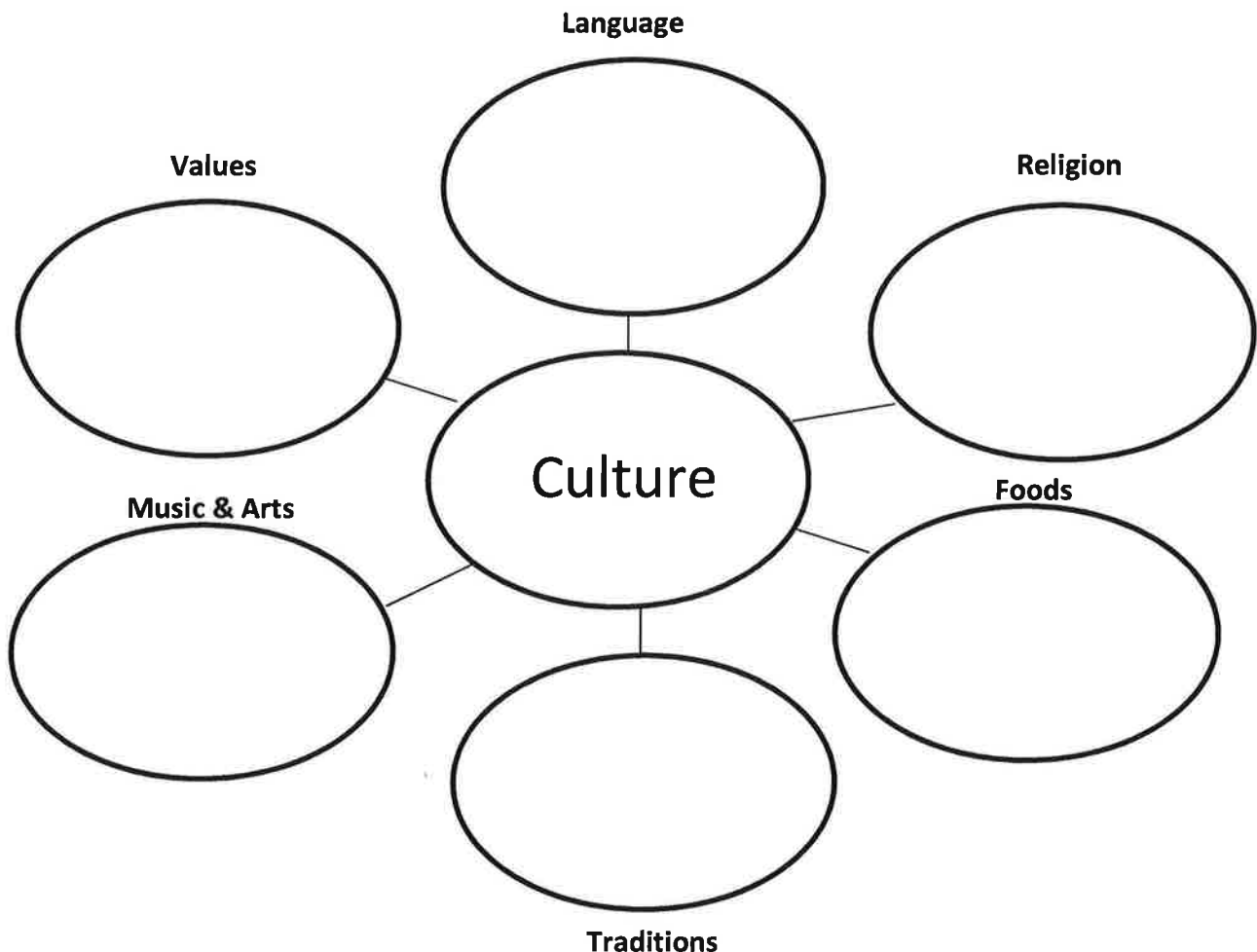


What is culture?

Culture includes many aspects of life. Culture is the characteristics and knowledge of a particular group of people, defined by everything from language, religion, foods, traditions, values, music and arts.

1. Discuss the term “Culture” with your students.
2. Provide your students with the complete definition of culture and ask them to give specific examples of their own culture.
3. Have students draw a concept web like below to illustrate all the components that make up culture, then students can then note their own culture characteristics on the diagram.

A simple definition for your students to remember is: Culture = All aspects of the way people live.



EGYPTIAN CULTURE: CELEBRATIONS, TRADITIONS, SPORTS, FASHION

Celebrations and Traditions

Most holidays and festivals in Egypt are determined by the Islamic calendar; however, several Coptic Christian holidays are widely celebrated. For instance, Sham Al-Nessim is celebrated on Coptic Easter. This holiday itself, however, has Pharaonic origins as a celebration of the arrival of spring.

The Islamic calendar is a lunar-based calendar so Islamic holidays shift 10-11 days relative to the Western calendar each year. For this reason, the Islamic holidays will cycle through the entire Western year over a 30 years period. Days also begin at sundown on the Islamic calendar so the festivities usually begin on the evening before you might expect them.

Ramadan

By far the most important holiday in Egypt and also the most likely to affect your time here is Ramadan. The holiday is named for the month of the Islamic calendar in which it occurs as a celebration of the first part of the revelation of the Qur'an to the Prophet Mohammed. Most Muslims fast (avoiding food, drink, sex, cigarettes) from sunrise to sunset throughout the month. Ramadan is generally a time of heightened piety. Muslims who might drink otherwise will often refrain and there is a greater effort to adhere to traditional values.



The fast can have an effect on schedules with restaurants and shops staying closed during the middle of the day and opening after the fast is broken at sundown. Opening hours for tourism sites may shift as well, closing one hour earlier to allow employees to get home to break the fast.

Traveling during Ramadan does have its perks. Getting into the rhythm of the fast can be a very rewarding experience. After sunset, the streets come alive and people stay out celebrating and eating late into the night. If you walk in the street around sundown there is a good chance that you will be invited to eat with a group of fastbreakers. Non-Muslims are not expected to observe the fast, but should be conscientious of the fact that most people around them are fasting. Refraining from smoking and eating in public is considered polite.

****Note:** None of Memphis Tours' services are interrupted by the fast during Ramadan. All tours and trips operate as normal with slight adjustments to account for the fact that not all restaurants are open during the day.

Other Islamic Holidays

Eid al-Fitr marks the end of the month of Ramadan and in the cities is marked by big celebrations. Many Egyptians who can afford it take this time to travel. Eid al-Adha is equally or more important, marking the willingness of Abraham to sacrifice his son in the name of God. Families remember the sheep that he ultimately sacrificed instead of his son with their own sacrificial slaughter. There will be sheep and other livestock tethered all over the cities and villages in the weeks leading up to the holiday, waiting to be slaughtered after the morning prayers when the holiday arrives. A few weeks after Eid al-Adha is the Islamic New Year. The last major Islamic holiday is Moulid al-Nabi, the Prophet's Birthday.

Ill of these holidays are widely observed. Many bars and restaurants will refrain from serving alcohol during these holidays as it is illegal for them to serve Egyptian nationals. Hotels will likely not be affected by these changes though.

EGYPTIAN CULTURE: CELEBRATIONS, TRADITIONS, SPORTS, FASHION

Moulids

In addition to the Moulid al-Nabi, which is celebrated across the Muslim world, there are many other smaller, local moulids that celebrate the lives of Muslim saints or holy men. These events are supposedly intended to obtain blessings from the saint being honored, but in practice they are huge social events. Large moulids may attract crowds in the millions, dancing, chanting, selling goods, and generally having a good time. These events are the biggest displays of Egyptian popular culture in the entire year.



Cairo, Tanta, and Luxor all host large moulids. Al-Hussein, Sayeda Zeinab and Imam Al-Shafi'i Mosques all host large moulids in Cairo at different points in the years, but there are many smaller celebrations. If you are lucky to hear about one, keep in mind that these festivals are raucous, crowded affairs, full of music, ritual prayers and dancing.

Coptic Holidays

Coptic Christmas and Coptic Easter are both national holidays. Coptic Christmas is on January 7th and in recent years more of the trappings of the Western Christmas celebration have been making it to Egypt. You may see more Santa hats, Christmas lights and Christmas trees than you ever expected to see in Egypt around this time of year.

Coptic Easter also coincides with a much older holiday that traces its roots back to Pharaonic times called Sham al-Nessim. The name literally means 'sniffing the breeze' and it is a celebration of the arrival of spring that usually takes place in April. The holiday carries some traditions that might be familiar as they parallel the Western celebration of Easter, such as egg painting. In general, Sham al-Nessim is celebrated outdoors with families enjoying picnics in green spaces and enjoying eating specific foods like a type of pickled fish called fesheekh.



EGYPTIAN CULTURE: CELEBRATIONS, TRADITIONS, SPORTS, FASHION

Sports

Many of today's sports were practiced by the Ancient Egyptians, who set the rules and regulations for them. Inscriptions on monuments indicate that they practiced wrestling, weightlifting, long jump, swimming, rowing, shooting, fishing and athletics, as well as various kinds of ball games.

Ancient Egyptian kings, princes and statesmen were keen on attending sports competitions, which they encouraged and provided with the necessary equipment.

Drawings on pharaonic monuments tell us that several thousand years ago, the Egyptians had laid down basic rules for games, chosen a neutral referee, a uniform for players, and a means of announcing the winners by awarding them different collars.

Both winner and loser were met with ovation, the first for his superiority and the latter for his sporting spirit.

Some other sports played by Egyptians:

Hockey, Handball, Gymnastics (floor exercises), Gymnastics (consecutive vault), Javelin Throw, Fishing, Boxing, Weightlifting, Equestrian Sports, High Jump, Swimming, Rowing, Archery, Rhythmic Gymnastics, Tug of Hoop, Marathon, Equilibrium, Tug of War, Volleyball, Wrestling



Egyptian Fashion

Ancient Egyptian fashion consisted of clothes adorned with a variety of colors and precious gems and jewels. While fashion in Ancient Egypt was primarily constructed for the purpose of comfort, this did not mean that ancient Egyptians felt they should sacrifice beauty for comfort.

Scholars of ancient Egypt get most of their knowledge of

Egyptian fashion from statues and wall paintings, although some examples of clothing were found in tombs and houses. Tombs also held make-up kits and perfume containers, with caches of jewelry dating to different time periods.



The Egyptians used linen to make most of their clothing, a light and cool material, perfect for a hot climate. White was the most common choice of color, but they also used red, blue and yellow. Clothing was worn draped over the body and was either tied or sewn in a few places. Other items, made of wool, have been found more rarely, since tombs did not shelter objects made from animal products.

Sandals were the usual foot cover in ancient Egypt, made from plant fibers or leather. Scholars also found a fur-lined boot in one ancient house.

The Egyptians believed in cleanliness and felt that hair could make a person less clean. Most men shaved their faces and priests had to shave their entire bodies. Wealthy men and women often shaved their heads and wore wigs made of human hair, sometimes mixed with plant fiber.

The pharaonic headdress quite commonly seen in depictions of Egyptian kings was just one of the many headdresses common to ancient Egyptian fashions. The various gods of Egyptian mythology all also had their own headdresses and women also commonly styled their hair in elaborate fashions and donned headdresses; although not of such an elaborate style.

Egyptian Dance

Dancers in Ancient Egypt

The dancers themselves were often groups, but only of one gender at a time, with little to no evidence of males and females dancing together. The steps were choreographed to not echo one and another, but often, as in more recent dance movements, each person has their own gestures and positions to make on their own, but each is working together in very specifically organized ways.



Movement

The downside is, as much of what we understand of ancient Egyptian dance comes from murals found on the walls of tombs and temples, there is only so much information that can be taken from a simple snapshot.

With a culture so rich and heavily involved in religion, it is easy to say that the point of the dances were often probably meant to honor the gods, or were designed with a certain purpose; but with the little that we know past the pictures, it is hard to figure out what the movements were, not to mention what the movements meant.



Ancient Egyptian Dance Costumes

While many cultures have very specific and often elaborate dancing costumes, the clothes worn by Egyptian dancers were hardly elaborate or involved enough to even call them an actual costume.

In many scenes that have survived the ages, dancers (females, specifically) are found moving their arms and legs without being trapped by cloth of any sort, except for the occasional small fringed skirt or tunic, not always worn simultaneously. There were other times when dancing took

place in the nude, with nothing but a single ribbon tied loosely about the waist.

Ritual Dance

It is believed that the dances originally started as a way of both mourning the dead and appeasing the goddess Sekhmet, who, as the myth goes, once nearly destroyed all of mankind when asked by the sun god Ra to punish those who had forgotten him.

While we may not know the particular meaning of every step or movement made by a dancer during any given dance they performed, we understand that they were almost entirely religious in nature, and meant to honor, celebrate, mourn, or pacify.

As such, most of the rituals were performed in the name of one or many of their gods, who they believed helped them frequently during the passage of a day, not to mention the passage of time.

Other tomb depictions show dancers following funeral processions, and in some cases, performing moves more closely associated with acrobatics and gymnastics than strictly dancing.



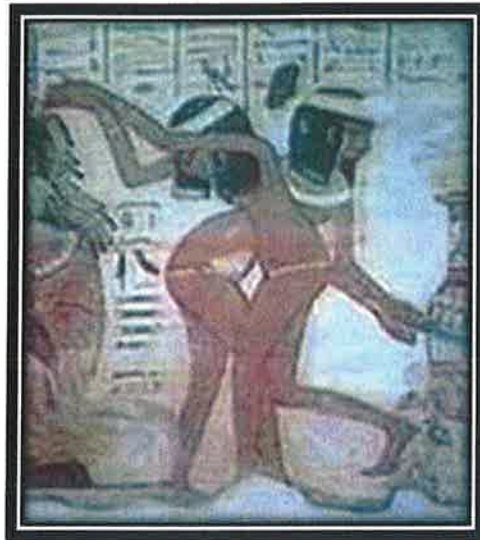
Egyptian Dance

During these processions, it was common for dancers to skip or leap into the air, which was a way of honoring and welcoming the goddess Hathor, who was believed to meet the dead at the entrance to the underworld. By properly honoring Hathor, it assured them that the newly deceased would reach his or her destination well at the hands of the goddess.



Facts about Dance in Ancient Egypt

- Dance played an important role in the lives of all social classes.
- Usually associated with religious rituals, music and dance were present in festivals and celebrations of various gods.
- Dancers wore little clothing, but adorned themselves with jewelry and headdresses.
- Musicians are often depicted alongside dancers, with traditional string or percussion instruments.



Music and Musical Instruments of Ancient Egypt

Percussion, Wind and Stringed

Music and Musical Instruments of Ancient Egypt Percussion, Wind and Stringed

Introduction

Music played a very important part in the highly developed social and cultural country of Ancient Egypt. In Egypt instruments were usually identified with the primary deities such as Hathor, Isis and Sekhmet and these deities would often be shown playing musical instruments such as the sistrum, drum and menit. Whether out in the street, in the temple, the palace or tombs music was part of many events, whether for religious, celebratory or pure entertainment purposes. It's believed that rhythmic music was used in most Egyptian religious practices such as liturgy, rituals and processions and the pictorial evidence shows that many musicians were women. During the new Kingdom these females were highly trained and employed by large temples as priestesses and were known by the name "sem'ayt. Usually they were the wives or daughters of the priests and began to hold such titles as, "Song-stress of Amun". These women became quite powerful in their own right, holding high positions close to Pharaoh with the highest musician bearing the title "Chief of the Singers of Pharaoh". All of the temple hierarchy were devoted to solemn hymns and prayers, most of which were accompanied by music and often preformed to create a spell (a heka), or afford protection. Men on the other hand are often shown more in a military context, such as drummers or trumpeters. The most common instruments in use were the sistrum, round and rectangular frame drums, cymbals, crochets, wooden clappers and menits. The two main gods of 'music and dancing' were Hathor (female) and Bes (male). All music was called 'Hy' which meant joy or gladness, whilst the name for sound was "herw", meaning voice.



The sistrums, thought to have evolved from the archaic ritual of cutting papyrus stems and rattling them together rhythmically to 'open one's heart to Hathor', was held in the hand and shaken to make a sound not unlike that of a tambourine. The word sistrum means to sway to and fro, to vibrate. Made of wood, metal or ceramic it had a handle that branched out into a Y shape. Here bands of metal were fixed between the two stems and smaller pieces of metal attached so they jingled when the sistrums were shaken. Sistrums were particularly used in rituals relating to the Egyptian gods and goddesses and were often accompanied by chanting. The sistrum was the main instrument employed by the Egyptian priestess.



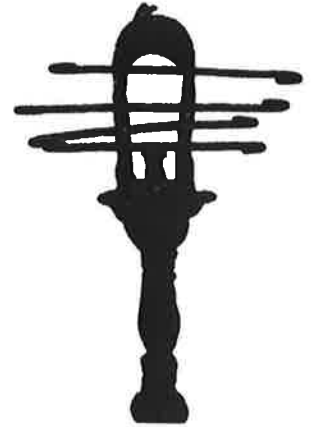
Music and Musical Instruments of Ancient Egypt

Percussion, Wind and Stringed

4-8

Cymbals, not dissimilar to our modern version in design, they were usually used in combination with drums and sistrums and would have sounded more like small hand bells. Unlike the vast majority of non-tuned modern cymbals, ancient ones were tuned to a specific musical note. They were not struck full against each other, but by one of their edges. Different sized cymbals would produce different notes and sound effects.

Crotals made of wood or ivory, were clappers with two small cymbals attached to the end and were used widely in military, spiritual and religious events. (A variation on cymbals.)



The Menit



was a ceremonial object associated with the goddess Hathor and her priestesses would generally be shown holding the 'Menit necklace', which comprised of a number of beads strands gathered into a counterpoint. It's believed that the menit was used as a kind of percussion instrument in certain ceremonies and accompanied the dances that were performed to heal, restore equilibrium and please the senses. The sound would have been not unlike that of a rattle. Discovered in the tomb of Tutankhamun, we see a scene where his wife is holding a sistrum and menit before

Pharaoh. Also during the festival of Hathor the priestesses would go from door to door shaking the instrument in order to bring long life, health, and rebirth to the occupants.

Drums:

- Barrel-shaped drums were the domain of military musicians who were highly skilled. As yet, no representations of drums being played with sticks have been found.
- The round frame drum first appears in Egypt around 1400BC and some have survived. Quiet often they would be painted with symbolic scenes, which illustrated the drum's influence on evoking resurrection, creation and the natural rhythms of the universe. The beat of the drum was used to coordinate the rhythms of oarsmen on the boats that sailed the Nile. Also in ritual processions Priestesses are often depicted playing the frame drum as they accompanied the sacred boats of the deities. A Stone relief from the Ptolemaic period show priestesses playing the frame drum before Isis, whilst another depicts four women giving praise to the goddesses Hathor and Mut. The frame drum would have been played by priestesses in all of the main temples such as; Dendera, Karnak, Edfu, and Philae. The round frame drum was use in all related temple rituals. Quiet often frame drums have been found in tombs, amongst the deceased's burial goods.

Harp: The harp, one of the oldest musical instruments, can be seen depicted on wall painting in Ancient Egyptian tombs that date back to 3000 BC. There are thought to have been developed from the ancient hunting bow.

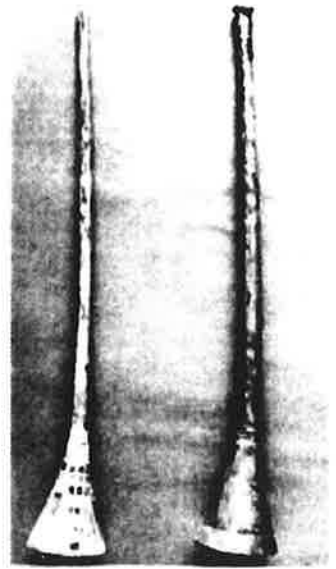
Lute: The lute has strings stretched along a neck attached to a resonating body. Again they have been found in Egyptian art, appearing in the archaeological New Kingdom period of the

Music and Musical Instruments of Ancient Egypt

Percussion, Wind and Stringed

18th Dynasty (1540-1307 BC). It is generally believed that the lute may have been introduced into Egypt. Classed as long necked lutes, the ancient Egyptian instruments generally had 2/3 strings (probably made of thin leather), a long stick neck and a drum-like body covered with animal skin. The neck was round, with or without frets. A small handful have survived.

Trumpets: The first metal trumpets are attributed to the Egyptians, The Ancient Egyptian name for the trumpet was, Sheneb. Eighteenth Dynasty artists drew them in tombs as short straight instruments made of wood or metal. These types of trumpets were mainly used for military signaling such as to direct and manage troops, encourage engagement and intimidate the enemy. Egyptian trumpeters are often shown in pairs and were the domain of men. The oldest surviving examples of metallic trumpets are the two instruments that were excavated during the discovery of the tomb of Tutankhamun in 1922 by Howard Carter. One, made of silver, was found wrapped in a reed cover and left in the southeast corner of the Burial Chamber outside the outermost golden shrine, it measures 58.2csm long, whilst the other, made of copper is 50.5 cm and was found in a long chest in the Antechamber. Both have wooden stoppers inserted within the bell end, probably to help protect the shape when not being played. Both are also inscribed with the most powerful Egyptian gods, Ra-Harakhty, Amun-Ra, and Ptah and the King himself. The mouthpieces are a cylindrical sleeve with a ring at the outer end and fixed to the outside of the tube; they are not cup-shaped or detachable. Vibrating the lips onto the fixed amplifying mouthpiece would have created the sound, which has been described as raucous and powerful, rhythmic and of single pitch. In 1939 famous recordings were made of both the silver and copper trumpets by the BBC played by a military bandsman, James Tappern of the 11th Prince Albert's own Hussars. Unfortunately the use of a modern mouthpiece that was inserted into the silver trumpet and the force required to play shattered the three thousand year old instrument. Fortunately the trumpet was repaired to such a high standard by the firm Lucas that it would be played again in the Cairo Museum by another renowned trumpeter, Philip Jones. He reported that the sound was not melodious as the bore in relationship to the length of the trumpet was not proportional, but that it was probably the most thrilling experience he had ever had as a trumpet player. The trumpets have no valves and the lowest notes that could be clearly sounded were D and C respectively. It was common for instruments in antiquity to be of a single pitch and it had only been the use of the modern mouthpiece by James Tappern that had enabled a wider range of notes. A third trumpet thought to date from the Ptolemaic period, is held in the Louvre Museum in Paris, France.



Music and Musical Instruments of Ancient Egypt

Percussion, Wind and Stringed

4-10

Egyptian Music

Music was as important to the ancient Egyptians as it is in our modern society. Although it is thought that music played a role throughout the history of Egypt, those that study the Egyptian writings have discovered that music seemed to become more important in what is called the 'pharaonic' period of their history. This was the time when the Egyptian dynasties of the pharaohs were established (around 3100 BCE) and music was found in many parts of every day Egyptian life.



The ancient Egyptians were very organized and this included how they organized and arranged music and musicians. They brought music to their religious ceremonies, but it was also played and performed in workshops, palaces, the farms, on the battlefield and even in their tombs. The Egyptian gods Hathor and Bes were their gods of music and they had many ceremonies devoted to them that involved song and dance to accompany the playing of musical instruments.



Egyptologists are the professionals that study Egypt. When examining the hieroglyphs (pictures) they have found that Egyptians created a wonderful selection of musical instruments. They had stringed, wind and percussion instruments. They also accompanied their musical performances with hand clapping as well as singing by both men and women. Many instruments that have been found show how much they valued them because they had them inscribed with the names of their gods.



Music and Musical Instruments of Ancient Egypt

Percussion, Wind and Stringed

The percussion instruments included rattles, hand-held drums, bells, castanets and an instrument called the sistrum. The sistrum was a hand-held metallic instrument in the shape of a 'U' and had small metal or bronze pieces hanging from it. When moved or shaken it gave off many sounds, depending upon the metal. Some sounded like a loud clanking, while others a soft jingling.



Wind instruments looked very close to the ones we use today and included trumpets as well as both single and double reed flutes and some flutes without any reeds. The stringed instruments were all plucked, rather than 'bowed' (like a violin) and there are many images of Egyptians playing lyres, harps and lutes.



Ancient Egyptians had a number of professional musicians that performed for many occasions. Since their society was set up with social levels, this meant that different musicians could play only for specific events. A musician with a high status could play for religious ceremonies at the temples, where a lower class musician might only be able to play for regular community members. The highest honor to achieve was the status of 'shemayet', which gave these musicians the ability to play for a particular god or goddess and these musicians were mostly women.



The royal family of the pharaoh had personal musicians of the highest quality. These included not only those that played instruments, such as the harp, but also singers. Lower class musicians performed as entertainers for many of the festivals and parties and it was common to see dancers and informal singers perform with them.

Music and Musical Instruments of Ancient Egypt

Percussion, Wind and Stringed



Egyptians valued music in all of its forms as part of their religious praise to their gods as well as part of celebration of everyday life. Some of the pictures that have been found show groups of people playing instruments, clapping their hands, and singing, and the 'inscriptions' (which are their words)

underneath the pictures have been translated into the words for songs. The Egyptians wrote lyrics for some of their music and they are like the same type of poetry that has been used in many other cultures. Some of these songs praised their gods, while other songs were written just for the pharaoh, his wife and members of the royal family.



The people of ancient Egypt shared the same love of music as so many civilizations around the world. And, just as other cultures, they used music to express their emotions and feelings



Egyptian Weddings



An Islamic wedding procession in Egypt leads the bride to the home of the groom. The bride, hidden from view in a tent like covering, is riding the camel. Elaborate processions like this one are chiefly a rural tradition of the Islamic wedding ceremony.

Marriage has special importance to Egyptians. They consider marriage as the most important event in their lives because it means a moral way of psychological and biological satisfaction. Egyptians assume marriage is the main method to protect youth from any sacred relationships; moreover, marriage reinforces society's relationships.

Marriage is a religious imposition, and we can find many parts in the Quran as, well as prophetic instructions, which encourage getting married. There is no doubt that marriage customs indicate the society's culture, behavioral patterns, thoughts and feelings.

Egyptian Marriage Customs in Ancient Egypt

The ancient Egyptians were the first people who stated marriage laws in the world. They regarded marriage as a civil and legal relationship. Marriage in ancient Egypt was a religious imposition. The ancient Egyptian laws organized the marriage relationship and indicated all rights and duties for the couples. Many of the old marriage contracts have been found, and they were registered and signed by three officers. The ancient Egyptian laws gave the right of divorce to women as well as men. The wife was respected greatly, and she had high prestige. The couple had a lot of chances to get to know each other before the engagement; for example, in the temples or at the common feasts. There was a custom in the Egyptian family which allowed the adult daughter to welcome the guests who came to visit her parents.

The Engagement Party in Ancient Egypt

The ancient Egyptians knew the engagement before getting married and its customs were similar to the engagement customs in Egypt's countryside nowadays. It started by the suitor's parents visiting to his fiancée's house to get her family approval to complete this marriage and reaching an agreement, which contains two main items: an amount of money, called *Mahr*, paid by suitor to his fiancé's family to help them prepare the furniture of their daughter and a valuable jewelry gift, called *Shabka*, given by the suitor to his fiancé. The value of this gift depended on the financial and social levels of the suitor's family. When the two parties completed the agreement, they fixed an appointment for the engagement party. Most of relatives and friends attended the party in one of the common banquet halls, which was decorated with several kinds of flowers and lights. The fiancé wore the engagement dress which was simpler than the wedding dress and its color was blue or pink while the groom put on the finger of his fiancé a ring, the ancient Egyptians' gift to the old and new world, which was a symbol of immortality. In addition, the groom gave his fiancée the valuable jewelry gift agreed on before. During the party, the attendants ate and drank several kinds of food and drinks.

The Night before the wedding

When the house of the new family became ready, the two families fixed an appointment of the wedding party. The night before wedding day, the relatives, the friends and the neighbors got together to celebrate the "Henna Night". The women went to the bride's house, while the men went to the groom's house. At the bride's house the women danced and sang all night while the bride wore a pink dress made with silk or cotton fibers, and her hands and feet were bleached with henna. Meanwhile, the men danced and sang all night at the groom's house, and the groom wore an expensive clean suit.

The Day of the Wedding

The next day, the marriage contract was signed and registered by priest in the temple in the attendance of the couple and most of their families and friends

The Wedding Party

After sun set, the wedding party started, and the couple wore their best dresses and jewelry. The bride was transferred to her new house on a horse or a camel with a musical band, and the attendants sprayed the cortege with green wheat as a symbol of fertility. Several kinds of cooked meats as well as vegetables and fruit were prepared for the attendants, who danced and sang with music all night.

The Day after the wedding

In the morning, the wife's mother and her sisters visited her and gave her some food. The wife's friends and relatives visited her after seven days from the date of her wedding party, and they offered gifts and some food, while she gave them some sweets and fruits.

Ancient Egyptian marriage customs are the most effective marriage customs in Egypt's history although Egypt has been exposed to much civilization, such as, Greek, Roman and Islam.

Islamic Marriage Customs

The Islamic marriage doctrines are very simple, they are basically two factors. First, the acceptance of the couple, or their representatives, each other to be husband and wife is the most important term for marriage. Second, the publicity of the marriage (making it known to the people) is an essential condition of marriage; however, Islam emphasizes that marriage is the only available way to satisfaction the biological need between the man and the woman and to make the family; therefore, the available chances for the couple to get to know each other before the engagement have become limited, mainly through family visits or at public places.

The engagement and wedding customs in the middle Ages remained as they were in Ancient Egypt although these customs are in disagreement with the simplicity of the Islamic spirit.



Egyptian Weddings



Marriages in Modern Urban Egypt

Nowadays, the marriage customs in the Egyptian countryside are similar to the ancient customs, but in the city the picture is quite different, where the couple has many chances to get to know each other at university, work, clubs and other public places.

However, the engagement agreement between the families still includes the two main items: the "mahr" and "shabka"; furthermore, the engagement party is quite similar to the engagement party in Ancient Egypt.

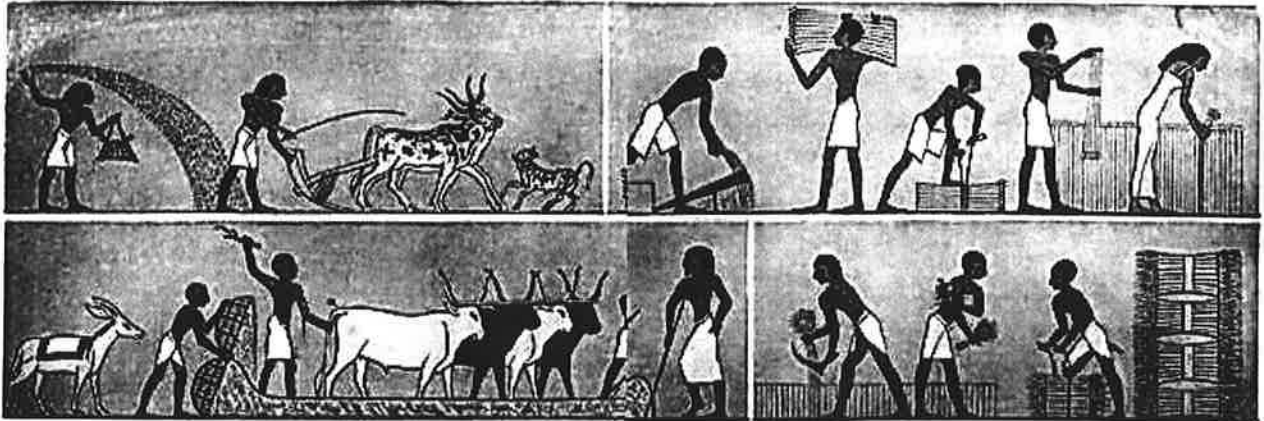
Frequently it is held in one of the hotels.

However, the engagement period has become longer because of the preparation of the new house is costly and does not suit the income of the couple or the income of their parents (housing is very expensive in Cairo).

The marriage contract is signed and registered by "*maazon*", a man who has an official license to sign and register the marriage contract, in attendance of the couple and their families and friends, and this procedure happens in the bride's house or at a mosque.

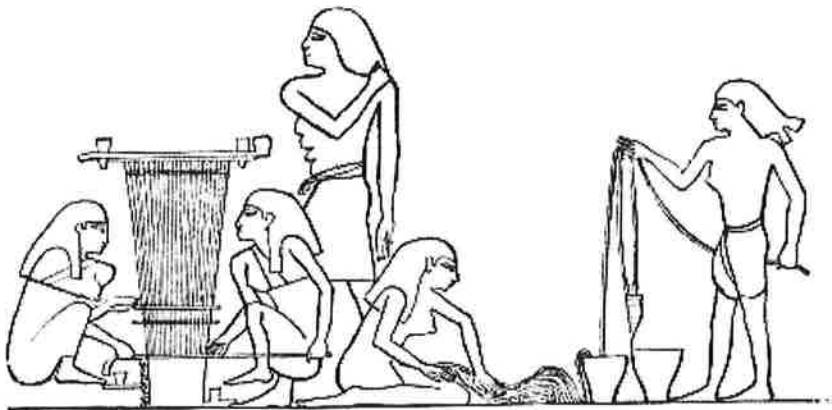


Traditional Egyptians Clothing



The ancient Egyptians wore light clothes made from linen.

Linen is made from flax - a plant which was grown along the Nile. The picture above shows the flax growing process.



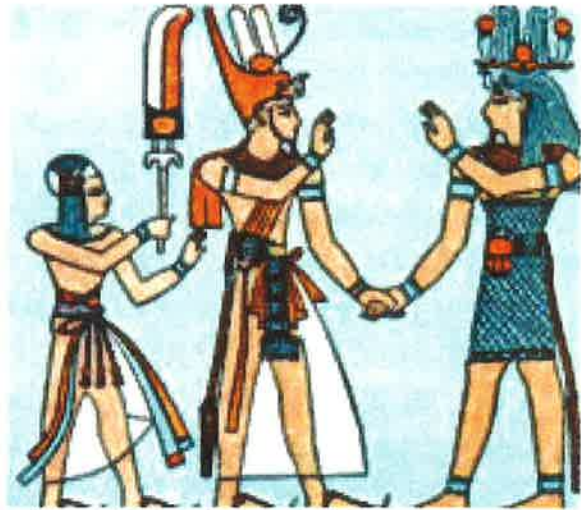
Once harvested, the flax was soaked in water until soft. The softened flax was then separated into fibers which were beaten before being spun into thread which was then woven into cloth.

Men



All men wore a wrap-round skirt that was tied at the waist with a belt. Sometimes the material was wrapped around the legs as well. The length of the skirt varied depending on the fashion of the time - in the time of the Old Kingdom they were short while in the Middle Kingdom they were calf length. During the New Kingdom period it was fashionable to wear a pleated garment.

Rich Egyptian men were able to afford the best quality linen which was very fine and almost see-through. Rich Egyptian men also wore as much jewelry as they could afford and decorated their clothes. They also wore headdresses for special occasions.



Women



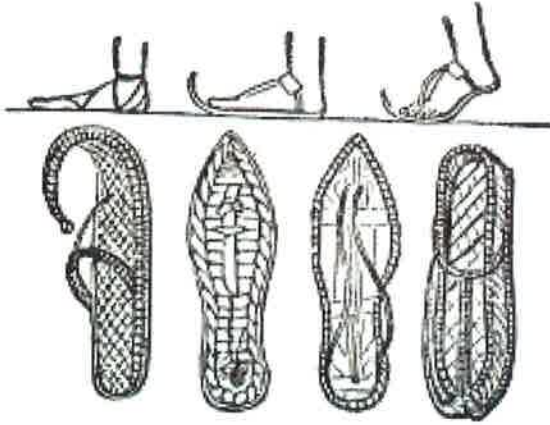
Egyptian women wore full length straight dresses with one or two shoulder straps. During the New Kingdom period it became fashionable for dresses to be pleated or draped. The dresses worn by rich Egyptian women were made from fine transparent linen. Like the men, rich Egyptian women decorated their clothes and wore jewelry and headdresses.



Children

Ancient Egyptian children did not wear clothes until they were about six years old when they would wear the same clothes as men and women.

Footwear



The Ancient Egyptians went barefoot most of the time but wore sandals for special occasions or if their feet were likely to get hurt.

The sandals worn by the poor were made of woven papyrus or palm while those worn by the rich were made of leather.

The picture shows the various styles of sandals worn.

Jewelry



The Ancient Egyptians wore jewelry to show their wealth and also because they believed it made them more attractive to the Gods.

They wore rings, ear-rings, bracelets, decorated buttons, necklaces, neck collars and pendants.

Only the very rich could afford jewelry made of gold and precious stones. Ordinary people made jewelry from coloured pottery beads.

Make up

Egyptian men and women wore make up.

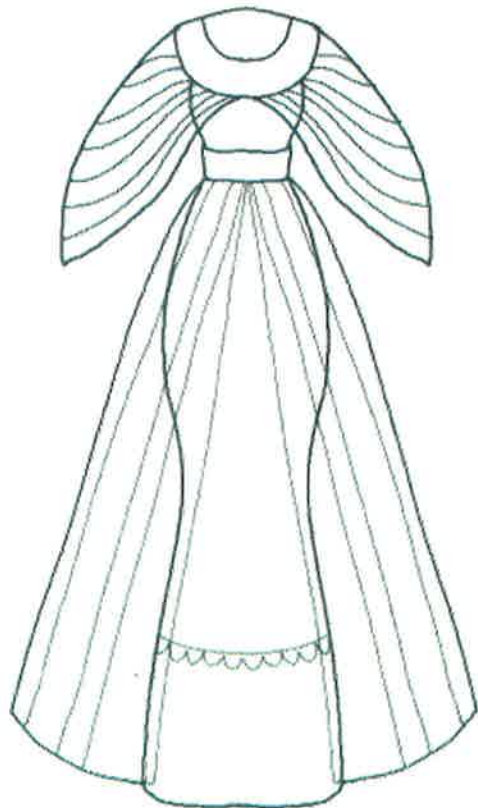
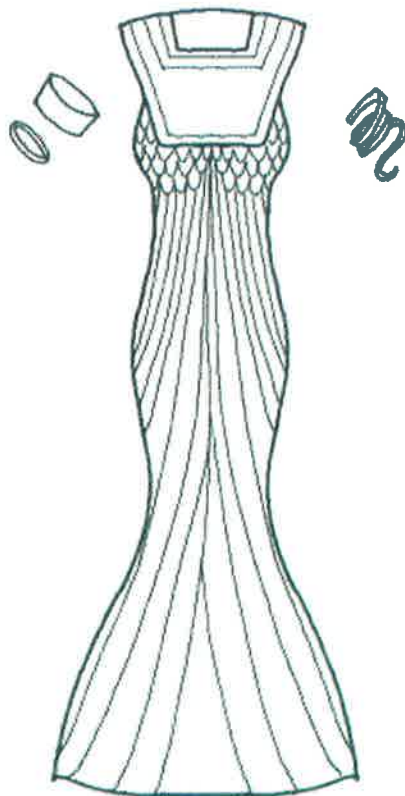
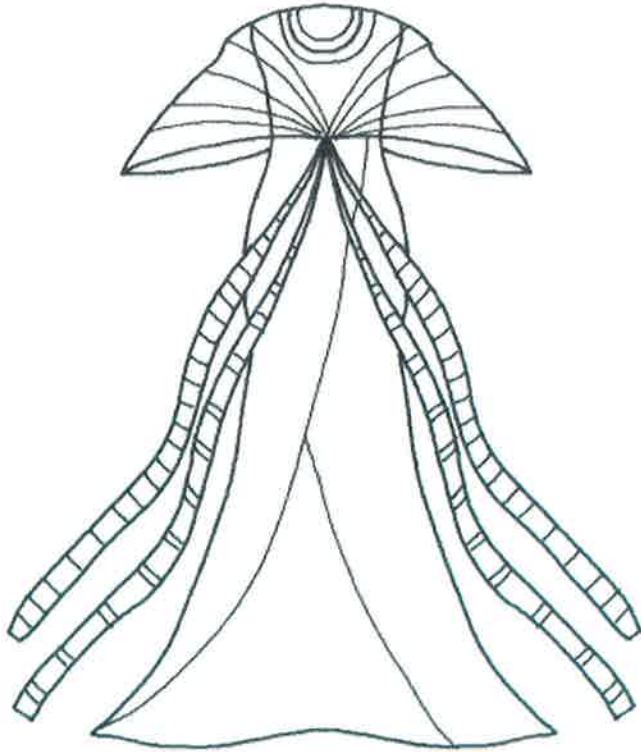
They used black kohl eyeliner to line their eyes and darken their eye lashes and eye brows. They colored their eye lids with blue or green eye shadow made from powdered minerals.

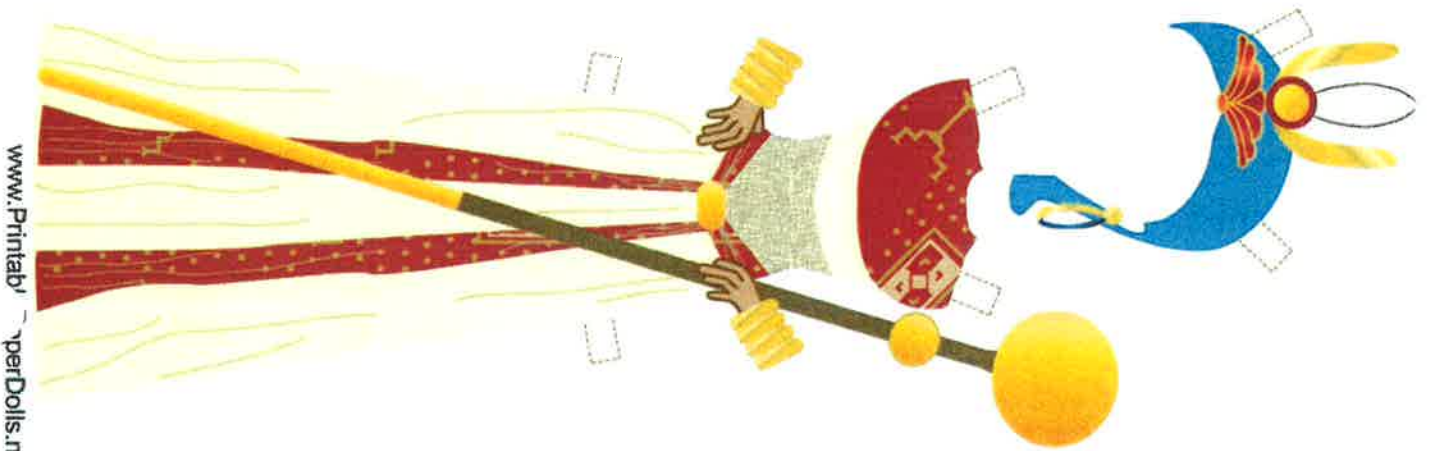
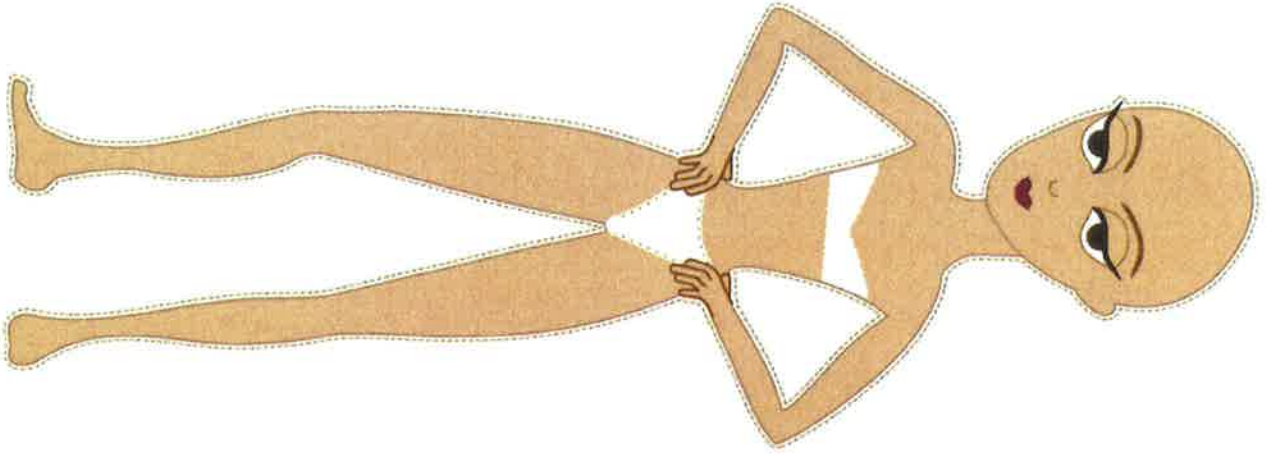
Henna dye was used to color their lips and nails.



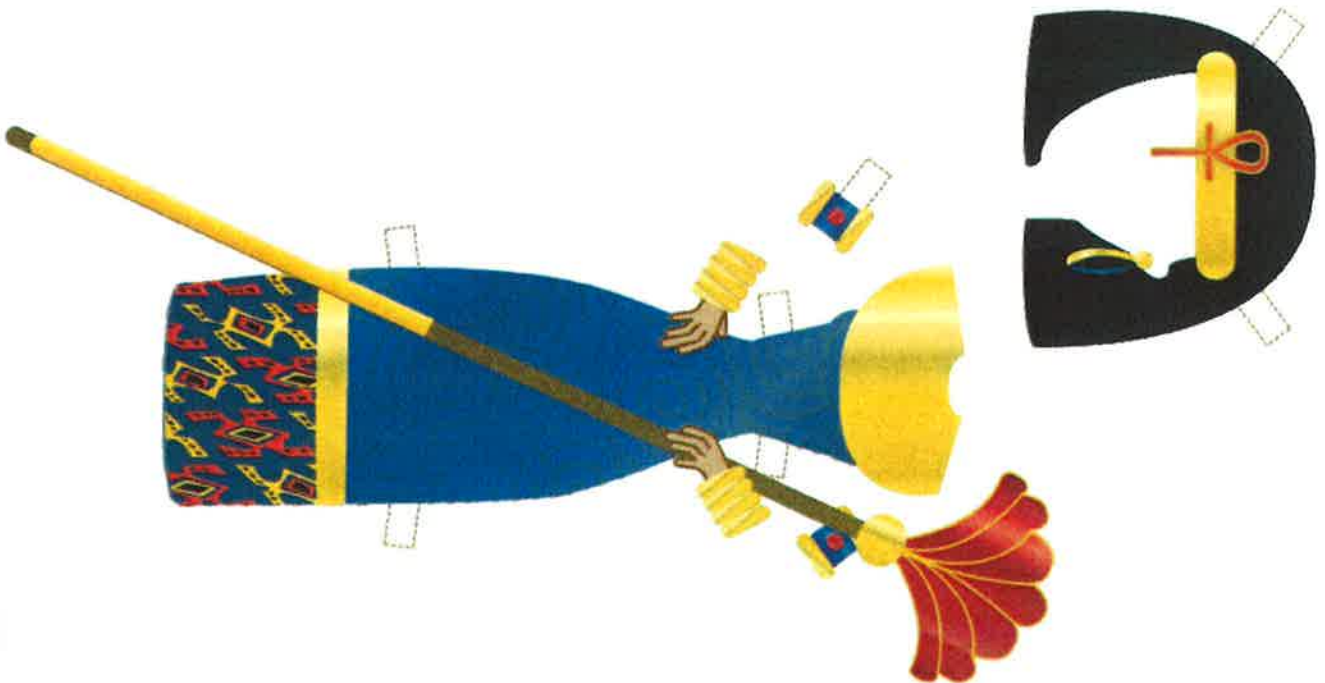
NEFERTITI

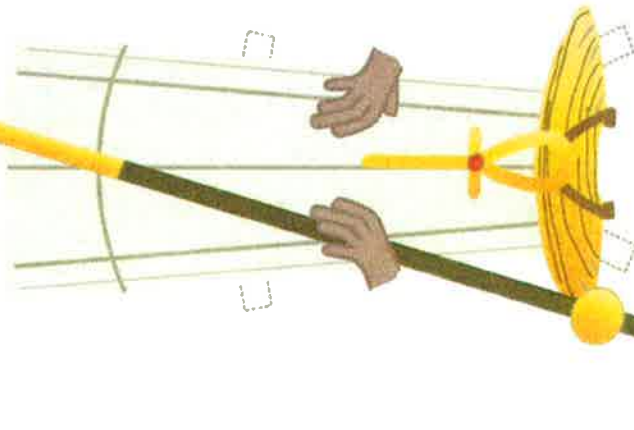
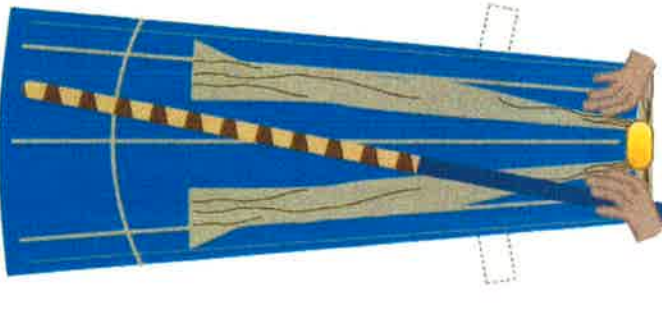
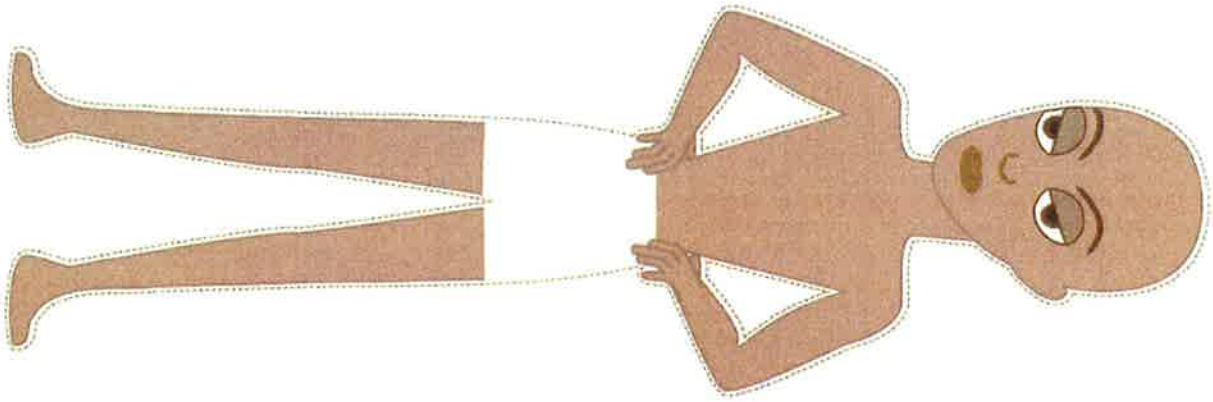
Nefertiti ruled Egypt in 1550 BC alongside her husband Akhenaten. It is said that Nefertiti was truly beautiful and elegant, but she needs someone to color her dresses. Can you help her?





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Egyptian Food

Egyptian cuisine and some of its recipes date back 5000 years and archeologists have even revealed the use of food as a means of payment during ancient times. Of course, there have been some adjustments to the dishes over the years, mainly with the addition of ingredients and styles taken from other cultures

Egyptian cuisine depends heavily on legumes such as beans and lentils as well as vegetables and onions making a regular appearance in most dishes. Vegetarians normally have no problem getting by in Egypt since meat has traditionally been expensive and thus less common. Around the Egyptian coast you will find more fish in the meals.

The Egyptian Bread Aish also forms part of most of the meals. Aish is the Egyptian word for bread and also means life. Also, if you find there is no cutlery, it is common to use your bread to "spoon" the food.



Kushari

Considered to be the Egyptian national dish, it consists of pasta and tomato sauce, among other items, including rice, lentils, caramelized onions, garlic and chickpeas. Having four sources of carbohydrates has made it the most popular lunch item in most common food outlets in Egypt for over 100 years. Interestingly enough, Kushari's origins are not Egyptian at all, in fact it was a dish brought in by the British army in Egypt in the 19th century: the pasta was imported from Italy, the tomatoes

are from Latin America and the rice from Asia, however the idea to mix them all together in one extremely delicious and vegetarian dish was conceived in Egypt.



Ful Medames

One of the common staple foods in Egypt, it consists of fava beans served with oil, garlic and lemon juice. Ful Medames can be traced to Pharaonic roots, and quantities have been found in the Twelfth dynasty. The word "Medames" is Coptic for "buried" which refers to the way it was initially cooked: in a pot buried in hot coal or sand. Ful Medames can be served with many embellishments such as butter, tomato sauce, tahini, fried or boiled eggs and pastrami. However, the most traditional

method is to eat it plain and salted in an Egyptian bread bun. Nowadays, Ful Medames is exported to many Middle Eastern countries such as Syria, Lebanon, Saudi Arabia and Sudan.



Fatta

Considered a Nubian dish, fatta is usually prepared for festivities such as a woman's first birth, and both Christian and Muslim holiday celebrations. It consists of layers of rice and fried bread, covered in a garlic and vinegar meat soup. Large chunks of stewed beef and deep-fried poached eggs are usually served along with the rice and bread base. As you can presume, Fatta is a really fattening dish, with an extremely high calorific value; it is rarely eaten during the year, except after a major religious

fast such as the 50 days before Easter for Coptic Christians, or the month of Ramadan before Eid-Al-Futr.



Mulukhiya

Mulukhiya is made from the leaves of jute and corchorus plants that grow in east and north Africa. In Egypt, Mulukhiya is prepared by chopping the leaves with garlic and coriander and cooking it in an animal stock such as chicken, beef or rabbit, and served with Egyptian bread or rice. Interestingly, different cities in Egypt prepare it in different ways, for example fish or shrimp are used as bases for the broth in coastal cities such as Alexandria and Port Said. During the late Tenth century, the dish was banned by the Fatimid Caliph Al Hakim Bi-Amr Allah,

while the ban was lifted, religious sects such as the Druze still refuse to eat the dish in respect for the late Caliph.



Feseekh

Feseekh is a traditional Egyptian dish served only during the Sham-El-Nessim festival, which is a spring celebration with Pharaonic origins. It consists of fermented, salted and dried gray mullet. The process to prepare it, which involves drying the fish in the sun then salting it, is usually prepared by a specialized person called a fasakhani. Due to the way it is prepared, Feseekh can cause poisoning if it is prepared incorrectly. It is usually stored in thick glass jars that are firmly closed, as it has a very pungent smell. It is usually

served with Egyptian bread, diced onions and lots of lemons.



Taro/Colcasia Soup

Taro is a Southeast Asia native plant that was introduced to the Mediterranean parts of Egypt in ancient times. Taro, or Qilqas as it is known in Egypt, is usually prepared by peeling the taro tubers then boiling them and preparing them in a broth with lemon juice, garlic and coriander. After it is cooked, the taro is mashed and the whole preparation is served as a dip with Egyptian flat bread. Taro is cooked during the Coptic Christian celebrations of Epiphany, and the way it is prepared is supposed to resemble the baptism of Jesus.



Halawa

Halawa is a middle-eastern food common across all countries in the Mediterranean. Halawa is made from sesame paste and is available in all shapes and forms: blocks, hair Halawa, energy bars and spreads. It is sometimes infused with other types of food to add to its flavor, these include: pistachios, pine nuts and almonds. It is a common staple food among Egyptians and it is eaten as a snack or for breakfast and dinner. Halawa can be used as a main ingredient in many other dishes, among those is the Sakalans, which is mixture of Halawa, honey and whipped cream. Interestingly, Halawa is one of the few foods that can tolerate the hot Egyptian weather without going bad, and it doesn't need any special storage conditions.



Dukkah

Dukkah is an Egyptian food commonly used as a dip and eaten along with Egyptian flatbread or raw vegetables, such as tomatoes or cucumber, as an hors d'oeuvre or side dish. It consists of a mixture of herbs, nuts and spices such as mint, salt, sesame, coriander and cumin. Dukkah is usually prepared at home and each family has a different twist to the recipe, but it is also sold at spice vendors in small paper cones. The name "Dukkah" is derived from the Arabic word "to pound" referring to how all the spices are pounded

together to prepare the dish. Outside of Egypt, the dish is rarely known but it has found some popularity in Australia.



Konafah

Konafah is an Egyptian sweet made of a very thin noodle-like pastry. The origins of Konafah are very mysterious, its presence has been recorded in Arab medieval cookbooks in both Egypt and the Levant and Turkey, but its exact origins have always been unknown. Konafah is made by drizzling long rows of the thin noodles in their liquid state on a hot plate until they become dry and more rigid. The now-rigid noodles are then mixed with butter or oil and wrapped around a filling made out of nuts, whipped cream or both. It

is baked and presented with a fruit syrup on top.



Gibna Domiati

Gibna Domiati is a white soft cheese made in the city of Damietta, in the north of Egypt. It is typically made from buffalo milk but sometimes cow milk is added to the mixture as well. It is the most common cheese found in Egypt and is incorporated into a lot of dishes, such as sambousak (fried thin pastry stuffed with cheese) or mesh (a tomato and cheese dip). Gibna Domiati is aged for a period of 1-3 years in large tin cans, before being eaten. Most Egyptian families take pride in the number

of cans they have stored and for how long. In fact, it is said that the more the cheese is aged, the more delicious it becomes.

Create a Cookbook

Materials Needed

1. Recipe example page (attached)
2. Copy paper or college rule paper
3. Construction paper
4. Pencils, markers, color crayons



Procedure

1. Have student's research traditional foods eaten in the country you are studying.
2. Have each student select 2-4 different recipes
3. Students will create a page for each recipe
4. Students will create a cookbook with their recipes written inside
5. Students can present to whole class or in pairs

Creating a Cookbook

1. Make a cover using construction paper
 - a. Allow students to decorate
2. Bind recipes together with cover sheet on top
 - a. Glue, staple, tie with yarn, tape, etc.



Sample Recipe Format

Name of Recipe: _____

Ingredients

1. _____
2. _____
3. _____
4. _____
5. _____



Cooking Directions

Name of Recipe: _____

Ingredients

6. _____
7. _____
8. _____
9. _____
10. _____



Cooking Directions

Arabic Sayings...

Go to <http://www.timeforkids.com/around-the-world> ,
<http://www.bbc.co.uk/languages/arabic/guide/phrases.shtml>
<http://imtranslator.net/translation/english/to-arabic/translation/> , <http://translation.babylon-software.com/english/to-arabic/>, or even
translate.google.com and listen to the way the following words are pronounced in Italian. Teach the students the sayings and practice them daily. Practice the words during snack time. Use the sayings as you greet students and naturally as they fit in throughout the day.

Hello. *Marharbin (mhair ha bin)*

Goodbye. *Ma as salama (ma as sa-la-mah)*

Thank you. *Shukran (shook-run)*

Yes. *Aywa (ay-wah)*

No. *La (la-ah)*

I, me. *Ana (a-nah)*

My name is. *Ismi (iss-me)*

Historical Figures of Egypt

1. Hatshepsut



Hatshepsut was the fifth pharaoh of the Eighteenth Dynasty of Egypt. Hatshepsut came to the throne of Egypt in 1478 BC. Officially, she ruled jointly with Thutmose III, who had ascended to the throne the previous year as a child of about two years old. Hatshepsut was the chief wife of Thutmose II, Thutmose III's father. She is generally regarded by Egyptologists as one of the most successful pharaohs, reigning longer than any other woman of an indigenous Egyptian dynasty. According to Egyptologist James Henry Breasted she is also known as "the first great woman in history of whom we are informed."

2. Ramesses II



Ramesses II, also known as Ramesses the Great, were the third pharaoh of the Nineteenth Dynasty of Egypt. He is often regarded as the greatest, most celebrated, and most powerful pharaoh of the Egyptian Empire. His successors and later Egyptians called him the "Great Ancestor". Ramesses II led several military expeditions into the Levant, reasserting Egyptian control over Canaan. He also led expeditions to the south, into Nubia, commemorated in inscriptions at Beit el-Wali and Gerf Hussein.

3. Ramesses III



Usimare Ramesses III was the second Pharaoh of the Twentieth Dynasty and is considered to be the last New Kingdom king to wield any substantial authority over Egypt. His long reign saw the decline of Egyptian political and economic power, linked to a series of invasions and internal economic problems.

Historical Figures of Egypt

4. Tutankhamun



Tutankhamun was an Egyptian pharaoh of the 18th dynasty, during the period of Egyptian history known as the New Kingdom or sometimes the New Empire Period. He has since his discovery been colloquially referred to as King Tut. His original name, Tutankhaten, means "Living Image of Aten", while Tutankhamun means "Living Image of Amun". In hieroglyphs, the name Tutankhamun was typically written Amen-tut-ankh, because of a scribal custom that placed a divine name at the beginning of a phrase to show appropriate reverence. He is possibly also the Nibhurrereya of the Amarna letters, and likely the 18th dynasty king Rathotis who, according to Manetho, an ancient historian, had reigned for nine years—a figure that conforms with Flavius Josephus's version of Manetho's Epitome.

5. Cleopatra



Cleopatra VII Philopator, known to history simply as Cleopatra, was the last active pharaoh of Ptolemaic Egypt, shortly survived as pharaoh by her son Caesarion. After her reign, Egypt became a province of the then-recently established Roman Empire.

6. Nefertiti



Neferneferuaten Nefertiti was an Egyptian queen and the Great Royal Wife of Akhenaten, an Egyptian Pharaoh. Nefertiti and her husband were known for a religious revolution, in which they worshiped one god only, Aten, or the sun disc. Akhenaten and Nefertiti were responsible for the creation of a whole new religion which changed the ways of religion within Egypt. With her husband, she reigned at what was arguably the wealthiest period of Ancient Egyptian history. Some scholars believe that Nefertiti ruled briefly as Neferneferuaten after her husband's death and before the accession of Tutankhamun, although this identification is a matter of ongoing debate.