

Instructions for Educators & Chaperones

The Getty Villa

The Cooking Class

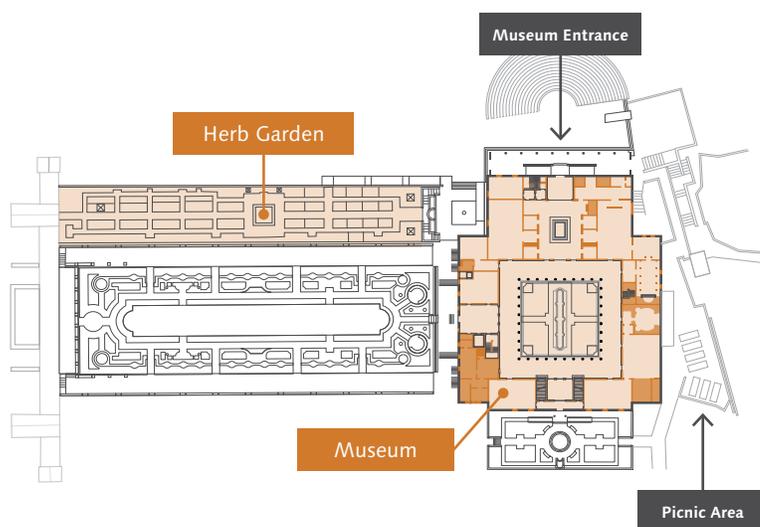
This instruction sheet will help you guide your students at the Getty Villa as they work on the worksheet attached on the following pages.

GOALS> TIPS>

- To introduce students to the use of herbs in ancient cooking practice.
- To highlight the importance of gardens in antiquity for the production of food.
- Briefly look over the activity before beginning and think about where you will need to take the students.
- Ask the students questions and be an active leader!
- Be flexible! If one gallery is occupied, work on another part of the activity first and then return when the gallery is free.
- These activities DO NOT have to be completed in any particular order.

OUTDOORS

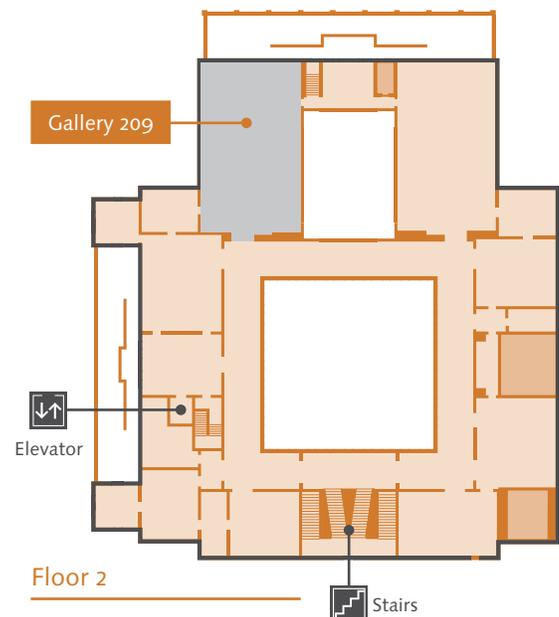
Students find herbs for a recipe in the **Herb Garden**. Have the students read the recipe aloud before searching the gardens.



Floor 1

INDOORS

Go to the second floor **Men in Antiquity gallery (Gallery 209)**. For the first activity, look for three objects depicting fishing scenes in the display case labeled "Men at Work." For the second activity, students choose a funerary marble in the same gallery.



Floor 2

Student Worksheet

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Your Name _____

Use this worksheet to explore the **Herb Garden**, and the **Men in Antiquity** gallery (Gallery 209).

In ancient Rome, herbs like rosemary, mint, and basil were used as ingredients in many recipes. For this reason, every ancient villa had an herb garden next to the kitchen. Meals were prepared by slaves and served in the *triclinium*, a dining area where men would eat while reclining on couches.



I. **FIND** the **Herb Garden**.

Read the recipe for fish pickle, below. It's based on an ancient Roman recipe.

Fish Pickle

Two 32 oz. cans unsalted anchovies	1 T thyme
6 tsp. white wine	1 ½ tsp. lovage, finely chopped
3 T vinegar	1 ½ tsp. oregano, finely chopped
3 T olive oil	3 basil leaves, finely chopped
1 ½ tsp. honey	3 mint leaves, finely chopped
1 ½ tsp. mustard seed	

Thoroughly combine the ingredients in a mixing bowl. Place in a glass jar and keep refrigerated for up to two weeks.

SEARCH the **Herb Garden** for the herbs listed in this recipe. On the recipe card above, **CIRCLE** the names of the herbs that you find.

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II. **EXAMINE** three of the herbs you have found using three of your senses.

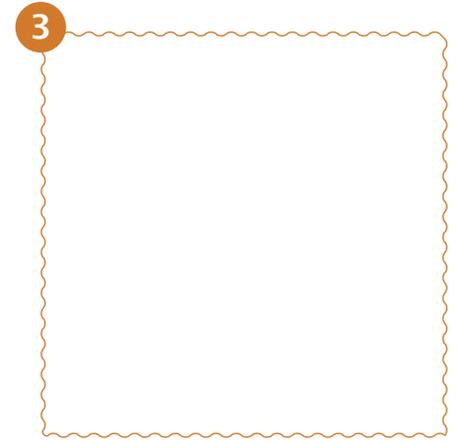
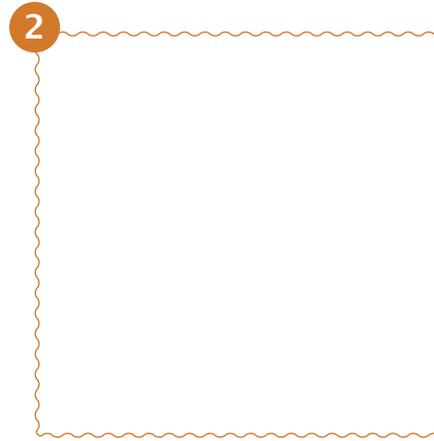
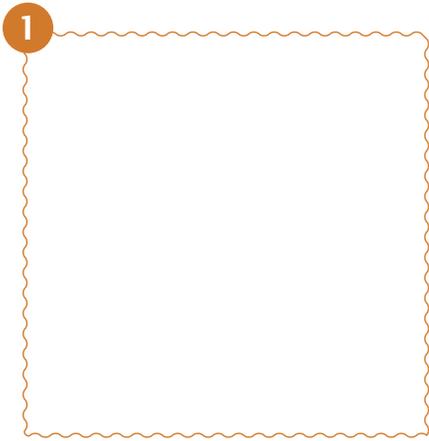
WRITE the English name and the Latin name of each herb in the space provided.

1 English name: _____ Latin name: _____

2 English name: _____ Latin name: _____

3 English name: _____ Latin name: _____

SIGHT! How does the herb look? Make a quick sketch in the box:



SMELL! Carefully rub the herb between your fingers (don't pick it!) and smell your fingers. How does it smell?

Describe the scent here.

1 _____

2 _____

3 _____

TOUCH! How does the herb feel? Describe the texture of the herb here.

1 _____

2 _____

3 _____

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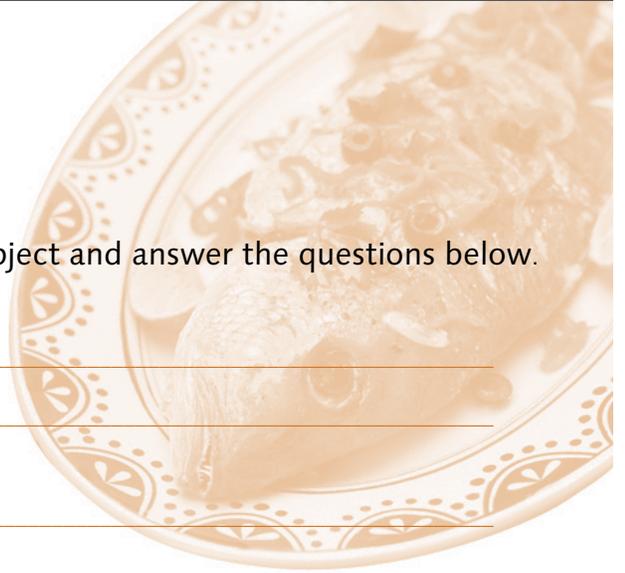


III. **GO TO** the **Men in Antiquity** gallery (Gallery 209).

FIND an object that relates to fishing. **CHOOSE** one object and answer the questions below.

Describe your object. What is depicted on it? _____

Why do you think fishing was so important to the ancients? _____



IV. **READ** this passage from Archestratus of Gela, a gourmet who lived in one of the Greek colonies in Sicily in the mid-300s B.C.:

Use a tail-cut from a female tuna. . . . Slice it and bake it to a turn, adding a little salt and oil. Eat the slices hot, dipping them in piquant sauce. It is good also if you eat it plain . . . But if you serve it sprinkled with vinegar it is perfection.

Keeping this passage in mind, **LOOK** at the marble funerary reliefs found in this gallery.

The figures depicted on the objects are dining. How is this different from the way that you eat or sit at a dining table?

Do you think that the fish recipe described in the passage above would have been served and eaten as depicted in these reliefs? Do you think the fish would be hard to eat while reclining? _____
