

Objective

By the end of this lesson, the student will be able to understand the expansion of the Roman Empire and its impact on health and education.

Materials and Prep

- Pen and paper
- Internet access
- Printed maps of the Roman Empire

Activities

- **Activity 1: Mapping the Roman Empire**

Using the printed maps of the Roman Empire, have the student identify and label the different regions that were part of the empire. Encourage them to research and mark the major cities as well. This activity will help them visualize the vastness of the empire and its expansion over time.

- **Activity 2: Researching Roman Health Practices**

Instruct the student to research and make a list of health practices and medical advancements during the Roman Empire. They can focus on topics such as public health, sanitation, and medical treatments. Encourage them to take notes and write down interesting facts or examples they come across.

- **Activity 3: Creating a Health Poster**

Have the student create a poster showcasing the importance of health and hygiene during the expansion of the Roman Empire. They can include information about public baths, aqueducts, and other health-related infrastructure. Encourage them to be creative and use illustrations or diagrams to make the poster visually appealing.

Talking Points

- **The Roman Empire and its Expansion**

- "The Roman Empire was one of the largest empires in history, expanding across Europe, Africa, and Asia."
- "The Romans were skilled conquerors and used various military strategies to expand their empire."
- "The expansion of the Roman Empire brought different cultures, languages, and ideas together."

- **Health Practices in Ancient Rome**

- "The Romans believed in the importance of public health and sanitation."
- "They built public baths and aqueducts to ensure access to clean water and promote hygiene."
- "Roman doctors had knowledge of herbal medicine and performed surgeries."

- **Education in Ancient Rome**

- "Education in ancient Rome was primarily for the wealthy and privileged."
- "Boys received education at home or in schools called 'ludus'."
- "Subjects taught included reading, writing, arithmetic, and rhetoric."