

Elementary

Our World: Egypt

Educator's Guide

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Publisher: Barefoot Books  
[www.ayakalil.com](http://www.ayakalil.com)



# Facts about Egypt

**EGYPT IS A COUNTRY IN THE CONTINENT OF AFRICA**

- **CAPITAL: CAIRO**
- **LANGUAGE: ARABIC**
- **CURRENCY: EGYPTIAN POUNDS**
- **POPULATION: 100 MILLION**

**OFFICIAL LANGUAGE: ARABIC**

**MAJOR RELIGIONS:**

- **ISLAM: 90 %**
- **CHRISTIANITY: 9.6%**
- **OTHER: 0.1%**



**EGYPT IS KNOWN FOR:**

- **THE NILE RIVER**
- **THE GREAT PYRAMIDS OF EGYPT**
- **SPHYNX**
- **SUEZ CANAL**



**POPULAR FOOD IN EGYPT**

**MOLOKHIYA**  
**KOSHARY**  
**FUL AND TAMIYA**  
**VEGETABLE STEWS (OKRA, PEAS AND CARROTS,  
GREEN BEANS)**



# English Language Arts



Before reading *Our World: Egypt*, ask students about the book.

Is it hard cover or soft cover? What's on the spine?  
Who is the author? Illustrator?

**DESCRIBE THE ILLUSTRATION ON THE COVER**

**WHAT DO YOU THINK THIS BOOK WILL BE ABOUT?**

**WHO ARE THE CHARACTERS IN THE BOOK?**

**WHERE IS THE SETTING ON THE COVER?  
HOW DO YOU THINK THE CHARACTERS ARE FEELING?**

**WHAT DO YOU THINK THE CHARACTER NAMES ARE? IF YOU COULD GIVE THEM NAMES, WHAT WOULD YOU NAME THEM?**

**AFTER READING THE BOOK, ASK STUDENTS:**

- **WHAT WAS THE BOOK WAS ABOUT?**
- **HAS ANYONE VISITED EGYPT BEFORE?**
- **WHAT HAVE YOU HEARD ABOUT EGYPT? DO YOU WANT TO VISIT?**
- **THE GIRL IS GREETED WITH HUGS AND KISSES (BOSAS) AND THEN BRUSHES HER TEETH, GETS DRESSED AND BRUSHES HER TEETH. HOW DO YOU GET READY FOR THE DAY?**
- **THE CHARACTERS BUY BREAKFAST FROM A SMALL FOOD CART. HAVE YOU EVER TRIED FUL (FOOL)? HAVE YOU EVER TRIED FOOD FROM A FOOD CART OR FOOD TRUCK? THEY ALSO PICK FRUITS FROM THE FRUIT STANDS. HAVE YOU TRIED MANGOES OR FIGS OR PRICKY PEARS? IF NOT, HOW DO YOU THINK THEY TASTE?**



# ELA (cont.)

WHAT TRANSPORTATIONS DID YOU NOTICE IN THE BOOK?

HOW DO YOU GET FROM ONE PLACE TO ANOTHER?



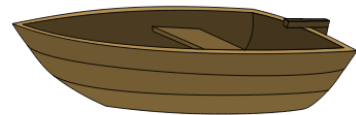
THE GIRL AND HER BABA GO TO GRANDMA AND GRANDPA'S HOUSE. IN EGYPTIAN ARABIC, MANY USE THE TERMS TEITA AND GEDDO.

IF YOU HAVE GRANDPARENTS, WHAT DO YOU CALL THEM?

WHAT ARE SOME THINGS YOU NOTICE AT TEITA AND GEDDO'S HOME?

AS THE GIRL AND HER BABA WALK BACK HOME, THE SPOT FISHING BOATS. HAVE YOU BEEN FISHING BEFORE? IF NOT, WOULD YOU LIKE TO TRY?

WHAT COLOR BOATS DO YOU SEE?



DO YOU SPEAK ARABIC OR KNOW ANYONE WHO SPEAKS ARABIC? WHAT ARE SOME ARABIC WORDS YOU LEARNED FROM THIS BOOK?

WHAT IS YOUR BED TIME ROUTINE? DO YOU READ A BOOK? BRUSH YOUR TEETH? TAKE A BATH?



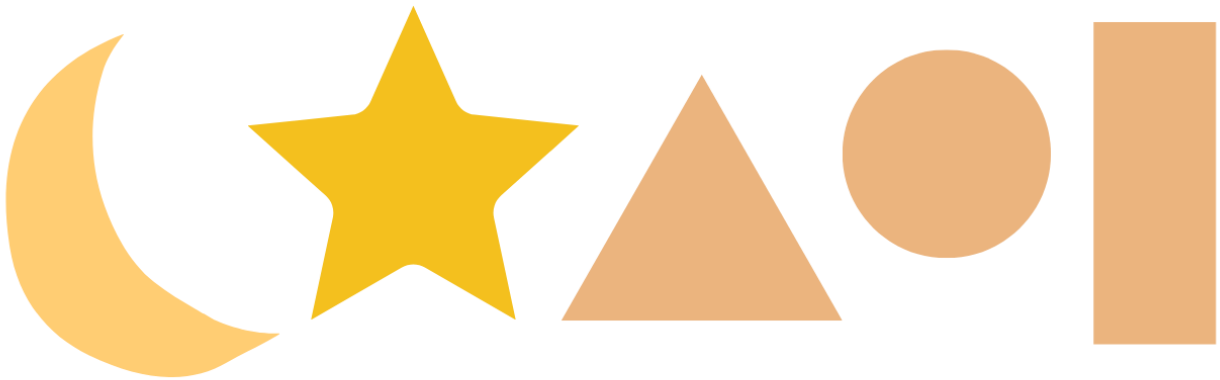
# Activities

Can you find the following in the book:

- A bunny stuffed animal
- The sun
- A white sock
- A stool
- A cane
- A white bird
- Watermelon
- A banana
- A cat
- A fork
- A candle



Which shapes can you find?



# Writing/ Drawing

HAVE YOU VISITED A DIFFERENT COUNTRY BEFORE? IF YES, WRITE DOWN OR DRAW WHAT YOU SAW, WHERE YOU WENT, HOW THE PEOPLE LOOKED LIKE, WHAT TYPE OF FOOD YOU TRIED. IF NOT, WRITE OR DRAW A COUNTRY OR PLACE YOU WANT TO VISIT.

WHEN YOU HEARD THE WORD EGYPT, WHAT DID YOU THINK ABOUT? WERE YOU EXPECTING TO SEE PYRAMIDS IN THIS BOOK? WHY DO YOU THINK THE AUTHOR AND ILLUSTRATOR DID NOT INCLUDE THE PYRAMIDS?

OR

DRAW A PICTURE OF YOU VISITING A DIFFERENT PLACE, CITY OR COUNTRY.

THE GIRL IN THIS BOOK LOVES MOLOKHIYA. IT'S MADE OF A GREEN PLANT AND IT'S VERY SOUPY. SOME PEOPLE EAT IT WITH RICE OR BREAD. WOULD YOU TRY THIS FOOD, WHY OR WHY NOT?

OR

DRAW YOUR FAVORITE FOODS



# Social Studies

## ALL ABOUT ME AND MY FAMILY

THIS FAMILY CONSISTS OF A DAD, MOTHER AND DAUGHTER.

MAKE YOUR OWN BOOK ABOUT YOUR FAMILY. PAGES CAN INCLUDE:

- A PORTRAIT
- BIRTHNAME
- NICK NAMES
- WHO YOU LIVE WITH
- WHERE YOU WERE BORN
- WHERE YOU LIVE



THE COMMUNITY THIS FAMILY LIVES IN IS VIBRANT AND BUSY.

MAKE A POSTER BOARD OR A 3D COMMUNITY PROJECT OR DRAW/COLOR YOUR COMMUNITY.

WHAT'S IN YOUR COMMUNITY? SOME THINGS YOU CAN INCLUDE:

- PLACES OF WORSHIP,
- SCHOOLS,
- BANKS,
- POST OFFICE
- PARKS
- FOOD CARTS/TRUCKS



# Egyptian recipe

## Ful (fool)

Ful is a popular Egyptian vegan bean dish, usually served for breakfast

### INGREDIENTS

**15 OZ FAVA BEANS , CANNED (FUL MEDAMES)**

**5 CLOVES GARLIC , PRESSED**

**1 LEMON , FRESHLY SQUEEZED**

**1 TABLESPOON GROUND CUMIN**

**½ TEASPOON SALT**

**1 SMALL BUNCH PARSLEY , FINELY CHOPPED**

**1 TOMATO , SEEDED AND DICED**

**½ TEASPOON CAYENNE PEPPER (OR OTHER RED CHILI PEPPER), OPTIONAL**

**OLIVE OIL (TO SERVE)**



### Instructions

Add the fava beans with their liquid in a large pot and heat them over medium heat for 10 minutes.

In a bowl, combine the garlic, salt, and lemon juice.

Transfer the warmed beans to another bowl.

Using a mortar, mash the beans until just over half of the mixture is puréed.

Add the mixture of garlic, lemon juice and cumin. Mix.

Add the Cayenne pepper (or other red chili pepper).

Serve the ful medames with a teaspoon of chopped parsley and tomatoes, and drizzle with olive oil. Eat with pita bread!

Recipe from: <https://www.196flavors.com/egypt-ful-medames/>

