

CLOTHES & FASHION

As the climate of ancient Greece was hot, clothes were light and loose. Items of clothing were made from one large piece of material, which was shaped around the body and held in place with pins.

Men wore a tunic called a **chiton**. This was a large square piece of fabric, held in place with pins at the shoulder, and a belt around the waist. It came down to the wearer's knees. Women wore a similar garment, called a **peplos**, which came down to their ankles. In winter, these clothes were made from wool, and in summer, from linen.



An artist's impression of a Greek man wearing a chiton, chlamys and sandals.

For travelling, men wore a short cloak called a **chlamys**. A **himation**, worn by both men and women, was a wrap which could be draped over a tunic and arranged in different ways according to the latest fashions. Most Greeks went barefoot, especially in the home. When travelling, leather sandals or boots were worn.

Clothes could be bought in the **agora** (marketplace), but they were expensive. In most families, clothes were made by the women and slaves. A **spindle** was used to spin wool into thin threads, then these threads were weaved together on a **loom**. Most clothes were plain white, but wealthier Greeks could afford material which was dyed different colours.

Both men and women used scented waxes and lotions in their hair. Men wore their hair short, with a parting. Women had long hair (unless they were slaves, whose hair was cut short). They wore their hair in many elaborate designs, and headbands made from ribbon or metal were popular.

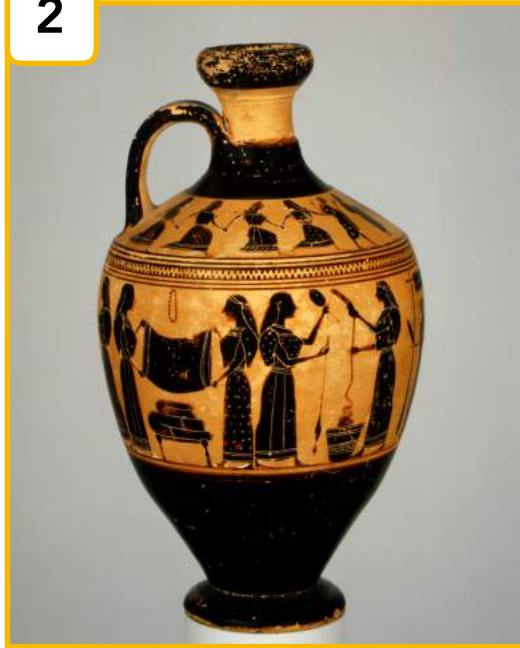
Wealthier Greeks wore **jewellery** such as rings, necklaces and earrings. Decorated pins, used to attach a wrap or cloak, were particularly popular.

Honey and olive oil was used as a cleanser for the skin. Pale skin was a desired feature in ancient Greece, so women covered their faces in a powder made from chalk and white lead. A dark eyeliner was made from charcoal and olive oil. This mixture was also used to draw a line to connect both eyebrows together - a popular look at the time. A long-lasting shiny lip balm was made from red iron oxide and beeswax.

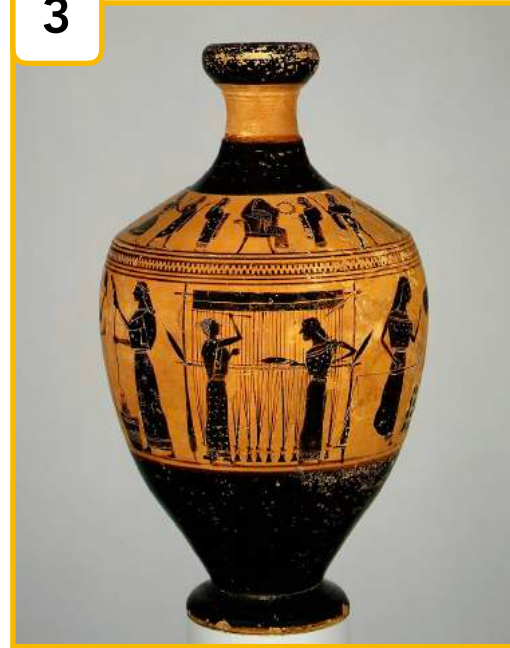
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Giovanni Dall'Orto, 2015. National Archaeological Museum of Taranto

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Giovanni Dall'Orto, 2015. National Archaeological Museum of Taranto

1. Statue from a surviving Greek temple of a woman wearing a **peplos**.
2. Greek vase showing women folding cloth and spinning wool into thread.
3. Greek vase showing women weaving cloth on a **loom**.
4. Gold earring, 4th century BC.
5. Gold bracelet, 4th century BC.

LEISURE & ENTERTAINMENT

One of the main forms of entertainment in ancient Greece was the **theatre**. Theatres were often built into hillsides, with a circular seating area surrounding the stage so that all members of the audience could see and hear the actors. The plays performed were either comedies or tragedies. Actors wore masks so that the audience members sitting farther away could easily spot the different characters. Only men were allowed to be actors, and only men could visit the theatre.

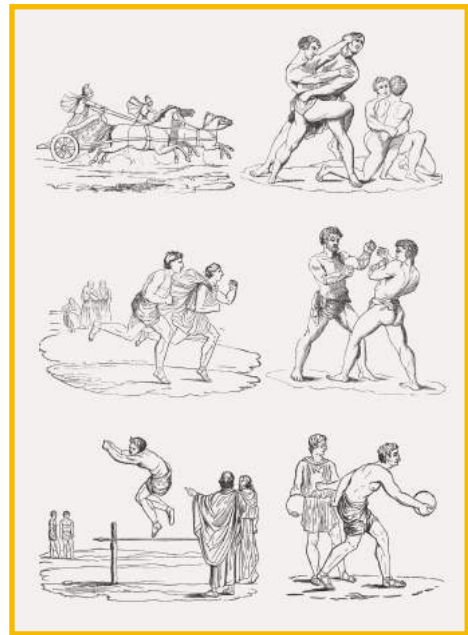
The ancient Greeks loved competition and challenge, and sport was very important to them. From 776 BC, the Olympic Games were held in Olympia every four years, and up to 40,000 (male) spectators came to watch. At first, there was just a single event - the **stadion**, which was a running race of around 200 metres. In later years, other events were added, such as wrestling, chariot racing (a two-wheeled vehicle pulled by horses), and boxing. The **pentathlon** consisted of five events - long jump, discus throw, javelin throw, wrestling and stadion. Some of the sports were slightly different to the modern day version, for example, in the long jump, athletes held weights to help propel their bodies forwards.

Boys played a game similar to hockey. They also played kickball with a ball made from tied-up rags or a blown-up pig's bladder. There was even a game of throwing sticks into a bucket. All of these pastimes aimed to improve their aim and reflexes, and help them develop strong bodies.

Younger children also played with balls, as well as mini chariots, rattles, yo-yos, rocking horses, dolls and animals made from rags, wood, wax or clay.

Women's leisure pursuits in ancient Greece were limited, as they were confined to the house unless their husbands gave them permission to leave. They often played games with marbles and dice, and checkers, a board game. They also played knucklebones, where five small objects were thrown up and caught in different ways.

One pastime which both men and women could enjoy was the playing of musical instruments. The most popular instrument was the **lyre**, which was U-shaped with strings, similar to a small harp. Wind instruments similar to pipes and flutes were also played, as well as an early kind of guitar, called a **kithara**. Women often recited poetry to music. During a **symposium** (a banquet and drinking party for men only), men sang songs accompanied by someone playing the lyre. Children also sang songs at people's doors to receive small change and treats.



An artist's impression of events at the Olympic Games

Who Were the Ancient Greeks?

Information Sheet: Leisure & Entertainment

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1. Close-up of an ancient Greek vase depicting a long-jump athlete.

2. Toys made from clay and wood.

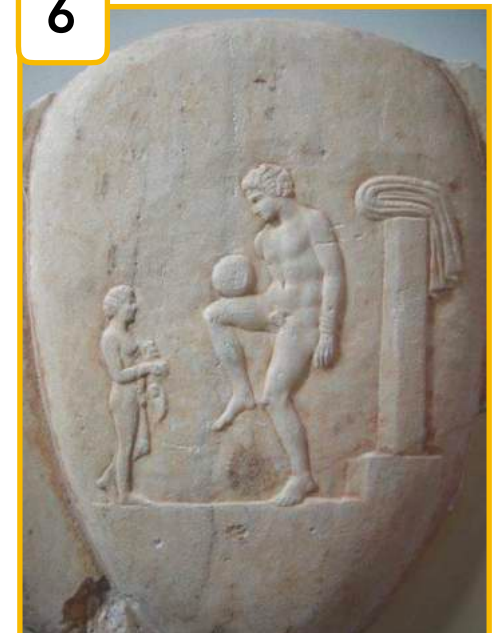
3. Remains of the Ephesus theatre, where comedies and tragedies were performed in ancient Greece.

4. Greek vase depicting three wealthy women engaging in a music session.

5. Greek vase depicting a game of knucklebones (left-hand side).

6. Stone slab carved with picture of a young man practising with a ball.

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FOOD & DRINK

The diet of the ancient Greeks was simple and healthy. Their staple food were cereals (from which they made bread), vegetables, cheese, eggs and fruit. Legumes, especially lentils and chickpeas, were also an important ingredient. Those who lived on the islands or near the coast also ate fresh fish. Meat, such as deer, hare and boar, was eaten infrequently. For poorer Greeks, the only time they ate meat was when an animal was sacrificed for the gods during a festival.

The ancient Greeks typically ate three or four meals a day:

Breakfast - eaten at sunrise, and consisted of bread dipped in wine, porridge, or a type of pancake called **tagenites**, made from flour, olive oil, honey and curdled milk.

Lunch - eaten at noon or shortly after, this was a quick, light meal, again consisting of bread, along with cheese, figs and olives. Occasionally, another light meal was eaten in the early afternoon, between lunch and dinner.

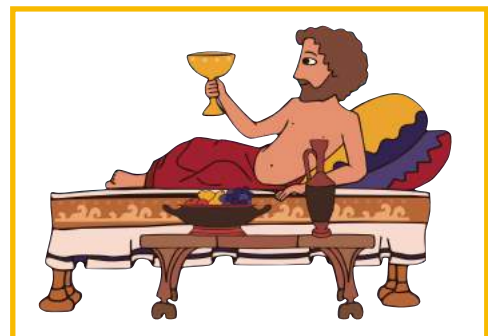
Dinner - eaten at sundown, this was considered the most important meal of the day. A larger variety of foods including vegetables, bread, eggs, fish, and cheese was consumed. Desserts were typically fresh or dried fruit, such as pomegranates or raisins.

Coriander and sesame seeds were used as seasoning, and honey was used as a sweetener.

Men and women ate separately. If the house was too small to have separate eating areas for them, the men ate first, with the women, children or slaves serving them. People generally ate with their fingers. Spoons were used for soups, and knives to cut meat. During festivals or celebrations, more elaborate meals were made.

Water was widely drunk, and thought to be healthy. Fetching water was a daily task for the women. The drinking of milk, however, was considered barbaric. The Greeks produced red and white wine, which they drank watered down. **Kykeon** was both a drink and a meal; made from barley gruel, water, herbs, cheese and sometimes wine.

A **symposium** (a banquet and drinking party for men only) consisted of two parts - the first was dedicated to eating, and the second to drinking. Simple food in the form of snacks such as chestnuts, beans and honey cakes were eaten in the first part. In the second part, men would recline on couches, and a 'king of the banquet' (called a **symposiarch**) was chosen - he had the job of telling the slaves how strong to mix the wine!



Cartoon depicting a Greek man practising **accubation** - the act of reclining whilst eating and drinking!

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"...chickens and ducks, and ringdoves, too, and a goose, and an abundance of suchlike viands piled high... following which came a second platter of silver, on which again lay a huge loaf, and geese, hares, young goats, and curiously moulded cakes besides, pigeons, turtle-doves, partridges, and other fowl in plenty..." and "a roast pig — a big one, too — which lay on its back upon it; the belly, seen from above, disclosed that it was full of many bounties. For, roasted inside it, were thrushes, ducks, and warblers in unlimited number, pease purée poured over eggs, oysters, and scallops..."

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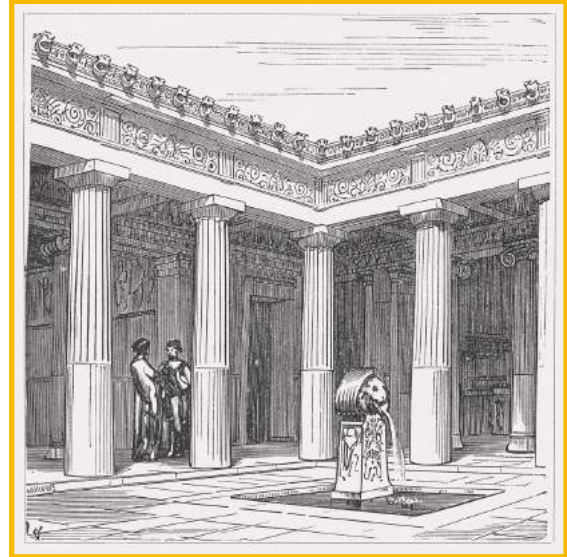
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1. Quotation from Hippolochus, an ancient Greek writer, (3rd century BC) describing a wedding banquet.
2. A platter for fresh fish, one of the ancient Greeks' favourite dishes.
3. Scene from a piece of pottery depicting a woman serving the drink, **kykeon**.
4. Scene from a piece of pottery depicting the killing of a boar as a sacrifice at a festival.
5. Scene from a piece of pottery depicting a slave attending to a vomiting **symposiast** (a man at a symposium).
6. Statue of woman kneading bread, c. 500-475 BC.

HOME & FAMILY

Marriages in ancient Greece were arranged by the prospective bride and groom's parents. Girls typically married between the ages of 14 and 18, whilst men were older, in their twenties or thirties. On the day of the marriage, both the bride and groom took a bath, then the groom travelled to the bride's house in a chariot or cart. After a feast held at the bride's father's house, the groom then took his bride to his parent's house, where they were welcomed, and showered with nuts and fruit. A bride was only fully accepted as part of the groom's family once she'd had a child.



An artist's impression of the courtyard in a home in ancient Greece

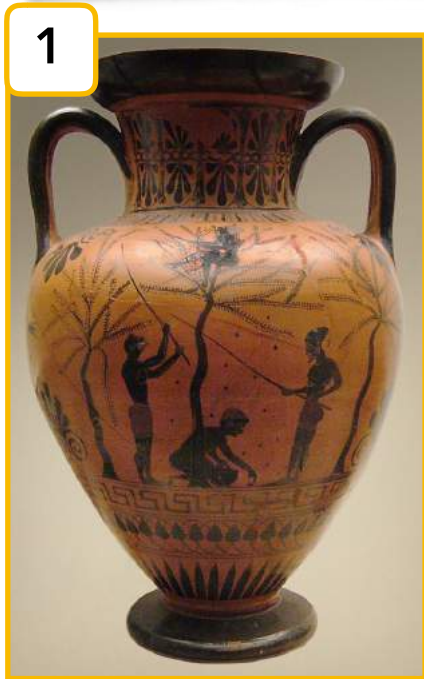
Houses were made from sun-dried mud bricks, which was not a durable material, and often crumbled. (Burglars in ancient Greece were called 'wall piercers', as they broke through weak walls to get into the house.) Roofs were made of clay tiles and windows were small. Most houses had a **courtyard** (an unroofed area enclosed by walls), where children could play safely. Within the house, there were separate areas - the **andron** was a room for men only. This room had a separate entrance so that any visiting male guests did not come into contact with the women of the house. The **gynaecium** was a room reserved for the women. Rooms were quite bare with minimal furniture. Although Greek houses had kitchens, the food was cooked outside for most of the year. Bathrooms were simple - they had a chamber pot, which, when full, was emptied out onto the street. It was quite common to have several generations of one family living in the same house.

The man was the head of the house. It was their responsibility to provide for their family. The average male citizen made a living by working as a soldier, craftsman, government worker, fisherman, or farmer. All men who were citizens had the right to vote on new laws and attend recreational activities such as sporting events, visiting the theatre, or attending a **symposium** (a male-only banquet and drinking party).

Women stayed at home and busied themselves with domestic work, such as spinning, weaving, and raising children. Most households had female slaves who cooked, cleaned and fetched water every day. Some families also had male slaves, whose role it was to protect the home, and tutor the male children. Only the poorest of women worked outside of the household, selling goods at the **agora** (marketplace) or assisting their husband in some way.

Who Were the Ancient Greeks?

Information Sheet: Home & Family



1. Pottery depicting the gathering of olives.
2. Ancient Greek ceramic painting of preparations for a wedding.
3. Pottery depicting women washing clothes.
4. Fresco of an ancient Greek fisherman.
5. Photograph of a mosaic floor from the remains of an ancient Greek house in Delos.
6. Gravestone of a Greek woman being attended to by her slave.

Name: _____

Date: _____



FIRST, READ THE INFORMATION SHEETS. THEN, IN YOUR OWN WORDS, RECORD **THREE INTERESTING FACTS** FOR EACH AREA OF DAILY LIFE. TICK THE CORRECT BOX TO INDICATE WHETHER YOU GOT THIS INFORMATION FROM A **PRIMARY** OR **SECONDARY** SOURCE OF INFORMATION.

CLOTHES & ENTERTAINMENT

Primary source

Secondary source

Primary source

Secondary source

Primary source

Secondary source

LEISURE & ENTERTAINMENT

Primary source

Secondary source

Primary source

Secondary source

Primary source

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FOOD & DRINK

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HOME & FAMILY

Primary source

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Name: _____

Date: _____



FIRST, READ AND DISCUSS THE INFORMATION SHEETS WITH A PARTNER. THEN, USE BOTH THE **PRIMARY** AND **SECONDARY** SOURCES PROVIDED TO ANSWER THE QUESTIONS BELOW IN AS MUCH DETAIL AS YOU CAN.

CLOTHES & ENTERTAINMENT

What did an ancient Greek loom look like?

What was the difference between a chiton and a peplos?

What evidence is there that the Greeks cared about their appearance?

FOOD & DRINK

Why do you think the ancient Greeks' diet was considered healthy?

Name one similarity between the ancient Greeks' eating habits and the present day.

Name one difference between the ancient Greeks' eating habits and the present day.

Name: _____

Date: _____

LEISURE & ENTERTAINMENT

What was the Greeks' attitude towards sport?

Describe what a theatre in ancient Greece was like.

How did men and women's leisure activities differ?

HOME & FAMILY

Describe a typical ancient Greek house.

How did men provide for their family?

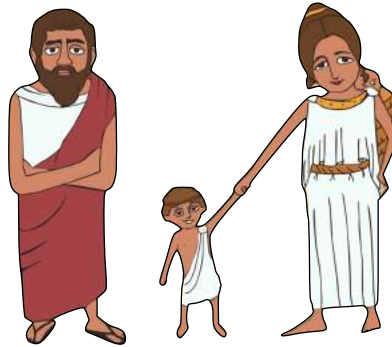
What was the role of the women in the home?

COMPARE YOUR ANSWERS WITH SOMEONE ELSE ON YOUR TABLE. HAVE THEY INCLUDED ANY INFORMATION THAT YOU HAVEN'T, OR VICE VERSA?



A DAY IN THE LIFE OF AN ANCIENT GREEK...

MY NAME IS
TIMON.
HELENA IS MY
WIFE, AND
ERASMUS IS
OUR SON.



MY NAME IS
HELENA.
TIMON IS MY
HUSBAND, AND
ERASMUS IS
OUR SON.

Use the Information Sheets to help you write a **diary entry** of a day in the life of your chosen character, either **TIMON** or **HELENA**.

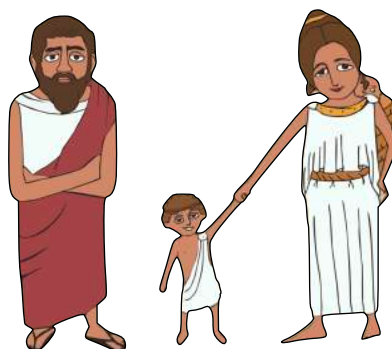
Make sure you include information from each of the four given aspects of daily life in ancient Greece:

Clothes & Fashion, Food & Drink, Leisure & Entertainment, Home & Family.

Don't forget to include your character's thoughts and feelings too!

A DAY IN THE LIFE OF AN ANCIENT GREEK...

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Name: _____

Date: _____

DEAR DIARY,



Name: _____

Date: _____

DEAR DIARY,



