

Ancient Greece



THE MEN

- The men in ancient Greece had a much better life than women because they went to school
- The boys would begin physical education because it was important to have a fit body. They also learned about music.



School day

Boys started school at 7 and they finished it at 14 years old. In mornings they learned writing, reading and maths. They had lessons in one class with stools and benches without desks. Also they learned poetry by heart. At the end rich boys learned Philosophy.

Marriage, women and girls

Girls in Athens were not allowed to go to school so they were educated at home but they were not usually taught to read and write. They learned how to take care of a baby and a home. They were also taught how to cook, embroider and weave. Spartan women were taught reading and writing to protect themselves in battles. They had more freedom than the women and girls in Athens. The girls' fathers chose the man they would marry. When they got married they were not free.



THE FOOD

Food in ancient Greece was very healthy. The Ancient Greeks ate fruit, vegetables, bread, cake, olives, milk and cheese.

The Ancient Greeks grew olives, grapes, and kept goats for milk and cheese. In the summer months they eat fruits and vegetables and in the winter months they ate lentils and dried fruit like figs and apples. Also they rarely ate meat because they felt that they didn't like killing domesticated animals. Ancient Greeks loved their wine which was made from grapes they grew.



1^ο Γυμνάσιο Λαυρίου