

A Day In The Life Of An Ancient Greek

Greek houses were usually small, although they could be large if the family had enough money, and some were even two stories high. The thick walls of the houses were made out of mud and clay, and the floors were packed dirt. Some of the richer families could afford to decorate the inside of the walls of their houses with paintings, and some of them were able to afford to put a mosaic of tiles on the floor.



A typical Greek would eat a lump of bread dipped in olive oil for breakfast, and the rest of the day would eat variations of grains and fish. Meat such as beef was reserved for festivals and feasts, and sugar was unknown. If the ancient Greeks ever ate anything sweet, it was because of honey.

In the winter time, fishing and farming was suspended, or stopped, so most Greeks spent a lot of their time outside meeting with friends and family or hanging out in public places, which is still true today.