bridges to cross rivers. They would bring boats and wooden boards, connecting them with nails and ropes to create a strong bridge. Pontoon bridges are still used today, with modern versions created by engineers. The basic idea hasn't changed.

hope there

won't be another

and a factor for the factor of

And a local sector

ROMAN FORT

drill tonight.

Don't worry.

8

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a fair a fair

this time

we'll sleep in

And address of

HANNIBAL

THE ROMAN MILITARY

This Carthaginian commander was from Carthage, an ancient city in North Africa. Hannibal became famous for leading his army, including war elephants, across the Alps to fight the Romans. At the time, Carthage controlled part of what is now Spain. Hannibal's army of 100,000 men set off from New Carthage and headed north. Along the way, fighting and disease reduced the army to 38,000 men, but Hannibal still managed to reach the gates of Rome.



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We're Planning

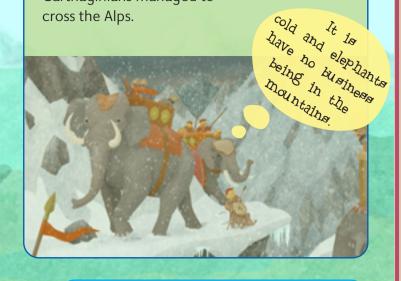
another drill

conight.

CROSSING THE ALPS

Hannibal decided to cross the Alps in late autumn, when the high mountains were very cold and covered with snow. Many soldiers died on this terrible journey. Only 26,000 Carthaginians managed to cross the Alps.

Who was that?



WAR ELEPHANTS

Each elephant was ridden by a man who commanded it, and was accompanied by archers and spear throwers. Elephants were a dangerous weapon and they made the Romans very afraid.



ROMAN FORTRESSES

The Romans built fortresses near the edges of their empire to help keep control of the conquered lands. These forts could house up to 5,000 men and were first made out of wood, then later out of stone.

FORTRESS LAYOUT

- 1. Horse stables
- 2. Fortifications
- 3. Guard tower
- 4. Granary
- 5. Principia a building with offices and a treasury
- 6. Praetorium the house of the fort's commander

and his family 7. Military barracks 8. Entrance gate 9. Baths were placed outside the fort in case of fire



This is so

CO0]

ROMAN PILUM

Roman legionaries used javelins that were about 6.5 feet long, with a sharp point at the end. The iron part was inserted into a wooden handle and held in place with wedges.

PLUMBATAS

These were lead-weighed throwing dart made from iron. It was 1 foot long and had a wooden handle with fins to guide the flight.

BALLISTA

This Roman military invention fired large arrows at a long distance - up to 1,500 feet away. It was very powerful.

THROWING A PLUMBATA A soldier would grip the dart from the

back and toss it either overhand or underhand. This technique made sure that the plumbata w<mark>ould strike a faraway target</mark> accurately.

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CONQUERING A FORT

Roman legions used the tortoise formation to break through forts. Soldiers held up shields to protect themselves from spears, arrows, and other weapons. The formation could have many layers, with those on the bottom raising their shields so that others could climb on top of them and get closer to the top of the forts.



ANCIENT ROME FOR KIDS

LET'S EXPLORE ONE OF THE MOST IMPORTANT **CIVILIZATIONS IN HISTORY WITH THESE 6 FOLDING MAPS**

Written by Oldřich Růžička Illustrated by Tomáš Tůma

All roads lead to Rome, as the old saying goes - and it's true! About 3,000 years ago, the ancient city of Rome was founded. Back then, no one could have guessed that it would become one of the most influential empires in history, stretching across Europe, Great Britain, the Mediterranean, and the Black Sea. For centuries, Rome has inspired the world with its art, architecture, language, politics, trade, and military. So let's explore this amazing civilization - and have some fun while we're at it!

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