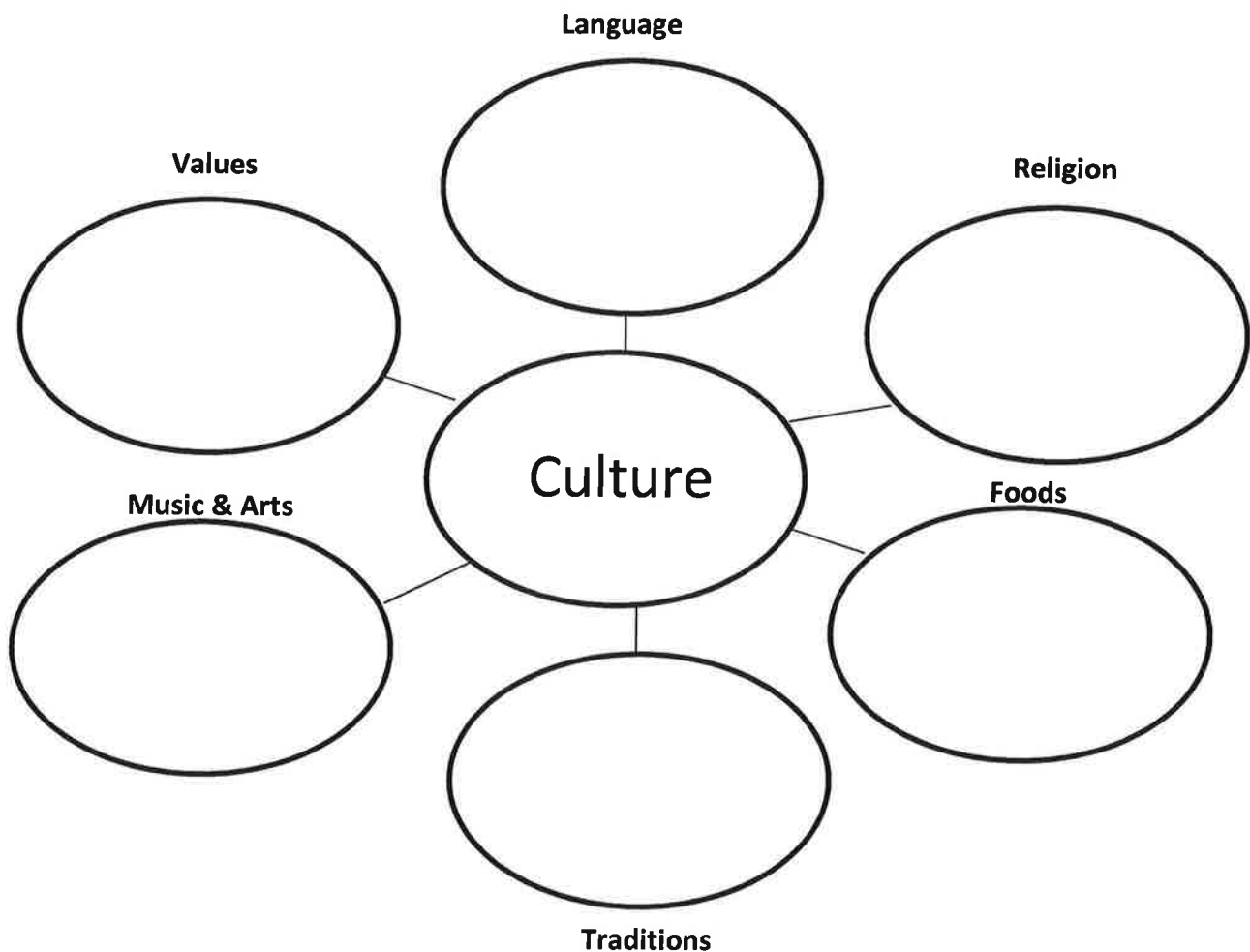


What is culture?

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.



FRENCH CULTURE

Celebrations and Traditions

Beside Christmas and New Year's Eve, one of the most important French holidays, especially for Parisians is the 14th of July. On this day, the French remember the event that began the French revolution. The event was the taking of the Bastille (14th July 1789). The Bastille was a very big prison in downtown Paris where political prisoners (mostly people that were opposing the king and his power) were kept. Following months of political crisis the citizens of Paris entered the Bastille and freed the prisoners. As mentioned, this is considered the beginning of the French revolution, a few

months after this event King Louis XVI and the Queen, Maria Antoinette were arrested and the Republic was proclaimed.

During this time the French national Song La Marseillaise (the song from Marseille) was composed and the motto 'Liberté, Fraternité and Egalité' (Freedom, Brotherhood, Equality) became famous all around the world.

Still today, people have a party in the street to commemorate the event and a big parade is organized every year in Paris.



Bastille Day

On the other hand, a much more Hollywood – style event takes place every year in the South of France: the Cannes Film Festival. For about a week, all the most important directors, actors and producers meet on la Croisette (the area of the city where the festival takes place) and present the new movies of the season. The winners get a small golden palm branch and become the person that every TV and magazine want to interview

French Christmas Holiday Celebration



The tradition of the Christmas tree first appeared in Europe in the 12th century in Alsace. In the mid-16th century, the town of Sélestat was the first to authorise cutting down evergreen trees for Christmas Eve. Presents are placed at the foot of the Christmas tree. The "sapin de Noël" is the main decoration in homes, streets, shops and offices. Traditionally French Christmas trees were decorated with apples, paper flowers, and ribbons. Christmas trees became popular in most regions of France in the late 1830's.

The celebrations which start on December 6 on Saint Nicholas day differ depending upon the regions. While some of the provinces celebrate Christmas on 25 December, for people from Northern and Eastern France, the Christmas celebrations start on 6 January. For French people, Christmas is an occasion for family reunion and generosity. Gifts and candies are presented to children and Le Reveillon and Yule log cake forms the trademark of French Christmas celebrations. The festivities which lasts for 12 long days witnesses nativity scene or creche in which figures of little

saints are displayed in churches and houses. It is also believed that Pere Noel accompanied by Pete Fouettard visits the French households with gifts, sweets and candies for good behaving children. Read further to know more about the various Christmas traditions and customs in France.

FRENCH CULTURE

Mistletoe

Another festive and traditional decorative item used in French homes during the Christmas season is mistletoe. It is hung above the door during the Christmas season to bring good fortune throughout the coming year.

Creches

Another essential aspect of French Christmas celebrations may be the creche full of santons, which is displayed in churches and several homes. Living creches as plays and puppet shows in line with the Nativity are commonly performed to show the important ideas of Christianity and also the Christmas celebration.

Christmas Eve

The fun of Christmas in France happens mostly in the build to Christmas Day, the highlight of the festive season being le Réveillon (Christmas Eve). On the evening of December 24th, French families sit down together to celebrate Christmas and enjoy a variety of the most delicious dishes and wines. The Réveillon dinner can continue for up to six hours and it is a very sacred tradition to the French. Eating at the table for a long time is also a social custom in France.

Christmas Day

Food is still a very important part of Christmas day, particularly at lunch time when it is common to eat the left over from the Christmas Eve feast or to go celebrate with another side of the family (in laws).

Gifts & Presents

On Christmas Eve, small French children put their shoes in front of the fireplace (or at the bottom of the Christmas tree), in the hopes that Père Noël (literally translate "Father Christmas") – Santa Claus – will fill them with gifts. If the household is made of older children, there is no need to wait until December 25th to unwrap the gifts! Usually, the kids will start unwrapping at 12 am sharp on Christmas Eve, while the parents are still feasting on delicacies and Champagne!



French Christmas Cuisine

Christmas Music

Traditionally, French Christmas carols consisted mainly of hymns from the church. Over time, non-religious songs have been translated from different languages into French, such as Mon Beau Sapin (from German O Tannenbaum) or Vive le vent (from English Jingle Bells). In addition, French singer-songwriters have come up with their own Christmas songs as well, the most popular of these being the children's classic Petit Papa Noël.

French Christmas Cuisine

The special Christmas meal in France is most often served following the midnight mass on Christmas Eve. This meal is called le Reveillon, and the food served at the meal varies by region and family. Expect a large meal, complete with soup or other appetizer preceding, and followed by a delectable dessert (most often the Bûche de Noël or 'Christmas Log') and a cheese platter. Popular main courses are goose and other exotic poultry, as well as seafood. In French fashion, the meal will last a long time, be served on a beautifully-set table, and be accompanied by wine. While some French Christmas traditions are relatively new, the festive meal has always been a part of Christmas in France.

FRENCH CULTURE

Easter

Come Easter, don't expect giant rabbits wearing berets. In French lore, church bells fly off on Holy Thursday, carrying with them the unhappiness and despair of those mourning the death of Jesus. After making a pit stop at the Vatican, the bells return Sunday morning. French children search the house and garden for the chocolate Easter bells and eggs brought from the journey.

Way of Life

French Children's games

A pretty common French outdoor game for children is 'La semaine' (the week) that can be played by 2 or more children (but a kid can play it alone as well, especially if he/she wants to get better at it) with only the aid of a piece of charcoal and a stone.

With the charcoal the kids have to draw 7 squares (one following the other) on the ground naming them with the name of the day of the week.

Once that is done the first player throws the stone in the Monday box and if he misses it, it is the next player's turn. If he/she throws on the correct square he/she has to hop on the square, pick up the stone, still standing on one foot, and jump back to the starting point.

The players have to do that at least 7 times (one for each square) and they have to go back to the beginning every time they make a mistake (for example they lose their balance and put their other foot down). The winner is the player that covers all squares and makes it back to the starting point.

Pétanque - (French pronunciation: [petãk]; Occitan: petanca [pe'tanjɔ]) is a form of boules where the goal is to toss or roll hollow steel balls as close as possible to a small wooden ball called a cochonnet (literally "piglet") or jack, while standing inside a circle with both feet on the ground.

Caillou, papier, ciseaux - *This is the French version of the game 'Rock, paper, scissors'. In pairs both children hide one hand behind their back and counts to three – un, deux, trois. The hand can be le caillou - a rock (fist), le papier - paper (hand held with fingers straight) or les ciseaux - scissors (two fingers held out as scissors). Alternatively chant Caillou, papier, ciseaux before showing hands.*

Le caillou casse les ciseaux (rock breaks scissors)

Le papier recouvre le caillou (paper wraps round scissors)

Les ciseaux coupe le papier (scissors cut paper).

One point – *un point* – per round. No points when both hands are the same. Winner is the first to get three points (or other agreed number).

FRENCH CULTURE

L'épervier (the Sparrow Hawk) - A traditional French game where one player is *l'épervier* (the sparrow hawk) and all the others are either *les cerfs* (the deer) or in some versions of the game *les moineaux* (the sparrows).

The game is played with two opposing 'camps' about 30 metres apart. At the beginning of the game all the deer are in one camp and the sparrow hawk is in the other. *L'épervier* gives the signal for the deer to move by calling out '*Épervier, part en chasse!*' (Sparrow hawk, start hunting). The deer must try to cross the space to the other camp without going back. The sparrow hawk must try to touch as many of the deer as possible but he/she may not go back. Any deer who are touched become helpers of the sparrow hawk. These join hands and form a line with the sparrow hawk. The line may circle remaining deer but only players at the end of the line can touch the deer. The last deer (*le dernier cerf*) to be caught becomes the next '*Épervier*'.

Verbal and nonverbal communication in France

In France greetings are a very important part of every social interaction. French people all shake hands with everybody they meet and they always do it twice, when they arrive and when they leave. Not doing so will be considered very impolite. On the other hand kissing on the cheeks is a standard greeting practice among family and friends. This can be done in private and in public meetings (called *rendez – vous*) and the double kissing (one kiss per cheek) often starts on the right side.

French people are extremely proud of being French and they like to express some of their thoughts with some very typical gestures. Among them, the most common are the following:

- 'very good' (*il est délicieux*) : touch your fingers and thumb all together, kiss your fingertips, and then open your hand, as if tossing something in the air.
- 'I have finished' (*c'est fini*) : cross your arms in front of your body, with your palms out, then move them out, while saying, "C'est fini."
- 'I promise it' (*je le jure*): place your hand on top of your head

For the same reason, French people are extremely protective over their language.

They don't like to mix French with foreign words when they speak and they often translate them in a pretty funny way. For example the computer mouse, which is called mouse everywhere else in Europe, in France it became '*le souris*', which means mouse (the animal) in French. For the same reason, French radio cannot broadcast too much foreign music and a fixed ratio of French to foreign music has to be kept.

Sports

The national sport of France is soccer, which is colloquially referred to as '*le foot*' followed by rugby. The French also enjoy basketball, tennis and sailing. Tour de France is an annual cycling race held in France, while the Grand Slam French Open is the nation's tribute to another favorite sport – tennis. Grand Prix racing, fencing, Parkour and babyfoot are hugely promoted by the Ministry for Youth Affairs and Sports.

FRENCH CULTURE

Fashion

Paris is the 'Fashion Capital of the World'. The presence of dedicated couturier houses, fashion shows and dedicated media like 'Elle' dominate the fashion industry. France's very own designers like Yves Saint Laurent, Claude Montana, Pierre Cardin, Sonia Rykiel, Jean-Paul Gaultier, Paco Rabanne and Christian Lacroix are world renowned fashion designers. Even though France's fashion industry has come under increasing competition from London, New York, Milan and Tokyo since the 1960s, many foreign designers still seek to make their careers in France.




YVES SAINT LAURENT


pierre cardin
PARIS

Traditional French Music and Dance

French Folk Music

France is divided historically, culturally, and geographically into different regions. The French are deeply patriotic people. They tend to be proudest of their particular locality. Every region of France has its own flavor, its own character, its own traditions-and its own distinctive sound. The music that is played, the instruments that it is played on, and the people who play it, differ significantly from place to place. Brittany, Limousin, Gascony, the Auvergne, and the Mediterranean island of Corsica are probably the richest of all in terms of musical heritage, and represent a wide diversity of styles, traditions, and ethnic origins.

The Brittany peninsula juts out of northwestern France between the Atlantic Ocean and the English Channel. It points toward Ireland, and its people share the same ethnicity as the Irish, the Scots, and the Welsh. The Bretons are a Celtic peoples. Their old language, known as Breton or French Gaelic, has much in common with the Gaelic of the Irish and Scottish. Breton is vibrantly alive in the folk songs of the region. Breton songs are often sung unaccompanied, and can take the form of lively call-and-response or, as in the *gwerz*, a uniquely Breton ballad form; a solo voice will tell old stories, lament lost love, or pass on narrative accounts of real events.

Early Collections of Folk Music

The French took an early interest in their folk heritage, and many of the old songs were collected by Hersart de la Villemarqué and published in 1839 in a large compilation called *Barzaz-Breizh*. The Breton folk tradition, like other authentic folk traditions, has evolved by being passed on from generation to generation, within families and from musician to musician, by oral transmission.

Instruments



The instrumental music of Brittany is in many ways similar to that of Ireland and Scotland. Most typical is the fast, whirling dance music known as Couple de Sonneurs (pair of players), which is traditionally played on biniou and bombarde, and often accompanied by drums. The biniou is like the Irish and Scottish bagpipes, but pitched much higher. Its lowest note is equivalent to the highest note on the Great Highland Bagpipes of Scotland. The bombarde is a cross between the oboe and the medieval shawm. The bombarde has a double reed held between the lips to produce a strident, shrieking sound. It requires so much breath that the player can rarely play for long periods.



bombarde

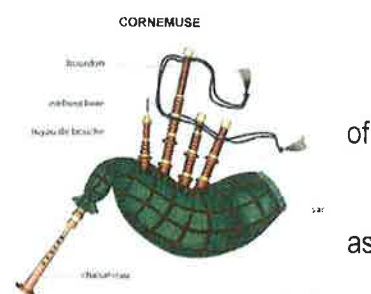
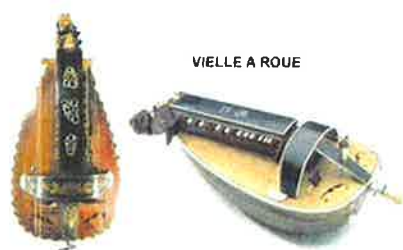
This suits Breton music, where there is often a solo line which is then echoed by a chorus: the bombarde plays the solo line and then the player recovers while the other instruments lay the echo. There is an older, vocal equivalent for the Couple de Sonneurs, known as Kan Ha Diskan, where the voices act as musical instruments. This is a virtuoso art, and it was almost lost before the revival of interest in France's Celtic folk tradition that began in the early 1970s. The French Celtic harp, which is similar to the Irish, or Erin harp, was revived from obscurity at the same time, and is played solo, or as an accompaniment to ballads and laments.



Biniou

Traditional French Music and Dance

Bagpipes are also an essential part of the music of central France. The Auvergne region is especially known for its Cornemuse, or Cabrette bagpipes, a lower-pitched, gentler and simpler cousin of the Breton pipes. These pipes are an essential accompaniment to the Bal-Folk set dances the region. The accordion, which was introduced from Italy in the middle of the nineteenth century, almost replaced the pipes, and became the basis for Bal-Musette music, which arrived in Paris in the late nineteenth century as a result of Auvergnat migration. (The music that we usually associate with Parisian cafés is Auvergnat in origin.) The hurdy-gurdy is also an integral part of central French folk music.



The French name, *vielle à roue* (wheel fiddle), describes the method by which sound is produced. The bowing action of the fiddle is replaced by a wheel cranked by a handle. The outer part of the wheel is coated with resin, like a violin bow, and when the crank is spun, the wheel turns and the gut strings vibrate. Just as the bag of the bagpipe acts as a reservoir of air for continuous sound, so too the wheel makes possible continuous sound by avoiding changes of bowing. The hurdy-gurdy is the ideal instrument for the dance music of the region. Limousin, which borders the Auvergne to the northwest, is famous for its fiddle music: the fiddle and the pipes often join together in gentle, lilting harmony and counterpoint.

In southwest France, close to Spain, we find yet another variation of the bagpipe-the high-pitched, single-drone, *boha* pipe. Gascony has a large population of Basques, an indigenous people who inhabit the border area between France and Spain. The best-known form of Basque folk music is called *Trikitrixa*, in which the accordion plays a central part. But there is an older tradition, in which a single player performs simultaneously on a simple pipe or tin whistle, and a small drum, which is held under the other arm, or strapped to the body. The Basque pipe has only three holes, which means it can be played with one hand. In Basque, it is known as the *txistu*, and it is very similar to the pipe



Boha pipe

that medieval English musicians played to accompany Morris dances, stick dances, and other formation dances, while similarly playing a small drum, or *tabor*, with the other hand. There is a strong Spanish-Moorish influence in the folk music and dance of the Basques. It is possible that "Morris" is a corruption of the word "Moorish." Both are highly formal, and in both, the musician moves among the dancers and is part of the dance. The Basque shawm, a woodwind with a double reed located within the body of the instrument, is Middle Eastern in origin, and comes from the time when the Iberian Peninsula was part of the Muslim Empire-from the eighth to the fifteenth centuries. It has a loud, raucous sound which is ideal for dance music, particularly when accompanied by drums.

Dance regions

French dance can be roughly divided into the following cultural and regional boundaries:

- **Central France**, including Bourrées in 2 and 3-time, Mazurkas, Waltzes, Branles and Scottisches

Traditional French Music and Dance

4-9

- **Brittany**, Further split into Eastern, French and Gallo-speaking 'Haute Bretagne' (rond de St. Vincent, etc) and the Western, Breton-speaking 'Basse Bretagne' (An Dro, Hanter Dro, Laridé, Gavotte, Plinn, Kost ar C'Hoat).
- **Béarn**, in the South-west, home of the Branle d'Ossau, Sauts and rondeaux in chains and in couples.
- **Basque Country**, Just next door, straddling the spanish border, featuring more Sauts, fandangos and more.
- **Alps**, Home of the lively rigodons, with their links to english country dancing.
- **Alsace**, on the German border, featuring 5 and 8-time waltzes, zwiefachers from Germany and contredanses.



Bourrée

The bourrée, one of the most popular folk dances of France, comes in many regional varieties. Characteristically, it is done with quick, skipping steps, typically to music played in 2/4 or 6/8 time. Dancers will sometimes even wear wooden clogs to emphasize the rapid movements of their feet through sound. The bourrée is a line dance, with a line of men facing and dancing with a line of women. Some of the greatest composers have written stylized bourrées, including Bach and Handel.

French Weddings



Garden Wedding Ceremony

Wedding ceremony

Catholicism is the number one religion in France. Even if a family are not particularly big church goers, they will more often than not expect their children to have a church ceremony to accompany the civil ceremony. It is common to have different witnesses for the civil and religious ceremonies depending on their religious persuasion.

Reception

At the reception, guests bring along small cakes and pile them together at a considerable height at the center of the table. If the couple is able to kiss without knocking out the pile, it symbolizes lifelong prosperity. The couple then raise a toast to each other from an engraved cup known as the 'La coupe de mariage'. Traditional food, French wine, and the cake are the highlights of the reception. The cake is known as 'Croquembouche' which means 'crunching in one's mouth'. It is made of cones of cream puffs which is filled with pastry cream and coated with caramelized sugar. It is decorated with marzipan flowers and drizzled with chocolate.

croquembouche – The traditional layered wedding cake originated in France, but another common cake is called the croquembouche, which is essentially a pyramid of crème-filled pastry puffs covered in a caramel glaze. These cakes probably originated from the Middle Ages when guests would bring small cakes or pastries and stack them in a pile. If the bride and groom could kiss over the cakes without knocking them over, then supposedly they would have a lifetime of prosperity.

La Coupe de Marriage – Another fun tradition involves La Coupe de Marriage, which is an engraved two-handled cup (usually a family heirloom) from which the newlyweds toast each other. One interesting tradition which might be fun to incorporate is the beheading of a bottle of champagne. Skilled horse-back riders under Napoleon's command would use special sabres to strike the bottles which ladies would hold up. The practice became a way to celebrate special occasions and even now it's possible to buy replicas of the original sabres.

Trousseau and Wedding Armoire

Some of you might already be familiar with the french word "trousseau" which comes from the french word "trousse", literally meaning a bundle of linens and clothing. It would contain things like Sunday wear, day dresses, lingerie and

French Weddings

linens that the bride or the mother of the bride to-be would have embroidered with the initials of her future family. The wedding armoire or a hope chest was used for a bride's trousseau and would have been hand carved with symbols of wealth and prosperity by the father of the bride when she was a child. This would have been given to her in her teenage years to fill with important pieces that she could take with her to her new home. In the 18th century, wedding armoires were also manufactured by craftsmen and given to a newly married couple as their gift.

Other French Traditions Include the Following:

1. Guests at a traditional French wedding, bring the flowers and floral decorations with them to the ceremony.
2. The bride usually wears a wreath of flowers on her wedding.
3. As the bride and groom leave the church, they are showered with wheat or seed and the bride offered three loaves of bread.
4. As a very old tradition of French wedding, guests used to bring small cakes to the reception and pile them in the middle of a table, one on top of the other. The bride and groom would have to kiss over the top of them, to symbolize a long life together.
5. Chiverie (La Charivari) it is a big tradition in French wedding. On the wedding night friends of each side gather and bang pots and pans on their windows symbolizing long time joy and happiness. The friends are invited over for a drinks party.

Traditional French Clothing



Traditional dress of France is found
in many versions both for the men and women

The archaeological history of France is evident that the country had a strong past of sophisticated cloth making that surely started from animal-skin. Later invasions brought positive change in the region's cultural scenario. More innovations were adopted by the cloth merchants as new fabrics like silk and linen were introduced. Traditional costumes in France are rarely seen as the same are the part of folklore and cultural celebrations.

This country is a real homeland to fashion; this is what most of us truly know. But a few will have knowledge about the heritage history of this great nation. France is located in the Western Europe which is the largest country in Europe having its territories all over the lovely planet. France was once known as the main hub for the luxury items production and their trade which is still continued. France remained a dominating country in its history as it was a major power in Europe since the late middle ages. You can easily guess the cultural significance of France as it has the world's fourth-largest number of cultural UNESCO World Heritage Sites and thus it attracts largest number of tourists from all around the globe.





Tunic-shaped and wool made cloaks over linen made shirts were common. Wealthy people enriched their dresses with goldthread and silver-thread embroidery. Stockings and socks embellished with skillful knitting were quite popular. Similarly, the elaborate and fascinating shoes were also used. Magnificent headdresses are significant parts of the traditional French outfits.

Traditional outfits of France are fabulous and colorful indeed. Real progressive change occurred in the French clothing during the renaissance period when home-based small units involved in the silk-weaving business were established everywhere. Silk fiber resultantly also lead to produce different types of decorative items for dresses as tassels, fringes, pompoms, silk embroideries and floral ribbons. Lace making was become the prominent feature of the French textile industry.





The outfits of France were usually bedecked with brilliant floral patterns. Enormous development was made in the women **clothes** as the fashion of white colored lace-trimmed **blouses** and **aprons** was massively accepted. The outfits were usually bedecked with brilliant floral patterns. In some parts, white flared **bonnets** and dresses with wide elbow-length sleeves were also trendy.

When it comes to the traditional dress of France, there is distinction in the clothing trend of various regions. Commonly, French people are seen in pants and skirts and wearing stylish hats. Traditional costumes are rarely seen as the same are the part of folklore and cultural celebrations.



Bliaut was fit closely from the shoulder to approximately the elbow, and then widen from the elbow to drape to floor- or nearly floor-length. Image by Catrijn
Between eleventh to the thirteenth century, an over garment known as the bliaut or bliaud that was made with woolens, linens or silks was also acclaimed among the French elite. Bliaut was fit closely from the shoulder to approximately the elbow, and then widen from the elbow to drape to floor- or nearly floor-length. Both men and women wore floor length bliaut while some bliauts included a double wrapped belt as well. This medieval garb was equally popular in other European countries like England and Germany.



During renaissance, mantua was also a famous object in the clothing for the French women. During renaissance, mantua was also a famous object in the clothing for the French women. In the beginning, the mantua was actually a cloak like a loose gown, with sleeves cut in one piece with the back and front. It was pleated at the shoulders and fell to the waist, where it was held in place by a sash. From there it was folded back into a bustle shape and worn over a matching petticoat. The dress was gradually become acceptable for women as a cherished formal costume in France.

French hood was actually a multi-layered and complicated traditional head-dress.

The French hood was actually a multi-layered and complicated head-dress sitting flat on the wearer's head that was originated from France during the sixteenth century. Velvet, satin and taffeta was commonly used for the hood, and satin, taffeta or a lighter fabric for the veil. French hoods were normally made after preparing the buckram and millinery-wire bases which that were covered with fabric. In the sixteenth century, French hood contained coif or cap that was made with linen and tied under the chin. The veil of a French hood was sometimes made semi-circularly while sometimes rectangular by others. Billaments were the decorative borders along the upper edge of the hood and the front edge of the coif or paste.





A fichu was a large, square kerchief worn by the French women to fill in the low neckline of a bodice. A **fichu** was a large, square kerchief worn by the French women to fill in the low neckline of a bodice. It originated in the United Kingdom in the 18th century and remained popular there and in France through the 19th with many variations, as well as in

the United States. The fichu was generally of linen **fabric** and was folded diagonally into a triangle and tied, pinned, or tucked into the **bodice** in front.

In the French military uniform, kepi hat made with a fine cloth having a flat circular top along with a short leather bill was also used customarily. In the French military uniform, kepi hat made with a fine cloth having a flat circular top along with a short leather bill was also used customarily. Even today, the same type hats are worn by the French police and military. Kepi hat is usually associated with the United States Civil War in North America. French customs officers (*douaniers*) and the Gendarmerie still wear kepis for ceremonial duty.



Beret was a common headdress among the French people as the same was evolved to protect the head from harsh weather effects. It was made with rain-resistant wool fabric usually hand-knitted or woven and it got immense popularity in the 19th century, when it was made the component part of the soldier's uniform. Today, beret is considered as a strong sign of local identity in the southwest of France and is worn while celebrating traditional events.



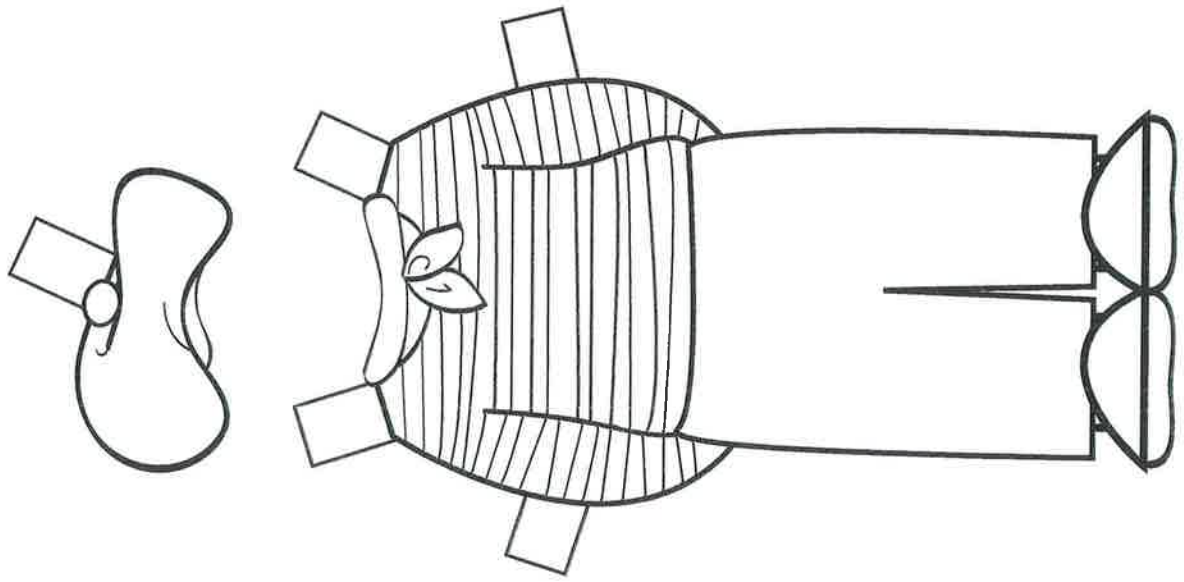
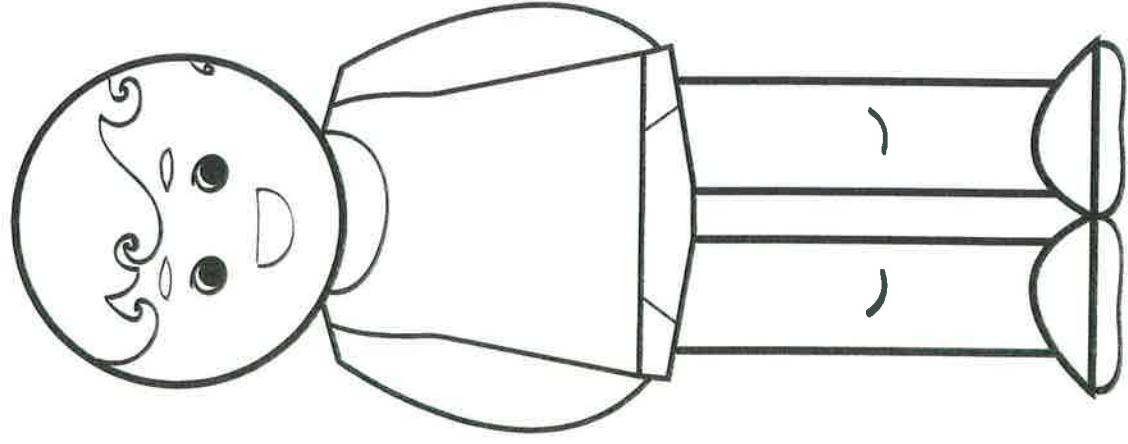
A faluche is a traditional cap worn by students in France. French youth especially students feel proud in wearing *faluche*, which is a traditional beret shaped cap, normally black in color and adorned with bright ribbons and badges. The colors and badges related to the *faluche* recall the life of the student. The circular is covered with a fabric band taking again the colors of the studied discipline. In

1988 the 100th anniversary of the *faluche* was celebrated in Reims, which has continued annually, in a different city each year.

Paper Dolls Around the World: Europe VI

Color me and dress me up!

Can you guess what country I am from?

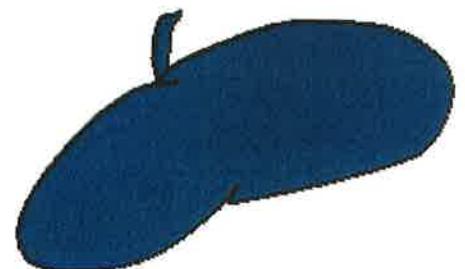
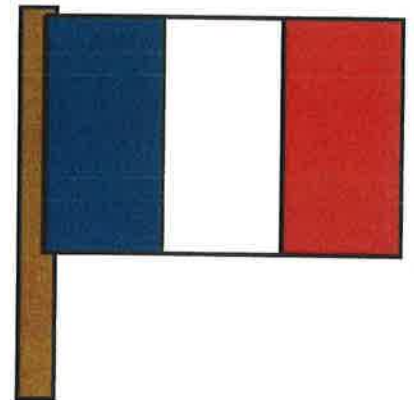
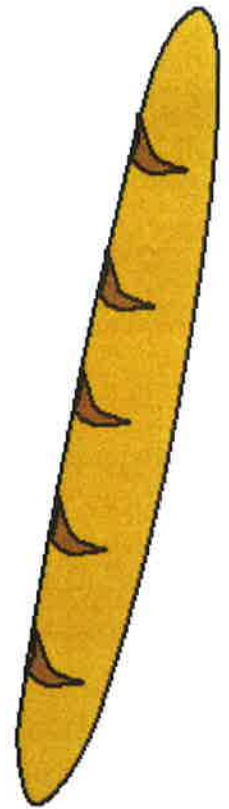
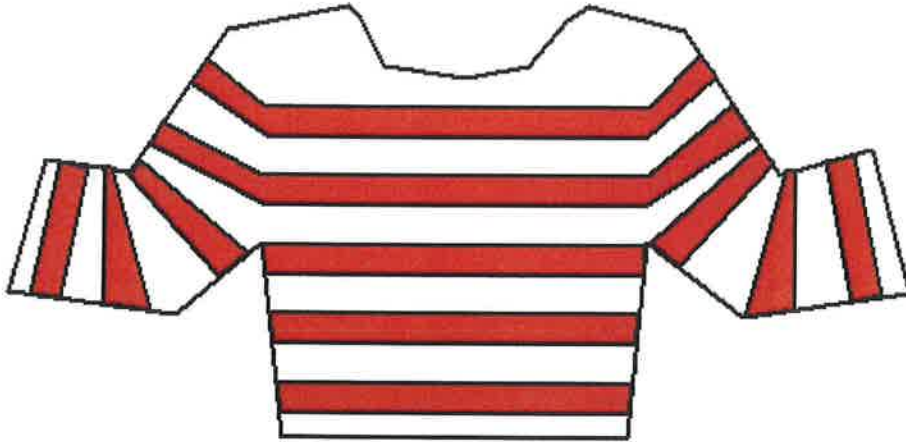


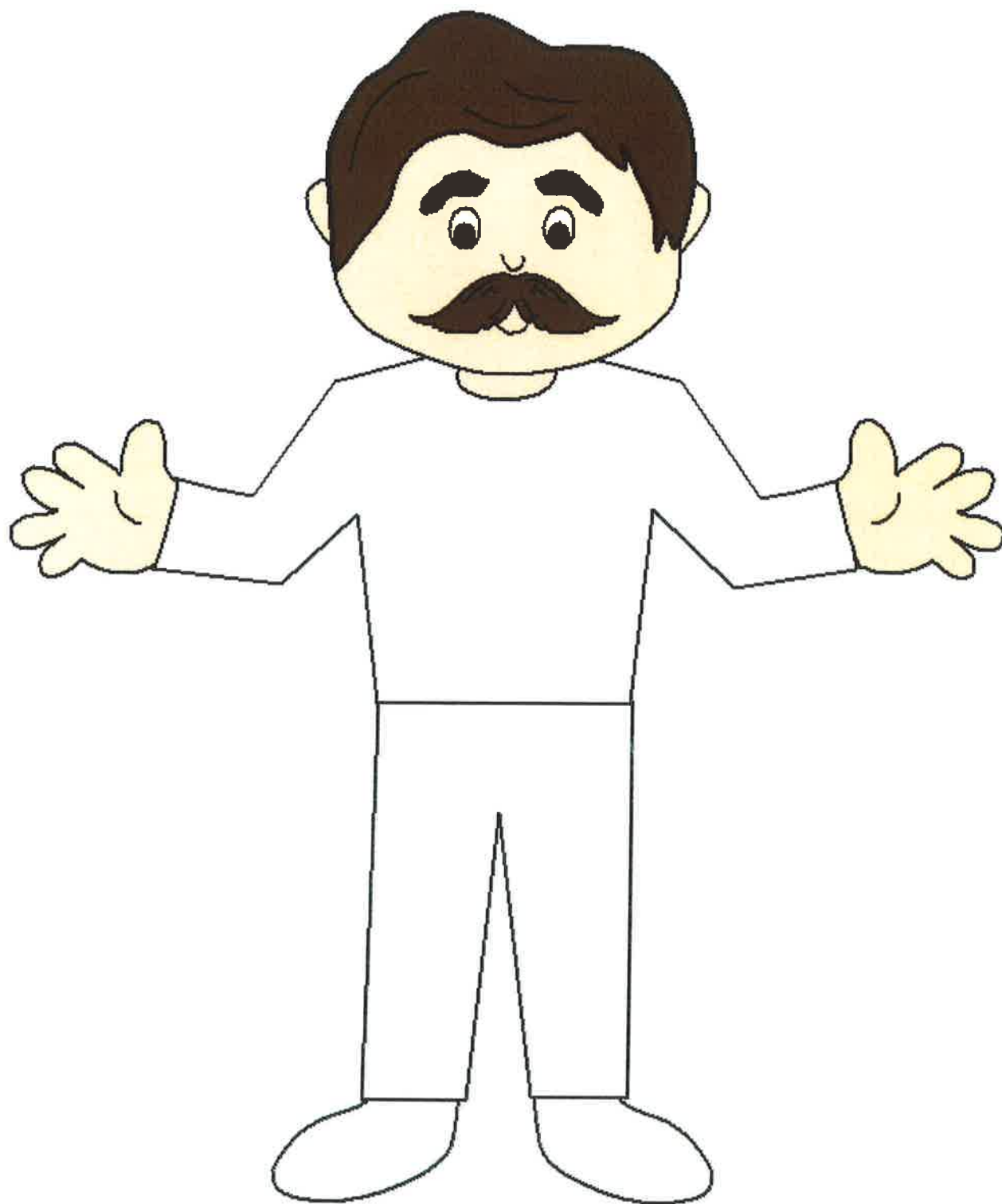
Flag



Popular Food: Crêpes
Population: 65 Million
Capital City: Paris

פריז: תושבי





French Foods



Mousse au chocolat - Chocolate mousse. There is probably no other internationally French dessert than chocolate mousse, or Mousse au Chocolat. Richer in texture and flavor than a pudding, a little goes a long way. It is not difficult to make and elevates the dessert experience with the first spoonful!

Crème brûlée - A cream dessert that is topped with hard caramelized sugar.



Eclairs and Profiteroles - These are treats made from choux pastry, a special sort of dough made with lots of eggs, flour, water and butter. An éclair is log shaped, filled with pastry cream and usually topped with chocolate. A profiterole is round and typically filled with ice cream.

Baguette - A long skinny loaf of French bread that is served with the entrée and will stay on the table until dessert. No French meal is complete without it. France runs on baguettes!





Cuisses de Grenouille (Frog Legs) - Despite the myth of the French love for frogs' legs, they really are not number one on the menu and are only occasionally part of a meal.

Escargots - Another famous French food that is not nearly so popular as has been rumored, but yes, the French do eat snails.



Foie Gras - This is the very fatty liver of a goose or duck that has been force fed rich grains. Enjoyed with plain toast or as part of another dish.

Ratatouille - A mix of sauteed vegetables, including eggplant, zucchini, tomatoes, bell peppers and onions.





Boeuf Bourguignon - Beef cooked in red Burgundy wine, usually with mushrooms and carrots.

Boudin Blanc - A white sausage typically made from pork, milk, onions and seasonings.



Bouillabaisse - A richly flavored seafood stew made with olive oil and many different kinds of freshly caught fish.

Cassoulet - A very hearty slow cooked dish of white beans and various meats, maybe duck confit or sausage.





Choucroute Garnie - You may know this as sauerkraut. Cabbage is fermented for several weeks, then cooked with sausages, meats and potatoes.

Confit de Canard - Duck confit is made by cooking the duck in a big pot of duck fat. The result is incredibly moist and flavorful.



Coq au Vin - A famous food that is simply chicken (it used to be a rooster) that is marinated and cooked in wine.

Fondue - Famous fondue Savoyarde is a big pot of melted cheese. Served with bread, potatoes, apples, and other things good for dipping.



Create a Cookbook

4-25

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

French Sayings...

Go to <http://www.timeforkids.com/around-the-world> ,
<http://www.bbc.co.uk/languages/french/guide/phrases.shtml>
<http://imtranslator.net/translation/english/to-french/translation/> , <http://translation.babylon-software.com/english/to-french/>, 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. *Bonjour (bohn-zhoor)*

Goodbye! *Au revoir! (ohr-vwah)*

Thank you very much. *Merci beaucoup (mair-see boh-koo)*

You're welcome. *Je vous en prie (zhuh voo zawn pree)*

What's your name? *Comment t'appelles-tu? (koh-mawn tah-pell tew)*

Please. *S'il vous plait (seel voo pleh)*

How to Play Petanque (Pay-tonk) Boules (Boolz)

The Place to Play

Petanque is also known as Boules and is played outdoors on any reasonably firm surface: your yard, the park, a field, a gravel parking lot, cinder running track, etc. Hard surfaces like concrete or asphalt or very soft like a fine sand beach or long grass are not recommended. The **ideal surface** is hard packed earth with coarse sand or pea gravel approximately 1/8" - 1/4" deep covering the surface. Find a place that is open and fairly flat. If there are a few bumps and hollows that's fine and can even add more challenge to the game.

Choose Teams

Divide up into two teams. You can play Singles with one player on each side, Doubles with two players on each side, or Triples with three players on each side. For leisure play a good way to choose teams is for one person to take a boule from each player and throw them out all at the same time. The owners of the boules that lie closest to the thrower make up the first team.

Select Boules

Both teams select their boules. Each team's boules should have **Groove Patterns** that distinguish them from the other side's boules: that way, they will be easy to identify when counting up points. When playing Singles or Doubles, each player uses three boules and for Triples each player uses two.

Decide Who Goes First

Toss a coin to see which side goes first.

Toss the Jack

The team that wins the coin toss chooses the starting location and then selects one of their players to throw out the jack. The starting location is indicated by a circle that is 14 to 20 inches in diameter and at least three feet from any obstacles. The circle can be drawn with chalk, etched in the dirt with a stick, or made from a piece of rope whatever works. Once the circle is drawn, the player then stands with both feet inside the circle and throws the jack. The jack can be thrown in any direction but must land within 20 to 30 feet of the starting circle and three feet from any obstacle.

Throw the Boules

All boules must be thrown from within the starting circle and with both feet on the ground. The player attempts to throw the boule so that it lands as close to the jack as possible it is okay to hit the jack. The player must remain inside the circle until the boule has landed. A player from the opposing team then steps into the circle and attempts to land his boule closer to the jack even if it means knocking his opponents out of the way. The boule closest to the jack leads or is said to be "holding the point." The other team must continue throwing boules until they take the lead or run out of boules. There is no order that team members must follow when throwing their boules however, they must only throw their own boules, and they must go one at a time from within the starting circle. If they take the lead, the other team then tries to recover by landing a lead boule.

Winning the Round

Once a team has used all its boules, the other side is allowed to throw the rest of its boules. When all boules are thrown, the points are counted. The team that has the boule closest to the jack wins the round. In addition, they also receive a point for each boule that is closer to the jack than their opponents closest boule. Only one team scores points during a round.

Beginning a New Round

Once the points are counted, the next round begins with previous round's winners drawing a new starting circle. This starting circle is drawn around the final position of the jack in the previous round. The winning team then selects a player to toss out the jack from this new starting circle and then throw out the first boule.

Winning the Game

The first team to earn a total of 13 points wins the game. There is not a required number of rounds that must be played, while standing inside a circle with both feet on the ground.

Petanque

These lazy days of summer are the perfect time for your kids to get outdoors. Think there's no social studies to be found outside? Think again! Petanque, a traditional French lawn game, is a wonderful activity to entertain groups of kids and help them learn a little bit about other cultures. *Jouer à la balle!* (Play ball!)

What You Need:

- 6 to 16 tennis balls
- 2, 4, 6, or 8 players
- Chalk
- Permanent marker

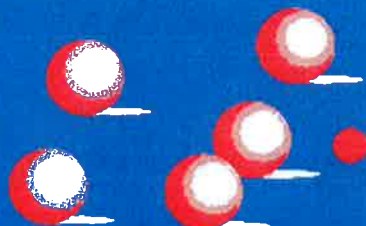
What You Do:



1. Explain to your child that petanque is a French ball game (somewhat similar to horseshoes) that developed during the early 1900s in the Provence region of France. It is still played in France and throughout the world with hollow metal balls called "boules." Your child can play with tennis balls.
2. At least 2 people should play. Make 2 teams with the same number of people (up to 4) per team. Teams of 1 or 2 players get 3 balls per player; teams with 3 or 4 players get 2 balls per person. Write "1" with the marker on Team 1 balls, and "2" on the others.
3. Find a semi-hard surface (compact soil, concrete, or a solid grassy yard) so balls can roll. The space should be 12 feet by 40 feet or larger.
4. Use chalk to draw a circle about 20 inches in diameter any place on the play area.
5. Have Team 1's first player stand in the circle and throw the ball, making sure his feet stay inside the circle. He should aim for the ball to land 18 to 30 feet away. Write "T" for "Target" on this ball.
6. Other Team 1 players (if any) now take turns each throwing a ball while keeping their feet inside the circle. Players should each try to get their ball as close to the target ball as possible.
7. Next, each Team 2 player goes in the circle to throw one ball, aiming to get even closer to the target. They can try to knock away any of Team 1's balls so that theirs is closer to the target.
8. Whichever team does not have the leading ball goes next, each throwing a ball until they are leading. Then the next team takes turns.
9. When a team has no balls left, the other team throws their remaining balls.
10. After all balls are thrown, the leading team scores 1 point for each of its balls which are closer to the target than any balls from the other team.
11. A new circle is drawn in the old target area, and the game starts again. Play usually continues until one team reaches 13 points total—may the best team win!

How to Play Petanque (Pay-tonk) Boules (Boolz)

THE AIM OF THE GAME



To get your boules closer to the jack than your opponent's.

THE TEAMS



3 Players vs. 3 Players
"Triples"
2 boules per person.

2 Players vs. 2 Players
"Doubles"
3 boules per person.

1 Player vs. 1 Player
"Singles"
3 boules per person.

BOULES



Is played with steel boules and a wooden cochonnet, or jack. Play from a circle marked on the ground.

GAME START



A member of the 1st team marks a circle on the ground, throws the jack and then that player or another of that team throws the first boule.



A player from the 2nd team then goes into the throwing circle and tries to throw his boule closer to the jack.



If the 2nd team gets their boule closest to the jack, the 1st team must throw again.



If the 2nd team does not get closest to the jack, then they continue to throw their boules until they are closer or run out of boules.



When one team has thrown all its boules, the other team play all of theirs.

THE END OF THE ROUND



The winning team scores as many points as it has boules which are closer to the jack than the closest boule of the other team. Then the jack is thrown again.

THE END OF THE MATCH



The winning team is the first to reach 13 points.

THE SHOOTER



The player who throws his boule to knock or 'shoot' his opponent's boule away from the jack.

THE POINTER



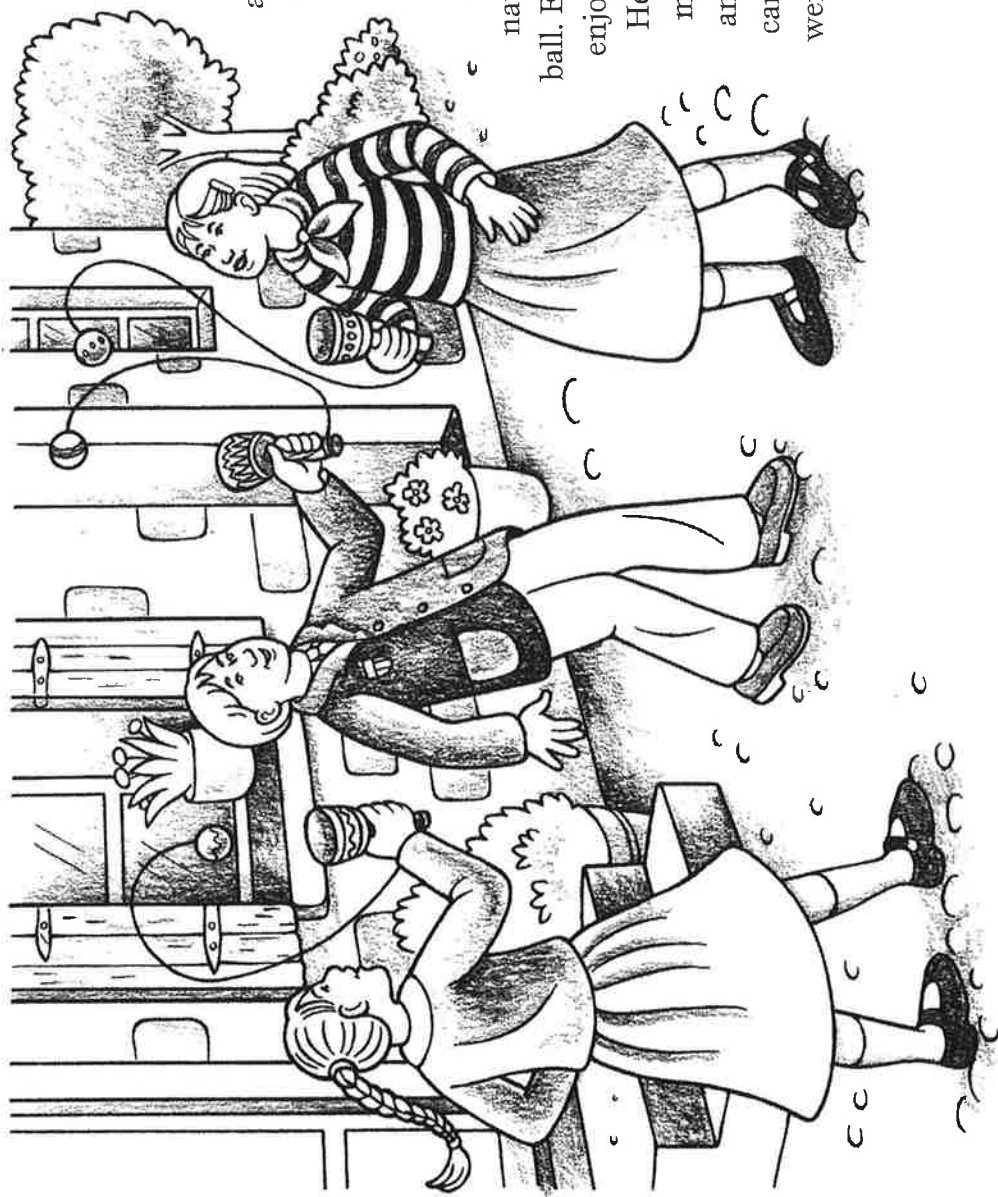
The player who tries to throw his boule closer to the jack than his opponent.

playaboule™

1001 SW Klickitat Way, #102. Seattle, WA 98134 Ph 888-225-2865 www.playaboule.com

Bilboquet

—FRANCE—



A popular toy in Europe from the sixteenth through the eighteenth centuries was the *bilboquet* (pronounced beel-boh-kay). The toy consisted of a ball attached to a string, which was then attached to a cup. The object of the game was to swing or jerk the ball up into the air and then get the ball to land in the cup. It sounds easy, but it took practice and great eye-hand coordination to figure out just how to swing the ball. Everyone from royalty to peasants enjoyed this toy. Even the king of France, Henri III, loved playing the game. Craftsmen hand-carved these toys from wood, and for a special occasion the artist might carve one from ivory. Many of the *bilboquet* were painted.