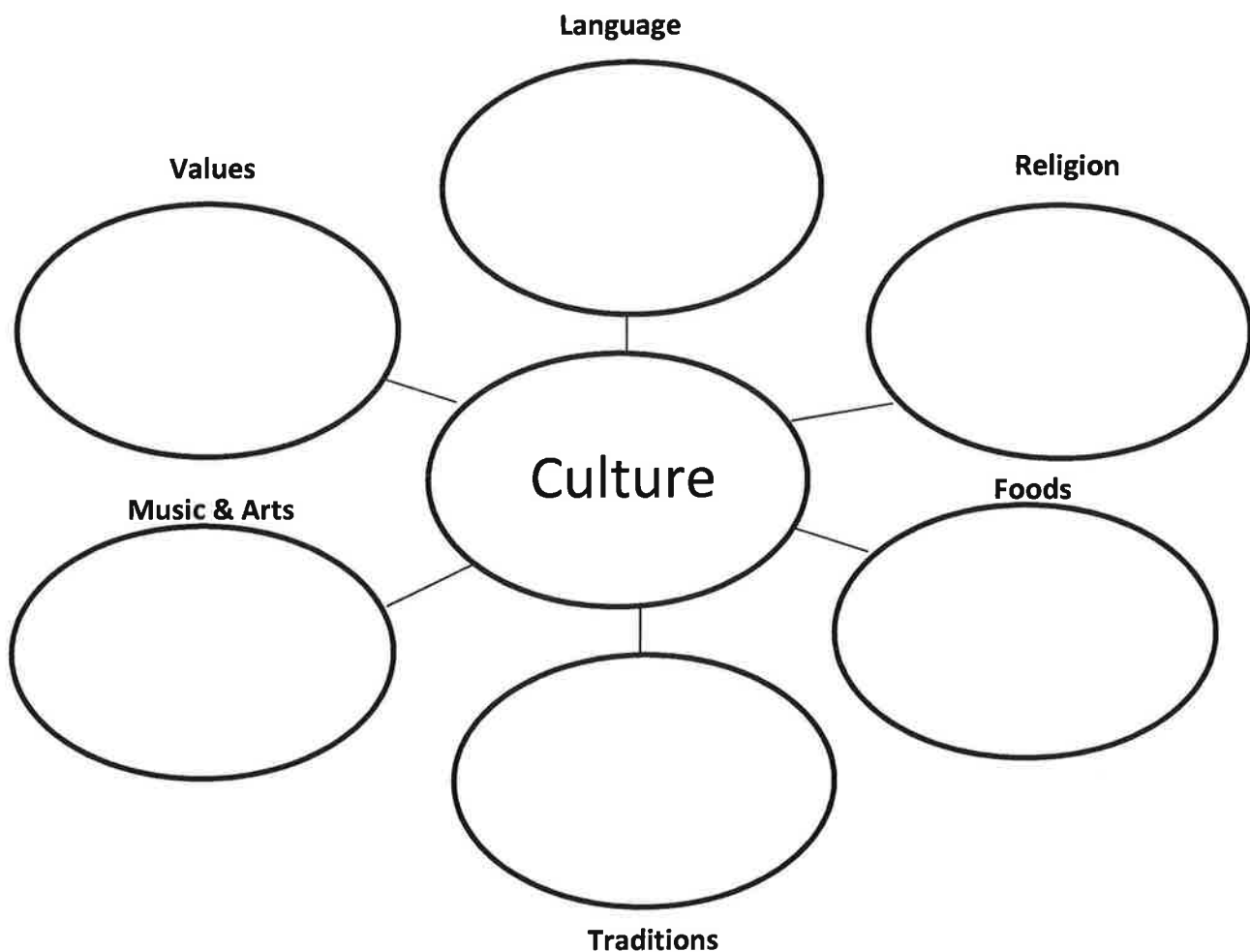


# *What is culture?*

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.



# ETHIOPIAN CULTURE: CELEBRATIONS, TRADITIONS, SPORTS, FASHION

## Celebrations and Traditions

Celebrations in Ethiopia are great and colorful events, mostly religious, and frequently take place over several days. Important Christian holidays include Meskal, Christmas, Timkat, Kiddus Yohannes and Easter. Timkat, which marks Christ's baptism, is the most colorful event of the year. In September, the two-day feast of Meskal marks the finding of the True Cross. Kiddus Yohannes, New Year's Day comes on September 11, which coincides with the end of the season of heavy rains and the beginning of spring.

Muslim holidays are based on the lunar calendar and thus fall at different times each year. The ninth month of the Muslim calendar is devoted to Ramadan, which is marked by fasting. The greatest Muslim feast of the year is 'Id Al Fatr, which celebrates the end of Ramadan. The 'Id al Adha is the feast marking Abraham's willingness to sacrifice Isaac as commanded by God. On these days, after praying and listening to the imam (religious leader), Muslim Ethiopians sacrifice animals and distribute part of the meat to the poor. Wearing new clothes, they visit friends and relatives as well as family graves. Horse races are also traditional on these days. Muslims celebrate the Prophet Mohammed's birthday on September 20 and mark the anniversaries of numerous martyrs.



## JANUARY

**GENNA** – Following the ancient Julian calendar, Genna or Ethiopian Christmas is celebrated on 7<sup>th</sup> of January. The name comes from the word Gennana meaning 'imminent' and signifies the coming of the Lord and the freeing of sin. An entertaining festival Genna is marked by racing, folk dancing and Genna – a game similar to hockey which is said to have been played by the shepherds when they heard of Christ's birth. The night is dedicated to praying, and armed with candles the men and women walk in procession around the church three times.





# ETHIOPIAN CULTURE: CELEBRATIONS, TRADITIONS, SPORTS, FASHION

## TIMKAT

The most important festival in the Ethiopian calendar, Timkat is the Ethiopian Orthodox celebration of Epiphany. On the eve of Timkat men and women don shammias and partake in festival processions whilst the Tabot, a symbol of the Ark of the Covenant, is taken on the head of the priest to place beside a body of water. The next morning this is then blessed by the priest before the worshippers enter the body of water in the ritual reenactment. Celebrations occur throughout the country but our pick of locations is Gondar as the city really comes to life. The dry swimming pool of Emperor Fusillades is filled by the river and used as the center stage. The ceremony creates a sea of white robed worshippers and priests and the splendor and majesty is awe-inspiring.



## APRIL

**FASIKA** – Fasika is the culmination of fastidious fasting in the run up Lent. During their fasting no dairy or meat products are eaten and food is not permitted to be consumed until the afternoon. This long build-up is symbolic of Christ's fasting for forty days and forty nights and the final church service on Easter Sunday is followed by a joyous feast of meat, injera and tej.



## SEPTEMBER

**MESKEL** – Meskel is the annual religious holiday celebrating the finding of the True Cross, used to crucify Jesus Christ. Legend has it that Queen Helena (who found the cross) had a revelation in a dream and was told to light a great bonfire from which the smoke would reveal its resting place. The festival is celebrated throughout Ethiopia by dancing, feasting and the ceremonial lighting of a huge bonfire in the area's main square. A popular festival, Meskel is a colourful day cherished by Orthodox Christians and is also seen as a seasonal holiday to celebrate the end of rain and the welcoming of the sun.



# ETHIOPIAN CULTURE: CELEBRATIONS, TRADITIONS, SPORTS, FASHION

## Sports

Football is the most popular sport in Ethiopia. Other sports played include basketball, volleyball, and tennis. Ethiopia has a tradition of medal-winning runners: Abebe Bikila, Belayneh Dinsamo, and Derartu Tulu. Haile Gebreselassie has set a number of world records.



## Fashion

A designers association is vital for both the market growth and expansion of Ethiopian based designers. In order for Ethiopian fashion designers to compete within the international fashion market, they need collective action and effort. Currently, the beautiful and creative textiles unique to Ethiopian are not able to enter the international market, as Ethiopian designers suffer from limited capacity and mismanagement of their self-run businesses that is needed to compete within an international context. The mismanagement found within the fashion industry in Ethiopian was found in the market research for this proposal. Market research found that Ethiopian designer have not yet been able organize themselves into a collective body; however, with the establishment of a designer association, this organization will occur.

The mission for Ethiopian fashion is to establish internationally recognized fashion association that supports and promotes its members and upcoming designers



**Mukash Fashion™**  
Ethiopian Clothing



# Dances of Ethiopia

## Ethiopian Folk Dance

Ethiopia has over 80 ethnic groups in the country, and each group has a very unique step and rhythm. Due to its old history, one that dates back to 3000 years, Ethiopia's folk dance is a symbol of their mosaic culture. Dancing is an integrated part of life for Ethiopian's and they love dancing.



### Dance of Tigray People

The dance of Tigray region is characterized by two-beat drum rhymes. According to the distinctive drum rhymes, they dance in a circle like Japanese bon dance. It also has different variety of steps, such as delicate neck motion, rhythmical shoulder movement, jumping steps, and so on.



### Dance of Amhara People

The dance of people in Amhara region (Northern Ethiopia) is called "Eskesta" which has unique movement of neck, shoulder and chest. There are several variations of motion and steps according to areas such as Gondar, Gojjam, and Wollo.



### Dance of Somali People

In eastern Ethiopia, people living near the border to Somalia are Muslims. Women's dance style, dancing with their hair covered with scarf, emphasizes their beauty that modest women have. Men dance to drum rhythm with masculine but elegant steps. Women dance with spreading their long skirts like butterfly. It is a very beautiful dance.



### Dance of Oromia People

Oromiya region is the largest and their dance styles are different depending on places. Some of famous dances are "Shoa Oromo" and "Halar Oromo". Especially, Shoa Oromo dance has unique costume as well as steps. Women wear leather-made wild two-piece costume decorated with shells. Men wear fur skin like lion's mane on the head and use stick for dance. What is most surprising is women's very fast and sharp neck motion.

# Dances of Ethiopia



## Dance of Gurage People

The Gurage area is about 100Km Southwest from the capital city Addis Ababa. Gurage people are famous for hard working, and their dancing style brings such an image of hard working people. Differing from other dances, women dance with pants and they cover their hair with scarf for preparing for the fast tempo dance. According to upbeat music both women and men keep steps first without rest like a marathon runner



## Dance of Walyta People

Walyta people living in Southern Ethiopia dance with distinctive movement of waist. Compared to the Northern Ethiopian dances like Amhara, which mainly require to move upper body (e.g. neck, shoulder, chest), the further people go to Southern Ethiopian, the more movement of lower body their dances require.



## Dance of Gambella People

Gambella region is located in the western part of Ethiopia close to the Sudanese border. The people living in this region are slim and tall with looks that differ from other parts of the country. The dance of Gambella is characterized by the agile spin of the waist. The women dance while hurling a fringe decorated with cowrie. They dance using their entire body while playing the instrument (fringe) which makes a special type of sound

## **African Dance: The Fundamentals**

### **Stomping of the Feet**

A basic step in African dances is the stomping of the feet. At a very young age, African children dance to the beat of the drum and other African instruments. Stomping of the feet can come in different forms. For aggressive types of dances, children lift the limbs high up to have a great impact on the ground when they land. The timing of the feet stomping to the beat of the drums is crucial, as some dances require the children to have props like bells, chimes and trinkets. Stomping of the feet goes together with hand and body movements.

Read more : [http://www.ehow.com/list\\_6504007\\_african-dance-steps-kids.html](http://www.ehow.com/list_6504007_african-dance-steps-kids.html)

### **Using of Hands**

Hand movements are a big factor in African dances. Most of the movements done by hand are symbolic for the tribe. Elders teach the children the symbolism of these hand gestures while they are still very young to instill in them the tribe's traditions. Some hand movements for lively dances consist of raising the arms shoulder-level or above the head while maintaining the beat of the drum. For slower dances, the hand movements are slower and more graceful.

Read more : [http://www.ehow.com/list\\_6504007\\_african-dance-steps-kids.html](http://www.ehow.com/list_6504007_african-dance-steps-kids.html)

### **Dance Postures**

Here are three main dance postures in African dances. The first one is the upright stance. This symbolizes strength and authority. It is common among war dances or dances involving elders of a tribe. For this stance, the important thing is to have a straight back. The second posture is to have the body facing forward leaning a bit towards the ground. For this posture, the arms gesture toward the ground. The third posture is having the torso of the body almost parallel to the floor. In this stance, the children's body weight concentrates at the center of the feet to maintain the stance. Dancers use these postures together with hand and feet movements.

Read more : [http://www.ehow.com/list\\_6504007\\_african-dance-steps-kids.html](http://www.ehow.com/list_6504007_african-dance-steps-kids.html)

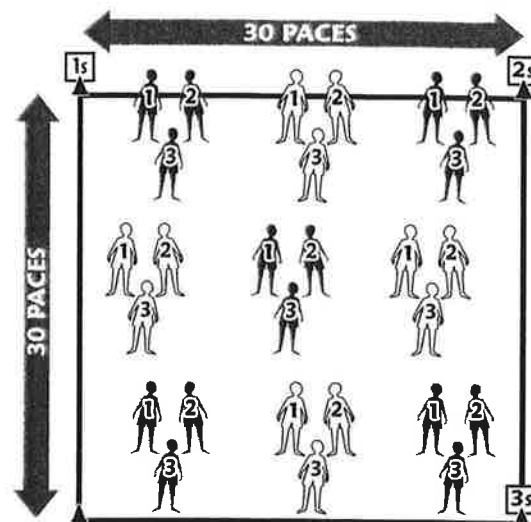


## Ready...

- Music: "Pata Pata" (SPARK 3-6 Music CD, #17)
- Music player
- Pata Pata Jigsaw Cards (SPARKfamily.org)
- 4 cones for boundaries

## Set...

- Create a large activity area (30X30 paces).
- Form groups of 3; scattered in area.
- Print and cut Pata Pata Jigsaw Cards. Place 1 at each of 3 corners of area.



## GO!

1. The object is to learn and teach a folk dance from Africa, using a technique called a jigsaw.
2. Number yourselves 1, 2 and 3. All 1s move to this corner (*point to corner with first part of dance*), 2s to this corner (*point to corner with second part of dance*), and 3s here (*point to corner with third part of dance*).
3. On signal, you will learn 1 of 3 parts of the Pata Pata. Practice it until the signal.
4. On signal, return to your group of 3. #1s teach your group the first part of the Pata Pata, then #2s add your part; and finally, #3s, add yours.

### 5. Pata Pata

#### • Part 1

- o Toe-tap R to side, and "home," 2X (4 counts).
- o Toe-tap L to side, and "home," 2X (4 counts).

#### • Part 2

- o Slide feet: toes out, heels out, heels in, toes in (4 counts).

#### • Part 3

- o Knee lift R 2X (2 counts).
- o Kick forward L 2X (2 counts).
- o Jump 1/4 turn to R, pause and clap (4 counts).

- Repeat all turning 1/4 turn to the R each round.

6. Let's all do the Pata Pata together once without the music.
7. Time to try it with the music!



## ★ Pedometer

(Need 1 pedometer per group of 4.) How many times do you need to do this dance to get 200 steps?

## ★ Square Dance Formation

(Students in pairs, in square-dance formation.)

## ★ Mirror, Mirror

Face a partner, and mirror their movements.



## WELLNESS

The health benefits of dancing are well documented. Maybe that is why you see so many people young and old dancing. It's a lifetime activity, which helps reduce stress, increase energy, and improves strength, muscle tone and coordination. Square dancers have been known to cover 5 miles in 1 evening of promenades and do sa dos. Besides lowering your risk of heart disease, dancing is fun!

## STANDARDS ADDRESSED

### DANCE

#1, 2, 5, 7 Perform folk dance

#6 Cardiovascular endurance

#7 Cooperation, respect for others

#3, 4, 6 Participates, appreciates, enjoys rhythmic movement

**Your State** (Write in here)

## TONY'S TIPS

- After students learn the steps while scattered, try grouping them in lines of 4-5 facing forward.

## NOTES

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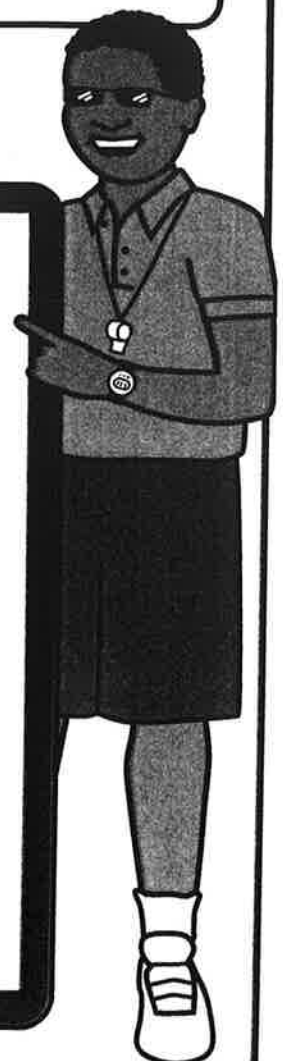
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## Ready

- African Jigsaw Music Track (SPARK AS Music)
- Music player
- African Jigsaw Cards
- 4 cones for boundaries

## Set

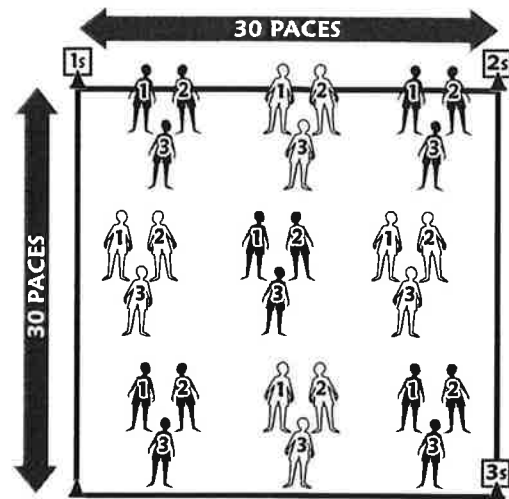
- Create large (30X30 paces) activity area.
- Form groups of 3; scattered in area.
- Print Jigsaw Cards. 1 at each of the 3 corners.

## GO!

1. Today's activity is *African Jigsaw*, where the object is to learn and teach a folk dance from Africa, using a technique called a jigsaw.
2. Number yourselves 1, 2, and 3; 1s move to this corner (point to corner with first part of dance), 2s to this corner (point to second corner), and 3s here (point to third corner).
3. On signal, you will learn 1 of 3 parts of the *African Jigsaw*. Practice it until the signal.
4. On signal, return to your group of 3. #1s teach your group the first part, then #2s add your part; and finally, #3s, add yours.
5. **African Jigsaw**
  - **Part 1**
    - o Toe-tap R to side, and "home," 2X (4 counts).
    - o Toe-tap L to side, and "home," 2X (4 counts).
  - **Part 2**
    - o Slide feet: toes out, heels out, heels in, toes in (4 counts).
  - **Part 3**
    - o Knee lift R 2X (2 counts).
    - o Kick forward L 2X (2 counts).
    - o Jump ¼ turn to R, pause and clap (4 counts).
6. Repeat all turning ¼ turn to the R each round.
7. Let's all do the *African Jigsaw* together 1X without the music.
8. Time to try it with the music!
9. **Food Facts** (Discuss during a cool-down, while leading a stretch.)
  - Have you tried foods from other cultures before?
  - What makes foods from other cultures different from the foods that you eat?

## Safety First

- Be sure to drink plenty of water when you dance or are involved in other physical activities. It is important to keep your body hydrated because these are the types of activities that really make you sweat!



COOPERATIVES  
COOL

# AFRICAN JIGSAW



## Rewind

- **Mirror Dance** – Face a partner, and mirror their movements.

## Fast Forward

- **Create a Move** – (Form groups of 3-4.) Come up with alternative steps to each part of the *African Jigsaw*. Then groups can teach everyone their version of the dance!



## HOME PLAY

### Food Facts

Every family has its own culture and your family foods reflect your culture. Some may be different from foods that you are used to eating. Trying new foods from other families and cultures helps you learn about and enjoy new foods, get the health benefits from different kinds of foods, and get to know and respect differences in others.



## GUIDELINES ADDRESSED

1. Aerobic Capacity
2. Greater than 50% MVPA
3. Cooperation; Initiative; Responsibility

### NOTES




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## THE RIGHT FIT

### Group Size

- Small – Can be done with as few as 2 dancers.
- Large – Can be done with as many dancers as the activity space allows.

### Limited Space

- Can be done in a small space as long as there is room for dancers to move.

### Wide Age Range & Skill Levels

- Can be challenging for younger dancers, so it is best to use with older, higher skilled dancers.

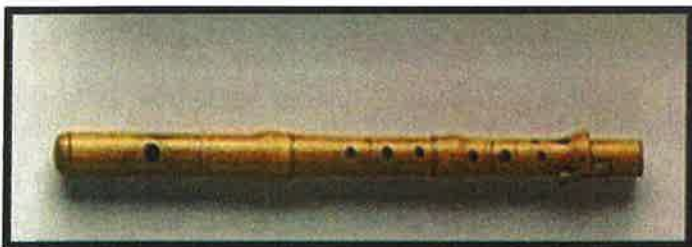
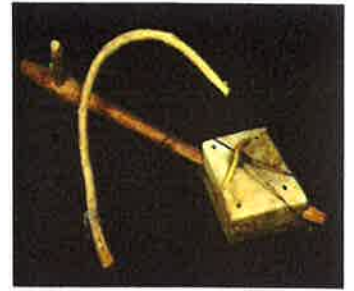
# Ethiopian Music

## Traditional instruments

Ethiopian traditional music is best expressed with its musical instruments, besides the contribution of the renowned vocalists. The most characteristic and widely used instruments are the *masinko*, the *krar*, the *washint*, the *begna*, the *kebero*, and the *tom-tom*.

The *masinko* is a single-stringed instrument that is used in many parts of the country by several people, including the Amhara, the Tigreans and Oromo. The *masinko* as it is a kind of fiddle made from the tail of horses and a piece of hide. It is relatively easy to make and is played by rubbing a bow made of a string against the fiddle. People in the Ethiopian highland areas learn to play the *masinko* at a very early age, particularly in the north around Gondar. Verses are typically created by the vocalist and player of the instrument - or as is the tradition, the audience suggests poems or lyrics and the vocalist just repeats them word for word. Among the greatest *masinko* specialists in Ethiopia was Getamessay Abebe, who used to be a leading member of the Ethiopian Orchestra, a traditional musical group founded in 1963. The group attained prominence when Charles Sutton, a US Peace Corps member fascinated by the instrument, joined the group and learnt to play one. The group subsequently toured the US, introducing Ethiopia's traditional music at concerts. Other influential *masinko* players include Legesse Abdi (in Oromiffa language), Adane Teka and Habtemichael Demissie, while Alemayehu Fanta more recently played Amharic songs using the single-stringed instrument.

The *masinko* is one of the most popular traditional music instruments used throughout Ethiopia and one of the fixtures in Ethiopian music and culture. Although it looks simple, the *masinko* can, in the hands of an expert musician, produce a wide variety of melodies. It is often played by wandering minstrels, as well as professional musicians, particularly at restaurants and local bars called 'Bunna Bet'. The word 'Azmar' is derived from the Geez word 'Zemmari', which means "one who sings". Today, the concept mainly applies to establishments where professional *masinko* players perform accompanied by female singers.





# Ethiopian Weddings



## Telosh

Amongst the different countries and plenty cultures there are around the world, Ethiopia has a very inspiring culture and one that grabbed my full interest the most was their wedding ceremony. They have a broader way of celebrating it. Two days before the wedding they have a ceremony called "telosh". Telosh is the cultural ceremony bride and groom celebrates together with their family. This day is generally a day where the husband and his family present a gift for the bride. The gathering is held in the bride's house or at her parents. This day is mainly emphasized on the groom presenting his gifts for his wife. Groom usually presents a wedding gown and or jewelry. All the gifts are presented at the watch of everybody and is accepted with an applaud. Everyone who has gifts to present can join in to give the bride at the end. After this, dinner with the family and everybody goes to their house and some stay as they continue celebrating the whole night.

## Groom's arrival

On the wedding day, first part, the groom goes to his wife's family house. In the morning, the bride's family and bridesmaids all gather in at the parents' house. In the meanwhile the groom gets ready for his special day at his house along with his groomsmen. The bride then starts getting ready and by the time she gets done, family around start preparing the house for coming guests. The groom and his groomsmen start their way to the bride's house. Wife is already waiting for her husband. By the time he gets there everybody in the house goes outside and sings a traditional song saying they don't let anybody in so the husband begs for it and makes his way in. All part of the tradition nothing serious. Groom then walks to the bride and presents her with flowers. Wife excitedly accepts the flowers with a kiss then they get escorted out of the house by their friends and family to their car where everybody with their own car follow the bride and groom to the next ceremony of the day.

## Photo program

After the groom picks his wife from her parents' house, everybody follows along with their own car to the next program which is the photo program. It starts from a "road party". Camera and video men get assigns to this specific event. They lead the car of the bride and groom. All family members and friends following their car from behind have their flowers flowing out of their window while singing a traditional wedding song. It looks beautiful! As they make it to the garden where they continue to take pictures, the camera men coordinate the places, the people around, the flowers and takes pictures for about an hour in many different styles and graphics. Then they move on to the next.

## Knee kissing's

After the photo shooting, everybody goes to a designated hall. At the entrance of the door, the groom's grandparents as well as the bride's grandparents and great grandparents, extended elderly family members all dressed up in a cultural clothing sit up waiting for their grand daughter and son to appear. When they make it, they walk up to them and start giving gratitude and thanks by bowing down to kiss their knees. Grandparents then give their blessings to their grandchildren and at this time the parents if the bride and groom will be sitting with their father and mother to give blessings to their children too. Then they walk into the room.

## Lunch

As the bride and groom pass the blessing step and make it to the hall for lunch, bridesmaids and groomsmen with traditional song, leads them to the guests waiting at the hall room. Everybody gets up from their seat to greet the bride and groom. Flower girls, candle girls as to the bridesmaids and grooms men line up in order as they make their entrance. The flower girls start dressing flower petals on the floor for the bride and groom to walk on. Then they walk down the aisle together singing their traditional song.

## Ethiopian Weddings

They walk to the corner of the hall where there is a huge setting accustomed for them to sit at. After a while, bride and groom get up for their lunch buffet escorted by their bridesmaids and groomsmen. A priest usually prays then everybody enjoys their lunch.

### Engagement/cake

After the lunch program, at a different spot in the hall, there's a cake and engagement ceremony. Though bride and groom decided to get married, none of them wore rings for it because rings are generally presented and engagements are done at the day of the wedding. Again with a traditional song and escort, they go to their cake spot to cut their cake and do ring exchanges. Champagne will be opened as a tradition while they cut their cake and exchange their wedding rings. Everybody gets a champagne and cake. There's a package of candy wrapped in a gift package for the bride to throw to her guests as a token of appreciation.

### Name readings

After a little while, after the bride and groom take pictures with every guest, they get called upon the stage for their first dance. Guests and family will then be asked to join them. Different music from different tribe starts to play and everybody dances to it together. It's very amazing to see how they bring different tribes together from different parts of the country. This is the part where the band receives all the messages via phone calls made from the family members and friends around the world that couldn't make it to the wedding. Band calls out names turn by turn and extend the warm wishes that was made for the bride and groom as they carry on with the rest of their evening.

### Dinner

The next occasion after the lunch, the name readings, engagement and great time with guests and family is dinner at the groom's parents' house. The groom's side of the family has a dinner party prepared at their house for close family and friends to attend. After they get done with the hall celebration, they head to the groom's house for the last celebration of the day. Just as any other day, well with more spectacular excitement in the house, close family and friends enjoy each other's presence while they have dinner. Bride and groom share that night with their parents in their house embracing every memory, chatting and having fun as they end the day.

### Mels

Wedding ceremonies don't get finalized without this traditional day. Second day after the wedding, bride and groom totally with a different traditional outfit called "kaba" present themselves at a place where their parents choose to celebrate this event called "Meles". In other word means post wedding. It's usually held at night or at evenings. This event is specifically for close family and doesn't have a lot of chaos. Family gathers to cut bread and give the bride a nickname that everybody will then use in memory of their wedding. Usually mother of the bride gives the name. Apart from getting together and celebrating, they use this day generally for the traditional bread cutting program and nick name giving's.

### Kelekel

This is the final for the whole cultural wedding ceremony. It's done on the third day and is held at a place wherever the parents of the newlyweds agree on. It's called "kelekel". It means getting together. This day is usually for extended relatives, friends and family that couldn't make it to the wedding, for people from different side of the country and for some at the wedding to come together again for the last time. After a whole lot of hard work to make this day happen for their children, by this, parents then congratulate their children and bless them as they say goodbye. It's very inspiring to see this amazing culture they share together. Definitely such a fun and unforgettable experience



## Traditional Ethiopian Clothing



### Introduction

On this page is a list of interesting facts about traditional Ethiopian clothing. Before discussing Ethiopian traditional clothing let's get a quick overview of Ethiopia or as it is officially known the Federal Democratic Republic of Ethiopia. Here are some quick facts about Ethiopia.

### Ethiopia Quick Facts

- Ethiopia is located on the horn of Africa.
- It has the second largest population in Africa with approximately eighty two million people.
- It is widely believed that human existence started in Ethiopia. Archaeological digs in Ethiopia have yielded the oldest traces of humanity.
- The capital is Addis Ababa.
- It is a landlocked country bordered by Eritrea to the north, Kenya to the south, Djibouti

and Somalia to the east, and Sudan and South Sudan to the west.

- Ethiopia's landscape varies from high plateaus to lowlands.
- Ethiopia's climate varies from very dry to very wet.

### Ethiopian Clothes Facts

The last two points in the list above have a major effect on Ethiopian traditional clothing. As is true with most African garb, the clothing people wear usually reflects the climate and landscape of the particular region they live in. Generally highlanders wear heavy clothing to protect themselves from the low temperatures where as people in the lowland plains, where it can get very hot, wear light clothing.





For example the people of Harar, a city located on a hilltop in the eastern extension of the Ethiopian highlands with an elevation of 1885 meters wear colorful heavy clothing. The men in Harar often dress in red, purple, and black.

The Afar and Somali, who live in the lowlands, wear long, brightly colored wraps.



Where as others like the Bale and Oromo wear bead-decorated leather garments.





Despite the wide range of clothing worn in Ethiopia, traditional clothes are usually considered to be the beautiful white woven cotton clothing seen in many parts of the country. Traditional women's clothes are called habesha qemi. These clothes are made from a cloth called shemma which are woven in long strips and then sewn together. Shiny threads are often woven into the fabric and patterns are frequently added to the garments. Women also frequently wear shawls, and sometimes a cloth covering their head (both Muslim and Christian women).

Ethiopian traditional Clothes for men frequently includes long shirts with white collars, sweaters, shawls, and knee-high socks



### **Conclusion - Ethiopian traditional Clothes**

Ethiopian traditional Clothing is still worn on a daily basis by many people in the countryside. In cities and large town's western styled clothes are becoming increasingly popular. However many older people in cites and large towns still wear traditional clothing. For special events like weddings or holidays such as Christmas (Genna) and New Year (Enkutatash) most people like to dress in traditional garb.

## Ethiopian Food

Ethiopian cuisine characteristically consists of vegetable and often very spicy meat dishes, usually in the form of wat (also w'et or wot), a thick stew, served atop injera, a large sourdough flatbread, which is about 50 centimeters (20 inches) in diameter and made out of fermented teff flour. Ethiopians eat exclusively with their right hands, using pieces of injera to pick up bites of entrées and side dishes.[1] Utensils are rarely used with Ethiopian cuisine.



### *Injera*

- This is perhaps the most important foodstuff in Ethiopian cuisine, as it serves not only as a source of protein and vitamins but also as your serving utensils and, often, your plate. *Injera* is a flatbread made from teff, a grass (not a grain, like wheat) that's fermented with water for several

days before being baked into large, floppy pancakes that have the texture of crepes and the taste of sourdough bread. Teff flour is incredibly high in fiber, iron and calcium. It has all the amino acids required to be a complete protein, but it's also gluten-free. It's kind of a miracle food. To eat Ethiopian food, simply tear off a piece of injera, grab some food with it, roll it up, pop the whole thing into your mouth and repeat until finished. Most restaurants will bring you silverware if you ask for it, but eating food this way is traditional and shows camaraderie among your dining companions -- especially as everyone usually eats from the same plate and most Ethiopians feed each other as they dine, not just themselves.



- **Berbere**
- This is the chief spice blend found in Ethiopian cooking, a fragrant blend that's somewhere between Indian curry and Southwestern chili powder. It's a dark red blend of sun-dried chiles, ginger, garlic, cardamom, nutmeg, cloves, cumin, coriander and other spices. In his memoir, *Yes, Chef*, Marcus Samuelsson

described berbere as "both masculine and feminine, shouting for attention and whispering at me to come closer. In one sniff it was bright and crisp; in the next, earthy and slow."



- **Wat**

- Simply put, a *wat* (or *wot*) is a stew. It begins its life as red onions cooked down with berbere and/or *niter kibbeh*, a clarified butter infused with ginger, garlic and other spices -- also an essential Ethiopian ingredient. From there, the *wat* can become anything from a vegetable dish to a meat stew. Lentils, carrot,

potatoes and cabbage -- all highly common ingredients -- are staples of the Ethiopian diet, and it's common to find them stewed separately or together and served on a large vegetarian platter.

- **Doro wat**

- *Doro wat* is my favorite type of *wat*, a chicken-based stew that's colored an intense shade of red from the berbere spice and stuffed full of dark meat chicken and a whole boiled egg. Imagine a thick, spicy chicken chili and you have *doro wat*. Along with a simple vegetarian platter, this is the dish I use to lure people into becoming Ethiopian cuisine converts.

- **Kitfo and gored gored**

- If you're a connoisseur of steak tartare, you need to meet the spicy Ethiopian version: *kitfo*. Like traditional tartare, *kitfo* is made with minced raw beef, although there's no raw egg mixed in. The minced beef is tossed with *mitmita* (a hotter version of berbere) and *niter kibbeh*, after which you gobble it up with sheets of *injera*. *Gored gored* is the same preparation, but the beef is diced into small cubes instead of minced.

- **Tibs**

- It seems as if nearly every culture has their own version of "fajitas," or marinated beef



sauteed with vegetables. *Tibs* can be made with beef, but you'll also find it made with lamb too. Although the meat-heavy dish is traditionally served on holidays and special occasions, you can find it on every Ethiopian menu in Houston.





- **Fit-fit and foul**
- *Fit-fit* (or *fir-fir*) is simply scrambled eggs with tomatoes and onions. *Foul* -- which has its roots in Middle Eastern trade routes and shares its name with a similar Levantine dish -- is a dish that calls to mind refried beans, served with tomatoes, onions, jalapeños and scrambled eggs. Both are [typical Ethiopian breakfast foods](#), and both would probably be equally at home on your own breakfast table. You can try both at [Sheba Cafe](#), where the

restaurant is open for breakfast, lunch and dinner.

- **Coffee**

- Coffee junkies can thank Ethiopia for introducing the caffeinated bean to the rest of the world. It still plays a central role in Ethiopian society today, with coffee ceremonies that include three rounds of the beverage, finger-food snacks such as popcorn and the burning of incense as you commune with friends over coffee that has been roasted, ground and prepared on the spot. You can enjoy your own coffee ceremony with all the traditional accoutrements at [Blue Nile](#), the city's oldest Ethiopian restaurant.





# Create a Cookbook

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## 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.

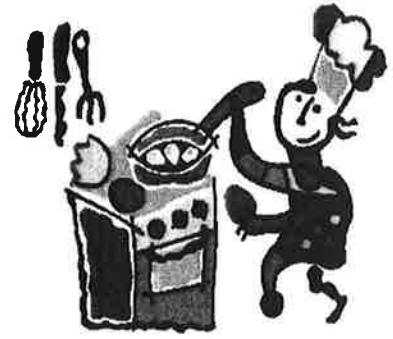


# Sample Recipe Format

Name of Recipe: \_\_\_\_\_

## Ingredients

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



## Cooking Directions

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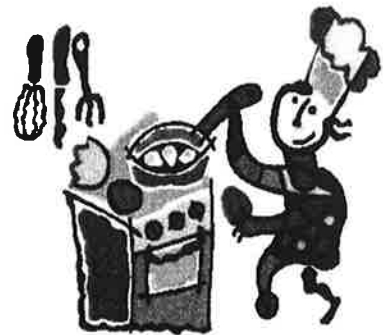
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Name of Recipe: \_\_\_\_\_

## Ingredients

6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_



## Cooking Directions

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# Amharic Sayings...

Go to <http://www.timeforkids.com/around-the-world> ,  
<http://translation.babylon-software.com/english/amharic/> ,  
<http://www.alllanguagetranslator.com/2014/12/english-to-amharic-conversion-english.html> , 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.** *Tadias (tah-dee-yas)*

**Goodbye.** *Dehna hun (deh-nah-hun)*

**Thank you.** *Ameseghinalahu (ah-meh-say-guh-na-leh-hoo)*

**Yes.** *Aw (ow)*

**No.** *Ay delem (eye-day-lem)*

**How are you (girl)** *Indemin nesh? (in-dem-in nesh)*

**How are you (boy)** *Indemin neh? (in-dem-in neh)*

# Ethiopian Tribes

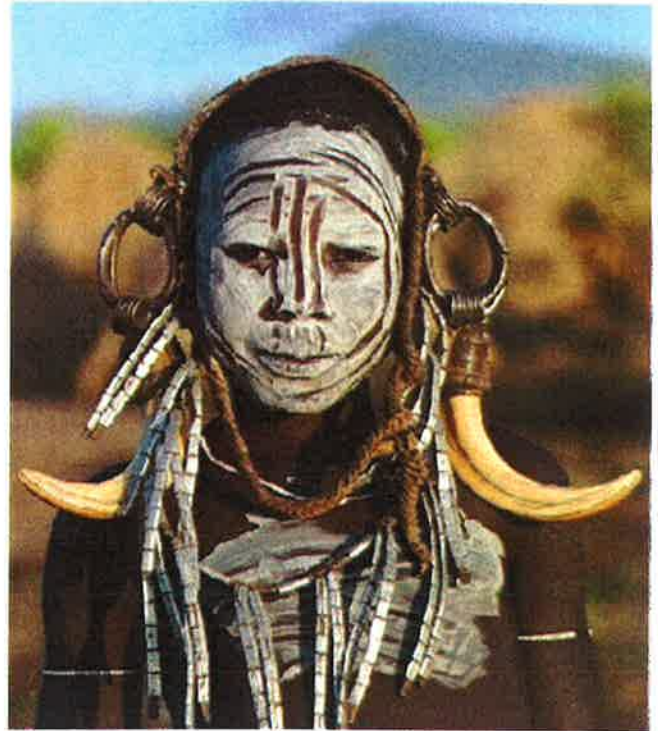
## Introduction

There are numerous tribes and ethnic groups in Ethiopia. Just like the people of Africa in general, the people of Ethiopia are a diverse group with over eighty different ethnic groups within its borders. Ethiopia's population has grown from approximately nine million in the 1800's to over eighty two million people today. This is the second largest population in Africa. There are approximately forty six ethnic groups just in the Omo Valley. These include the Benna, Ari, Mursi, Bume, karo, Tsema, Konso, Hamar, Dasseenech, and Borena, just to mention a few. On this page we list the main Ethnic Groups and tribes in Ethiopia along with a few facts, written for kids and adults, about each.

## Main Ethnic Groups in Ethiopia

The population percentages of the main ethnic groups in Ethiopia are approximately:

- Oromo 34.5%
- Amhara 26.9%
- Somali 6.2%
- Tigraway 6.1%
- Sidama 4%
- Gurage 2.5%
- Wolayta 2.3%



## Ethiopian Tribes LIST

### Oromo

The Oromo are the largest ethnic group in Ethiopia. They also have a large population in Somalia and Kenya. It is believed that the Oromo have lived in what is now Ethiopia for over a millennium. Their native language is called Oromo.

### Amhara

The Amhara, who are the second largest tribe in Ethiopia, generally live in the central highlands of the country. They dominate Ethiopia's economy and politics. The vast majority is Christian (Ethiopian Orthodox).

### Somali

Most Somalis live in Somalia, however over four million reside in Ethiopia. Clan groupings are a very important part of Somali society.

### Tigraway

There are over five million Tigraways living in Ethiopia. They mainly reside in the northern highlands of Ethiopia's Tigray province and in Ethiopia's former provinces of Wollo and Begemder (Gonder).

### Sidama

Almost three million Sidama live in Ethiopia which is a little over four percent of the country's population. Their homeland is in the Sidama Zone of the Southern Nations, Nationalities, and Peoples Region (SNNPR) of Ethiopia. The majority of the Sidama people are Protestant and most speak a language called Sidaamu-afso.

### Gurage

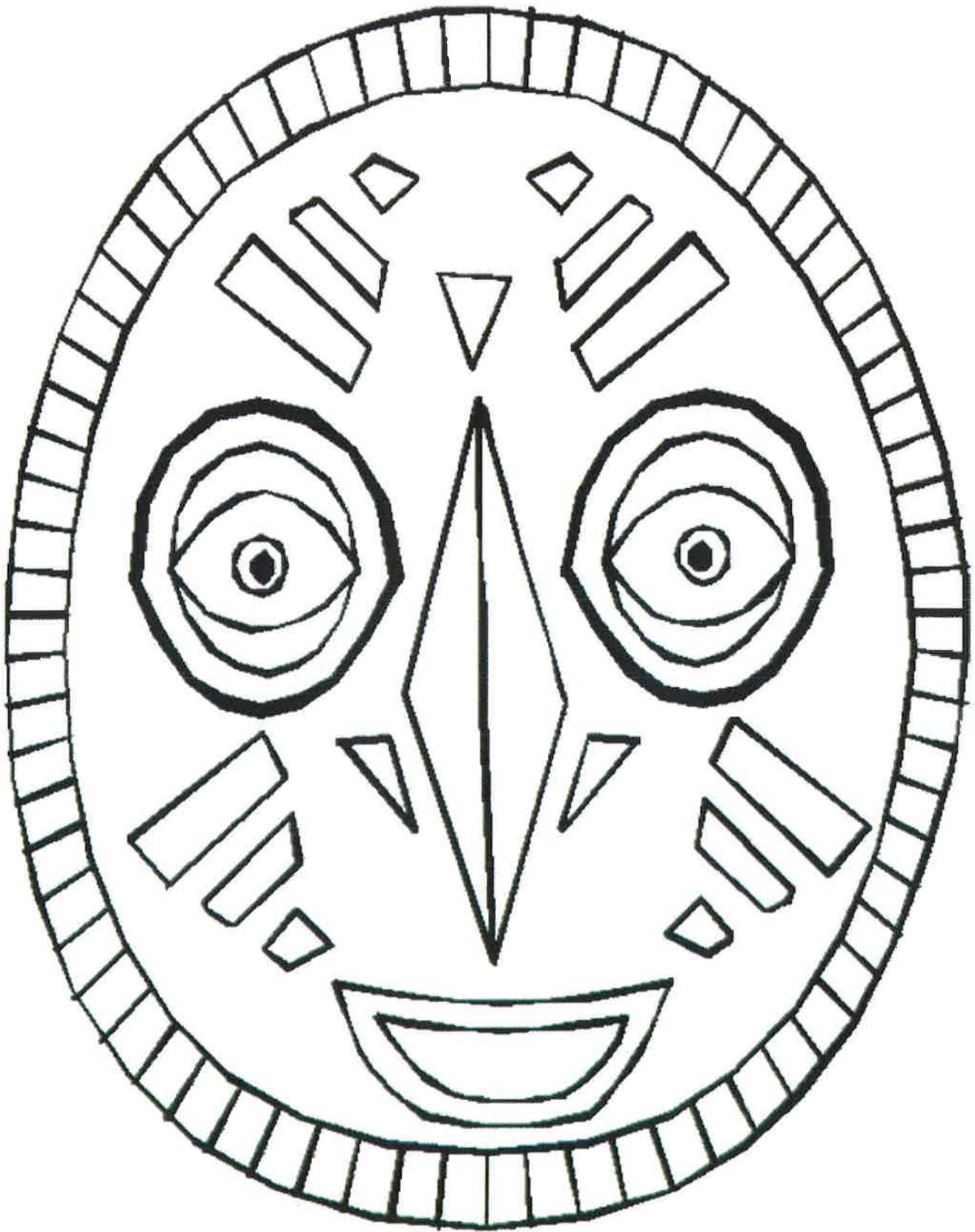
The Gurage people make up a little over two and a half percent of Ethiopia's total population. This is approximately one million nine hundred thousand people. They mainly reside in southwest Ethiopia, in a semi-mountainous area about 150 miles southwest of Ethiopia's capital Addis Ababa.

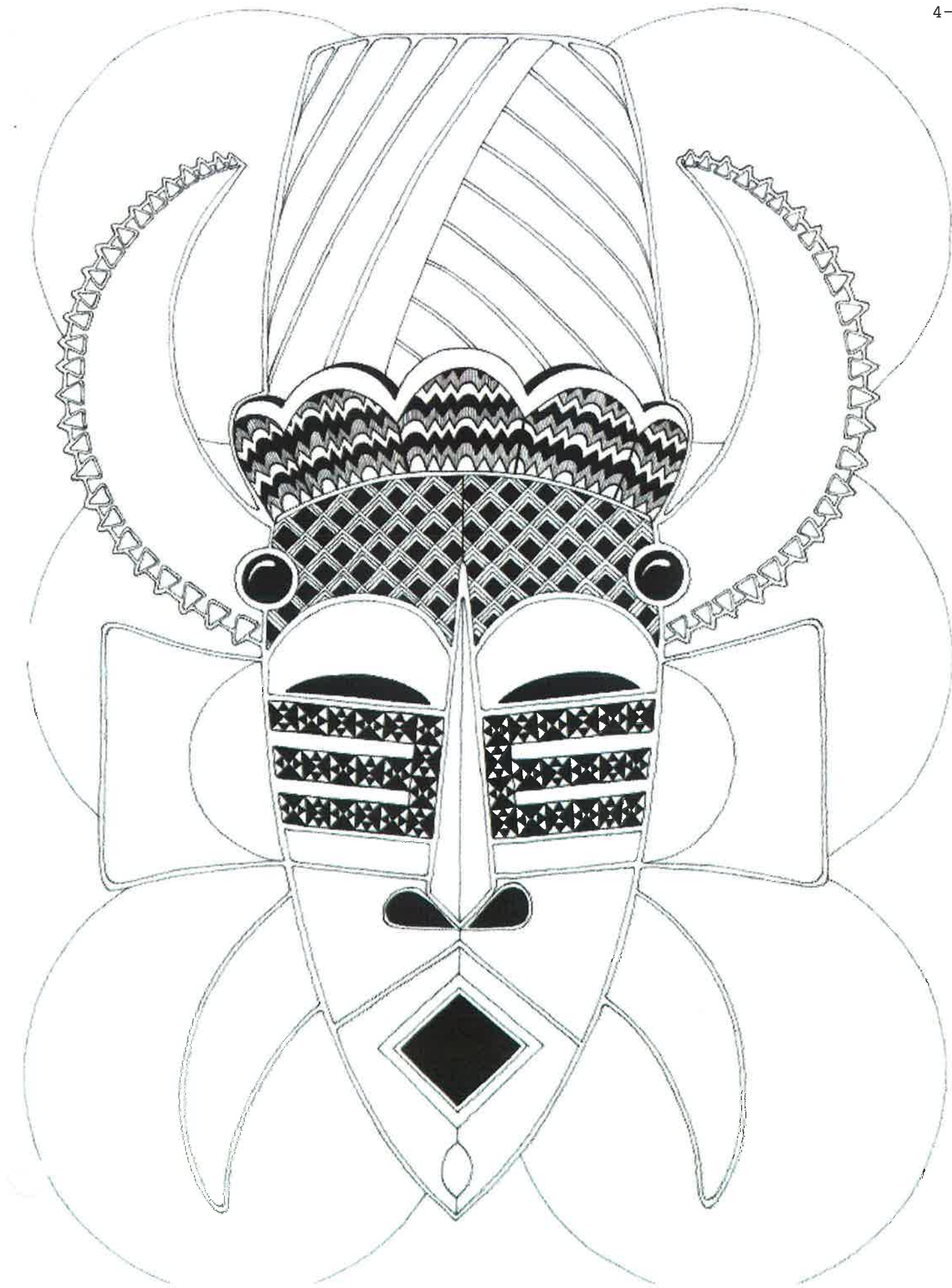
### Wolayta

Approximately 1.7 million Wolayta people (2.3 percent of Ethiopia's population) live in southern Ethiopia. Wolayta is also the name given to this people's former kingdom.











# Maasai homes

Maasai homes are good for the environment in that they are made from local materials and there is not a lot of energy required to make one. Here we can see a typical Maasai home.



The Maasai are historically a nomadic tribe and they used to move around with their cattle in search of good grazing grounds. As a result, their homes are made from resources, tools and techniques that they have found locally.

The walls are made from a mixture of mud, grass, sticks, water, ash and cow dung and the cow dung ensures that the roof is waterproof.

Inside their homes would be one room and in this space, the family would cook, eat, sleep and relax with their families. They would also store their food, fuel, and other valuables and sometimes baby animals.

Homes would be built together in groups of 6-20 to make a village. Surrounding the whole village would be a fence, built by the men, that is made from the thorny acacia tree. It is a formidable barrier. At night, the animals would be brought inside the thorny fence to protect them from predators.



What predators would the animals need protection from?

## Your Task:

Look at the pictures and descriptions of a Maasai home being built on the next page. Cut them out and stick them, together with their description, in the correct order.