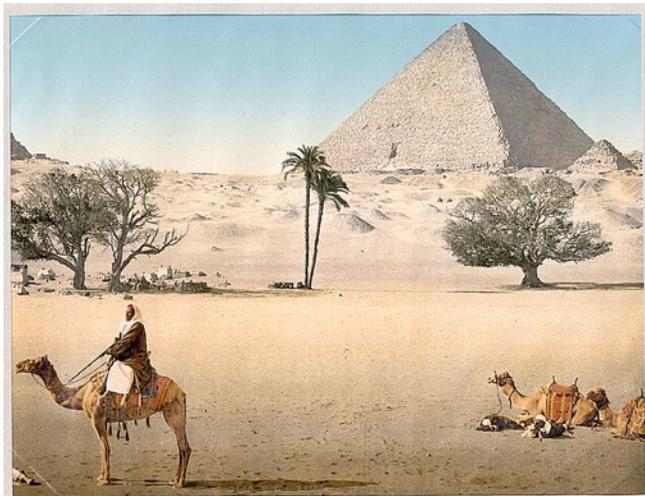
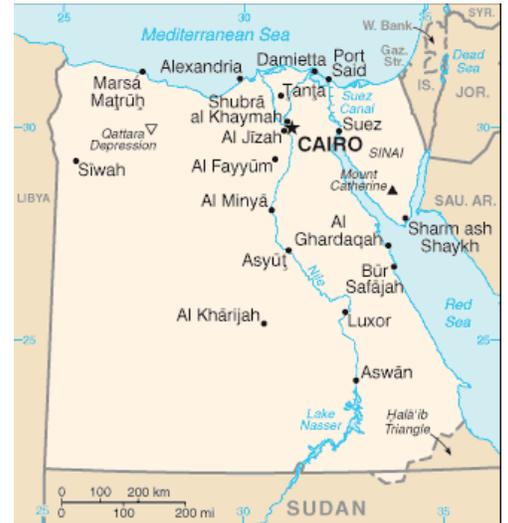


Egypt

- The capital city of Egypt is Cairo.
- Most of the people in Egypt practice the religion of Islam. Less than 10 percent are Christians.
- Egypt's official language is Arabic, but French and English are used in business and education.
- Egypt is in northern Africa, bordering the Mediterranean Sea between Libya and the Gaza Strip and the Red Sea north of Sudan.
- Traditionally, a man's honor is based on how well he protects the women in his care. A girl is protected by her brothers, who normally accompany her in public.
- Egyptians love sports. Soccer is the most popular one.
- English has borrowed many words from Arabic. A few are: satin, cotton, tariff, checks, saffron, caraway, algebra, alcohol, and chemistry.
- The great pyramid of Giza was completed in 2560 BC. It took between 14 and 20 years to build it!
- Most of Egypt's population lives near the Nile River because this is the only place where food can grow. Apart from the Nile River, Egypt is mainly desert.



Story: Trash to Treasure

Akila let her thoughts wander as she struggled up the giant hill of trash in the Garbage City outside of Cairo, Egypt. “Akila, stop daydreaming and help me! This is how we will be able to eat dinner tonight,” exclaimed her mother. Akila went back to work and started sorting through another mound of trash piled beside her. In this part of the world, residents do not take their trash to the curb for recycling.

Akila is one of about 60,000 people who make their living by sorting through trash in the Garbage Dump City. This community of workers is called Zabbaleen (garbage dwellers), and they collect, sort, reuse, and resell Cairo's trash. The Zabbaleen are mostly Christians.

Families work very hard in difficult conditions, but they manage to eke out enough money to support themselves by selling the sorted garbage and recyclables.

The work of the Zabbaleen is very important. They have created one of the most efficient recycling systems in the world. They recycle up to 80 percent of all the waste that they collect. It has



Story cont . .

been said that if it weren't for these garbage dwellers, Cairo would drown in trash! But despite the importance of their work, the Zabbaleen people are often discriminated against and complain that they are a hated group. They are treated badly because they work with garbage.

Despite the hard life, the Zabbaleen people have a lot of pride and dignity. They have been doing this type of work for over 100 years.



Recipe: Umm ali

- 1 package of frozen puff pastry (17 ounces)
- 1 1.5 oz can of sweetened condensed milk
- 3 cups water
- 1/2 cup cream
- 3/4 cup pistachios, shelled and chopped
- 1/2 cup pine nuts
- 1/2 cup almonds
- 1/2 - 3/4 cup coconut flakes (to taste)
- 1/2 teaspoon vanilla extract

Preheat oven to 400 degrees. Unroll puff pastry sheets and place on greased baking sheets. Bake for 15 minutes. The puff pastry to be golden and puffed. Remove from oven. Do not turn oven off; you will be using it in a few minutes with the same temperature. Break puff pastry into small pieces (about 1-2 inches). Add nuts and coconut and be sure that they are mixed well and evenly distributed. Place nuts and bread in greased 9x12 baking dish. In a saucepan, heat sweetened milk, vanilla, and water on medium heat. Allow to cook for about 3-5 minutes. Remove from heat and allow to cool. Pour milk over puff pastry/nut mixture. Pour cream on top and bake uncovered for 15 minutes. Serve warm with a dollop of cool whip or vanilla ice cream.

Activity: Sugar Cube Pyramid

For this activity you will need 1 egg white, one pinch of cream of tartar, 1 1/2 cups confectioners sugar, and sugar cubes.

Mix a batch of "mortar." Beat together one egg white and a pinch of cream of tartar until soft peaks form. Add 1 1/2 cups of confectioners' sugar, 1/4 cup at a time, beating until well combined. (Since the egg in the mortar is raw, be sure your kids don't eat it.) Assemble the base of the pyramid. Using the mortar and a pastry brush, glue together ten rows of ten sugar cubes each. Glue the rows together to form a square. For the second layer, glue together nine rows of nine cubes each and then center and glue the layer on top of the base square. Use this method to add seven more layers, each time decreasing the length of the rows by one cube. Top the pyramid with a single cube.

