



Archaeology of Eating

When archaeologists were digging up Gelligaer, they found the remains of two granaries (places for storing grain). This tells us a bit about what the Romans ate but sometimes they find other evidence as well.

They get very excited when they find preserved poo!! From that, they can tell what people were eating and even if they had worms living in their insides!

These are some of the food items that have been found in Roman sites in Wales.

What was found?	Where was it found?
Fishbones	Brecon and Caernarfon
Cherries	Caerhun (in an amphora)
Dove bones	Caerwent
Dill (a herb)	Caernarfon and Caerwent
Coriander seeds (another herb)	Caerwent
Wine	Caerwent (written on an amphora)
Chicken bones	Caerleon (in the baths)
Lamb and mutton chops	Caerleon (in the baths)
Pork ribs	Caerleon (in the baths)
Pigs trotters	Caerleon (in the baths)
Oyster shells	Caerleon (in the baths)
Radish seeds	Caerleon
Lentils	Caerleon
Olive stones	Caerleon

Find out:

Where exactly in Wales are these places? See if you can find the places on a map.

What is an amphora?

If you don't recognise any of the food, find out what it is.

Think:

Why do you think there was so much food found in the baths in Caerleon?

Imagine you have a dinner plate. On it are the leftovers of a meal. There is the bone from a chicken wing, some chips, a bread bun with seeds on the top and some peas. What do you think would be most likely to be found from that plate by a future archaeologist? Why?