

# A Children's Guide to Egypt



# About Egypt

Age 7-11

## About Egypt

If you were an Egyptian pharaoh you would have a royal bottom wiper and to ensure flies didn't bother you, you could have a few naked slaves close by and covered in honey!

You may think that you would have plenty of spare time on your hands with all those servants looking after you but with 1000 different gods to worship you may have found yourself busier than you think.

One of the most famous Egyptians was Cleopatra but she was actually Greek not Egyptian.



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Do you come from a large family? Well maybe but not on the scale of an Egyptian pharaoh. King Ramses II had 8 wives and 100 children, 44 girls and 56 boys. He also would have worn make-up to protect himself from the sun and shaved his head to stay cool.

It took 20 years and 20,000 Egyptians to build the pyramids with over 2 million blocks.

Egypt's history dates back to 3200 BC, that's over 5000 years ago. You are unlikely to get wet on a holiday to Egypt as only 2cm of rain falls each year and did you know that the Egyptians created the 365 day calendar?



# Egyptian Food

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## Egyptian Food

### Gibna Domiati



A white soft cheese made in the north of Egypt

### Falafel



Falafel are deep-fried balls of chickpeas and fava beans

### Dukkah



A mix of nuts, herbs and spices usually served with a dip

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## Aish Merahrah

Aish Merahrah is an Egyptian flat bread that is served with most meals and forms a large part of a typical Egyptians diet.

The bread, which is often prepared locally in village homes, usually has a diameter of 50 cm and is made from maize flour with fenugreek seeds, which add protein to the bread and increases its storage life.

You can make your own Egyptian Bread with an adult. Mix the yeast with water and add to the flour, fenugreek & salt in a bowl. Mix then knead the dough and roll into flat balls, Cover with a cloth for 2 hours and then bake for 30 minutes at 180 degrees.

½ tsp salt  
1 tsp dried yeast  
200ml water  
250g whole wheat flour  
2 tsp ground fenugreek seeds



# Things to Say

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## Things to Say

Yes	Aywa
No	La
Hello	Ahlan
Goodbye	Salam
Please	Men fadlak
Thank you	Mut shakkran
My name is	Ismee
What's your name?	Ismak ey?

Hotel



Fondo

Restaurant



Mataam

# Things to Say

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## Numbers

One	Wahid
Two	Itnayn
Three	Talata
Four	Arba'a
Five	Hamsa

## Colours

<b>Ahmar</b>	<b>Axdar</b>
<b>Azra</b>	<b>Eswed</b>
<b>Asfar</b>	<b>Abyad</b>