

Roman hairdos



Roman ladies were very concerned with beauty care. They often used cosmetics and spent long hours styling their hair. The hairdo of the ruling empress served as a model for all fashion-conscious women in Rome.

Look at these portraits of Roman ladies and find the one wearing the "beehive" hairdo.

Why do you think it was called so?

What hairdos are the most popular nowadays? Draw a hairstyle that could inspire modern women.

HOW DID MEN CARE FOR THEIR HAIR?

During the early Republic, many men wore beards. Later, from the 2nd century BC to the reign of Hadrian (2nd century AD), fashionable men in Rome shaved their facial hair. Most Romans wore their hair short, but in the Imperial period some stylish Romans had longer hair, which they treated with oil and curled. As in the case of female hair fashions, it was the emperor who set the trends.



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World of the gods

Ancient Greeks believed that gods lived on top of Mount Olympus. They kept their immortality and eternal youth thanks to divine treats: ambrosia and nectar. The gods not only looked like people, but also got married, had children, fell in love, were helpful and friendly. Sometimes, however, they could also be spiteful, jealous, devious, and even cruel. Their lives and adventures are described in myths.

In the gallery, look at objects that portray Greek gods. Connect the gods' names with attributes that symbolise them.



ATHENA



POSEIDON



APOLLO



DIONYSUS



ZEUS



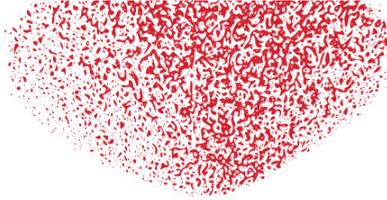
The Greeks believed that gods had control over everything that happened in people's lives, so they tried to gain their kindness and help. They built temples and made various offerings for them: animals, wine, milk and cakes.

Which gods were the addressees of these prayers? Write the name of the god next to each request.

- "It's my wedding day. Noble goddess, give me support and guidance".
- "Please, save us from the storm. We have no strength left. We are going to drown!"
- "Harvest time is coming. Please, send fair weather without storm and thunder, so that we can gather crops".
- "I make an offering and ask to be cured".

Answer: Hera, Poseidon, Zeus, Asclepius

ARYBALLUS
(VESSEL FOR OLIVE OIL)



SAND

HAND-HELD MIRROR



SPONGE



After training, an athlete needed several items to care for personal hygiene. Below, write what purposes some of them among the pieces exhibited in the gallery.

Education in ancient Greece focused on the harmonious development of both mind and body. For this purpose, every large polis (city-state) had several gymnasiums – buildings in which all free citizens could exercise and take care of their bodies. Gymnasiums also served for holding meetings and discussions. Greeks held athletic contests in honour of the gods. Some of them were Pan-Hellenic, which means that athletes from the entire Greek world could take part in them. The most important of them were held every four years in Olympia. These games were dedicated to Zeus and lasted five days. Contestants competed in the following disciplines: the pentathlon (a race the length of the stadium, long jump, javelin throw, discus throw, and wrestling), chariot races, martial arts, and hoplite run.

Sports in Antiquity

In the gallery, find the vase shown below and look closely at its decoration. This is the Panathenaic amphora, which, along with its content, was the prize awarded to the winner. Which competition did this person take part in? What could have been the content of the amphora? How many amphorae could an athlete get for winning first place in the sports discipline shown here?

The most important festival in Athens was the Great Panathenaia. The celebrations were organised in honour of the goddess Athena and took place every four years. Events held alongside religious ceremonies included athletic contests, chariot and horse races, and musical competitions.

The Great Panathenaia



STRIGIL
(SCRAPER)





KYLIX



Greek feasts

Feasts during which free citizens ate, drank and had fun were called symposia. They were very popular among Greek aristocrats. The participants rested on couches arranged around a table and drank wine mixed with water according to custom. They held disputes, played music and sang drinking songs, listened to works of famous poets, and watched dance performances. The participants chose a symposiarch – a master of ceremonies, who called the number of toasts raised, determined the proportions of wine to water, and decided on the types of entertainment.

“Bad people live to eat and drink; good ones eat and drink to live”

Socrates – after Plutarch,
How youth should listen to poets

Greeks used a variety of vessels during feasts.

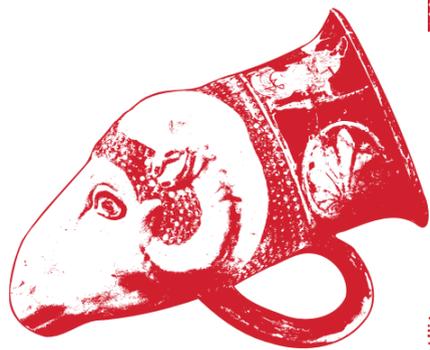
Look in the showcases and find the vases shown below. Connect the drawings of vessels with their names and functions. Careful! The functions of several vessels were the same.



HYDRIA



OINOCHOE



RHYTON

vessel for drinking



SKYPHOS

vessel for drawing and carrying water

vessel for mixing wine with water

vessel for storing wine and oil



KRATER

vessel for pouring wine



AMPHORA

What did the Romans eat?

Rich Romans ate a variety of foods, which were sometimes very unusual.

Thanks to a cookbook entitled *On the Art of Cooking in Ten Volumes* we can learn about ancient Roman cuisine. Its author was said to have been Apicius, a renowned gourmet who lived under the emperor Tiberius (14 BC – AD 37). However, the work is in fact a group of texts by various authors, including Apicius, compiled in the 4th–5th century AD.

Here are a few recipes:

Liver and lungs of a lamb or kid you will prepare as follows: add sugar to water, an egg, some milk, the carved livers should swell; cook in vinegar; sprinkle with pepper; serve.

Minced sow's wombs you will prepare as follows: take ground pepper, cumin, two small heads of leeks peeled to the white, rue, fermented fish sauce and combine all this with well mashed and minced meat. After grinding the whole mass again and mixing it well, add peppercorns and pine nuts, which had been smashed in very clean cloth. Cook all this in water, olive oil and fermented fish sauce with a bundle of leeks and dill.

Dates, having removed the stones, you will stuff with nuts or ground pepper; sprinkle with salt on the outside, cook in dissolved honey and serve.

Among the dishes and drinks listed below underline the ones that could be found in an ancient Roman kitchen:

wine • cow's milk • goat and sheep cheese • tea • barley cakes • tomatoes • coffee
bread • dried figs • pears • mutton • rice • fish • potatoes • onions • garlic
olive oil • mushrooms • olives • quail • eggs • pork • liver • fish sauce

