

EGYPTIANS



HISTORY

Food and Farming

There is a lot of evidence that proves how the ancient Egyptians **farmed**.

Looking at wheat, in particular, the Egyptians used animals to pull wooden **ploughs** through fields to loosen up the soil. They scattered seeds into the soil and then used animals again to tread the seeds in.

When the wheat was ready, they **harvested** it, using **sickles**. They used animals again to walk over the wheat to separate the grain. This was called **threshing**. The next step was to separate the grain from the chaff, which they did with a process called **winnowing**. This involved picking up the grain between **winnowing fans** and releasing it into the wind. The heavier grains would fall to the ground, and the **chaff** would blow away in the wind. The grain could then be collected and ground down, what we would call **milling**.

Once the grain was ground down, it was mixed with salt and water and **baked** in an oven to make bread.

Have the children research all the words highlighted in bold and write a glossary of the terms. They could also write an historical diary - A Day in the Life of an Egyptian Farmer.

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SCIENCE

Mummification

We can experiment with a soft fruit, like a tomato. Scoop out the insides (like the innards of a human) and wipe the inside with an alcohol solution (Milton, or antibacterial gel will do). Stuff the tomato with a mixture of salt and bicarbonate of soda and then pack it in a container, fully surrounded by the salt mix. Leave it for a few weeks and see what has happened to it!

LITERACY

Egyptian Hieroglyphics

Give the children a copy of the Egyptian hieroglyphic alphabet and ask them to use it to write something - start with something simple like their name. They can move on to writing a list of the foods that the Egyptians would have needed to eat when they were building the pyramids.

PHYSICAL ACTIVITY

Use the Force

Thinking about the force and strength the Egyptians would have needed in order to build the Pyramids, we are going to do some muscle building exercise today. So, get some circuits set up to exercise different parts of the body. You won't need much equipment, but you might want to label the different exercise so the children know what to do. Exercises can include press ups, deep squats, chest punches, jumping jacks and sit-ups. Have the children work around all the stations for 30 minutes.

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HEALTHY EATING

Egyptian Flat Bread

Ingredients:

- 500g flour
- 2 teaspoons of salt
- 300ml water
- 3 tablespoons olive oil



Equipment:

Mixing bowl, Wooden spoon, Measuring jug, Clean tea towel, Rolling pin, Baking sheet, Greaseproof paper.

Method:

1. Mix together the flour and salt in a large bowl.
2. Gradually pour in the water and the oil.
3. Knead the mixture into a dough until it is really smooth.
4. Cover the bowl with a clean tea towel and leave for 30-40 minutes to 'rest'.
5. Divide the mixture into 8 even sized balls and roll them out to about 1cm thick.
6. Place the flat breads on a lined baking tray and sprinkle a bit of water or oil on the top, then cook in the oven at 200 degrees C for 15 minutes.
7. Allow to cool before eating!