

A Children's Guide to Greece



About Greece

Age 7-11

About Greece

There are lots of fun and interesting things to know about Greece.

Did you know that in ancient Greece children slept in wicker baskets until they were 7 years olds?

Dinnertime was a casual affair in ancient Greece with Greeks eating while lying on their sides.

Ancient Greek children loved to play games and the yo-yo originated from Greece. It is the second oldest toy in history dating back over 3,000 years.



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Did you know that the Olympic Games originated in Ancient Greece in 776 BC?

The first 13 Olympic Games only had 1 event, running a distance of 192 metres. More events were later added including running in armour and the torch-relay race.

If you were to sing the full Greek National Anthem then you would be singing for a long time. It contains 158 verses and no one has yet memorised them all!

Did you know that the traditional way to propose marriage in Greece is to toss an apple to the girl?



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Greek Gods

How many of these Greek gods have you heard of?

Aphrodite was the goddess of love and beauty and was herself extremely beautiful. **Apollo** was the god of music and healing. He is said to have taught man medicine and cannot speak a lie.

Hades is the god of the underworld and rules over the dead. He also has a precious metal helmet that makes him invisible. **Zeus** is lord of the sky and rain. His weapon is a thunderbolt that he hurls at those who displease him.

Poseidon was the god of the sea and is said to have created the horse.



Greek Food

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Greek Food

Moussaka



Layers of meat and aubergine topped with a white sauce

Gyro



Meat roasted on a vertical spit with tomato, onion & fries

Beri ni sa lata



A Greek salad with tomatoes, olives and feta cheese

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Greek Salad

The Greek Summer Salad (Beri ni sa lata) is a traditional dish that may be served as a light lunch or starter to an evening meal.

The typical ingredients include tomatoes, cucumbers, onion, green bell peppers, feta cheese and olives seasoned with salt, dried oregano and dressed with olive oil.

You can make your own Greek salad with an adult by chopping and combining the ingredients below or adding a few of your own:

- 3 tomatoes
- 1 cucumber
- 1 red or green pepper
- 1/2 red onion
- 50g black olives
- 150g feta
- 1 small cos lettuce
- 2 tbsp dried oregano
- 3 tbsp red wine vinegar
- 6 tbsp extra virgin olive oil



Things to Say

Age 7-11

Things to Say

Yes	Neh
No	O-hee
Hello	Ya-sou
Goodbye	Ya-sou
Please	Pa-ra-ka-lo
Thank you	Ef-hari-sto
My name is	Me lene
What's your name?	Pos-se lene

Hotel



Xe-non-do-he-o

Restaurant



Esti-ato-rio

Things to Say

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Numbers

One	En-ne
Two	Thee-o
Three	Tree-a
Four	Te-se-ra
Five	Pen-de

Colours

Kokino

Praseeno

Bleh

Mavro

Keetrino

Aspro

Printable Questionnaire

Q1. What did ancient Greek children sleep in?

- Four poster bed Wicker basket Sleeping bag

Q2. Which of these toys originated in Greece?

- Yo-yo Xbox 360 Lego

Q3. How many events did the first Olympic Games have?

- 100 25 1

Q4. What would be tossed to girl in a traditional wedding proposal?

- Tomato Football Apple

Q5. Which of these is a Greek god?

- Harry Potter Apollo Cleopatra