

Around the World:



**Learning More About Our Globe
One Country at a Time**

By Terri Johnson

Around the World

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How to Use this Book

Dear Parents,

If you are anything like me, then there are times when you and your children just need a break from the normal homeschool routine so that you can keep learning fresh and interesting. That is why this book of unit studies was written!

Actually, it exists for two reasons and these are:

1. Most homeschooling families teach history, but very few teach geography.
2. Many homeschooling families get stuck in a rut and may like to use an occasional unit study to pull them back out!

There are nine complete geography unit studies included in *Around the World* - one for each month of the school year. Each one takes 1 week to complete and you can do them in any order. So, here is how I suggest that you use this book:

During a regular month of homeschooling, spend 3 weeks studying history using your regular history curriculum, textbooks and read-alouds. On the 4th week, change it up by completing a 1-week geography unit study on one of the countries featured in this book.

You are free to cover the material any way that you choose, but an easy way to learn about each country has been suggested below:

Monday – Read the chapter, plus do some additional reading from the recommended reading selections that are presented for you in the unit study section. You can find most of these titles at your local library, so plan ahead by placing the titles on hold a week or two (or three) before you intend to use them.

Tuesday – Continue to read from the books that you picked up from the library, plus add some dates of historical significance to your history timeline. If you do not have one in the works, you can use the links provided to create and begin your timeline.

Wednesday – Continue to read from the recommended reading selections and label significant geographical places on the unlabeled map of the country provided for you (use the teacher's answer map or a globe as necessary).

Thursday – Get into the kitchen and create some delicious dishes from the country that you are studying. Recipes are provided for you in the unit study sections of each chapter.

Friday – It is time to get out the glue (or whatever is required) and work on a craft from the featured country. This is, of course, optional, but fun for the kids when you can take the time to make something to remember the country by. Alternatively, if you have older kids, you may want them write a one page report about what they have learned during your country unit study.

If you have any questions, feel free to send me an email - terri@knowledgequestmaps.com. And, as always, remember to have fun!

Kia Oara from New Zealand

Living and Learning in a Country Down Under

Ah, New Zealand... a tiny island country known around the world for its rugged beauty. With its inhabitants fondly referred to as “Kiwis” and its countryside as familiar as our own backyard, thanks to the filming of *The Lord of the Rings*, New Zealand holds a special place in many of our hearts.



But how much do you actually know about this country called New Zealand? Have you ever learned about its history, terrain, location, government or culture? What would it be like to live there... to homeschool there? Let's explore this island nation and find out.

The Location

New Zealand lies in the South Pacific Ocean nearly 2000 kilometers (or 1,243 miles) to the east of Australia, and consists of two main islands – the North Island and the South Island. It also encompasses many smaller islands, such as Stewart Island and the Chatham Islands. Its closest neighbors to the north are New Caledonia, Fiji and Tonga.

The capital city of Wellington and the largest city of Auckland are both located on the North Island, which has the more temperate climate. The South Island is the largest land mass and is divided along its length by the Southern Alps, the highest point of which is Mt. Cook at 12,316 feet above sea level. In general, the country experiences high rainfall, particularly in winter, which lasts from June 21 – September 22. Remember, New Zealand is in the southern hemisphere!

The People

What's a Kiwi?

The kiwi is a nocturnal flightless bird native to New Zealand. The kiwifruit (all one word) is a fuzzy fruit, also called the chinese gooseberry. To call the fruit a kiwi is offensive to a growing number of New Zealanders as the kiwi is their national bird and a strong symbol of this country. New Zealanders are also affectionately known as Kiwis.

Approximately 80% of the population is of European descent. The indigenous people group, called the Maori, makes up 15% of the population. Polynesian settlers arrived sometime between the 13th and 15th centuries. New Zealand's Maori name, Aotearoa, is usually translated as "Land of the Long White Cloud." The first Europeans known to have reached New Zealand were led by Abel Tasman in 1642. He named the

islands Staten Landt, but Dutch cartographers changed the name to Nova Zeelandia. In the 1760's, Captain James Cook mistakenly pronounced it New Zealand and the name held fast. Cook's extensive surveys of the islands led to European whaling expeditions and eventually significant European colonization.

New Zealand has declared its independence in many shapes and forms over the years and now considers itself to be a sovereign constitutional monarchy within the Commonwealth of Nations. Basically, this means that they recognize Elizabeth II as their Queen and head of state, but she has no active role in the running of their government. The Governor-General, usually a native New Zealander, represents the Queen by carrying out her various responsibilities.

In 1893, New Zealand became the first nation to grant women the right to vote on the same basis as men. Today, New Zealand is the only country in the



world in which all of the highest offices in the land have been occupied simultaneously by women.

All around the world, the residents of New Zealand are nicknamed “Kiwis” and you may be wondering why. Although New Zealand exports 80 million trays of kiwifruit across the globe as one of its major exports, the name has no connection with the fruit. It derives the nickname from the country’s national bird, the kiwi, a flightless bird about the size of a domestic chicken. They have tiny two-inch wings which are essentially useless, and no tail. Despite its awkward appearance, a kiwi can actually outrun a human being. During the First World War, New Zealand soldiers carved a likeness of their national bird in the chalk hill above Sling Camp in England. From that time forward, the New Zealand Servicemen were referred to by this nickname. Today, New Zealanders overseas and at home are still invariably called “Kiwis.” Many sport teams from the islands carry the name proudly as well.



Homeschooling

The total population of New Zealand has now surpassed the four million mark. With over 6,428 homeschooling students from 3,415 families recorded by the Ministry of Education, this educational choice is embraced by approximately 1% of the school-aged population. In order for the MOE (Ministry of Education) to grant an exemption to a child between the ages of 6-16 from attending a registered school, they must be satisfied that the child will be “taught at least as regularly and as well as in a registered school”.



Cynthia, who lives in the small town of Foxton situated on the southwest coast of the North Island, states, “What this means exactly is open to a certain amount of interpretation. There is no required curriculum that homeschoolers must follow, but we do have to submit a plan to the MOE that indicates our intentions for the education of our children; that we have an idea of where they are currently, where they need to go, and how we’re going to get them there.”

Once the MOE approves the plan, homeschooling families have the option of receiving government funding for their educational endeavors. The amounts allotted to home educating families are \$371.50 for the first child, \$316 for the second child, \$270.50 for the third child, and \$186 for each subsequent child. These amounts are paid every 6 months and have no strings attached, apart from submitting the signed and witnessed Statute of Declaration promising to carry out the mission stated above. The Ministry of Education believes that there are probably few unregistered homeschooled students because of these monetary incentives.

“In general, homeschooling in New Zealand is a very positive experience. We have greater freedom to educate our children without interference than just about any other country,” Cynthia reports.

So, are you ready to move to New Zealand? Or at least take a vacation there? Well, slow down... there is some vocabulary you must learn if you intend to visit the country. Yes, New Zealanders do speak English, but here are some of the slang words, or expressions that are commonly used, that you should know before stepping foot in the land of the kiwis:

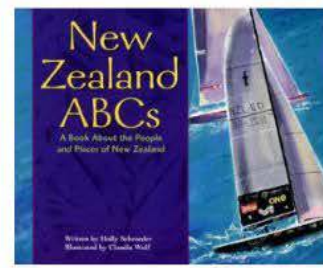
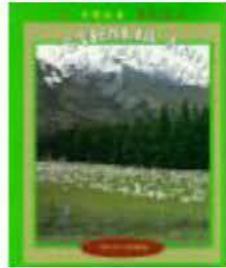
New Zealand Slang	
banger: sausage	jumper: woollen sweater
biscuit: cookie	lift: elevator
bonnet: car hood	lolly: candy
boot: car trunk	motorway: freeway
box of budgies: cheerful, happy, very good	Mum: Mom
buggered: exhausted	nappy: diaper
cackhanded: left handed	nought: zero
chips: french fries	petrol: gasoline pram: baby carriage, stroller
chippy: builder, carpenter	prang: minor vehicle accident
choc-a-block: full to overflowing	puckeroo: Something that is broken
chook: chicken	rubber: eraser
crikey dick!: gosh! wow!	skint: short of money
crisps: potato chips	sprog: a child
crook: sick, unwell	sticking plaster: band-aid
cuppa: cuppa tea, cuppa coffee	sunnies: sunglasses
dodgy: bad, unreliable, spoiled	take-aways: "take-out" or food "to go"
dressng gown: bathrobe	tramping: hiking
dummy: pacifier	togs: swimsuit, bathing suit
dunny: toilet, bathroom, lavatory	torch: flashlight
flannel: wash cloth	wellies: gumboots, rubber boots
going bush: become reclusive	whinge: complain
jandal: flip-flops	yonks: forever, a long time ago
jersey: sweater	zed: Z; the last letter of the alphabet
judder bar: speed bump	

Well, you have now had a crash course on New Zealand's history, geography and vibrant culture. Want to learn more? Turn the page for a fun unit study on life in New Zealand.

It is time to dive in for some hands-on learning to cement your student's growing knowledge of this small but fascinating island country.

Unit Study

1. READING SELECTIONS - Let's start with some extra reading. Listed below are some great books about New Zealand, or set in New Zealand, that will provide many hours of enjoyable reading. The links below will take you to Amazon.com for more information, but you can find these at your local library. Read for pleasure, or have your kids write a book report on one of these selections.



- [The New Zealand Shake-Up](#) by Stacy Towle Morgan
- [Australia and New Zealand](#) by Elaine Landau
- [The Maori of New Zealand \(First Peoples\)](#) by Steve Theunissen
- [New Zealand ABC \(Country ABCs\)](#) by Schroeder, et. al

2. HISTORY & TIMELINES - Learn more about New Zealand by compiling historical facts and events from New Zealand's exciting history and adding them to your timeline. If you do not have a timeline already started, you can construct one by following these directions - [How to Make a Timeline Easily](#). Here is a link to a wonderful resource for timeline entries about New Zealand - <http://www.history-nz.org/timeline.html>.

3. MAPWORK - A unit study would not be complete without taking a good look at the lay of the land. Pages 15 and 16 include both a labeled and unlabeled map of New Zealand. Have your students mark some of the major cities, the southern mountain range and the seas, at the least. For older students, have them use your teacher's map and fill in the rest!



4. RECIPES - This is my favorite part - the food from the land! If you do the above activities on Monday, Tuesday and Wednesday, then take some time on either Thursday or Friday to whip up some authentic New Zealand cuisine in the kitchen.

New Zealand cuisine is characterized by its freshness and diversity and has been described as Pacific Rim, drawing inspiration from Europe, Asia, Polynesia and its indigenous people, the Maori. Freshness is owed to its surrounding ocean and fertile lands. Its distinctiveness is more in the way New Zealanders eat - generally preferring to be as relaxed and unaffected as possible.



A Maori specialty is the hangi (pronounced hung-ee), a pit in which meats or fish are cooked with vegetables. A deep hole is dug in the ground, lined with red-hot stones and covered with vegetation. The food is then placed on top. The whole oven is sprinkled with water and sealed with more vegetation. The hole is then filled with earth and left to steam for several hours. Traditionally, men dig and prepare the hole, and women prepare the food to go in it. All members of an extended family (whanau) help out for such a feast. The occasion is relaxed, friendly and fun, with people often eating the meal under a tent-like shelter.

It may be difficult to pull off the above, but here are three more recipes of local New Zealand food that can be attempted in your own kitchen. Enjoy!

Anzac Biscuits

ANZAC BISCUITS are a snack food most commonly made primarily from rolled oats, coconut, and golden syrup.

Many myths have grown around the Anzac biscuit. It has been reported that they were made by Australian and New Zealand women for the Australian and New Zealand Army Corps (ANZAC) soldiers of World War I and were reputedly first called "Soldiers' Biscuits" and then "Anzac Biscuits" after the Gallipoli landing. The recipe was reportedly created to ensure the biscuits would keep well during naval transportation to loved ones who were fighting abroad.

- 1 cup desiccated coconut
- 1 cup flour
- 1/2 cup butter
- 1 level teaspoon baking soda
- 2 cups rolled oats
- 1 cup sugar
- 2 tablespoons golden syrup
- 2 tablespoons boiling water

Mix dry ingredients, melt butter & syrup together in small saucepan. Dissolve soda in boiling water, add to dry ingredients. Cook until golden brown at 350 degrees.



Fairy Bread

Fairy bread is white bread lightly spread with margarine or butter, and then sprinkled with either sugar or more commonly Hundreds and Thousands (also known as sprinkles or nonpareils, a Masterfoods product consisting of small balls of coloured sugar intended to decorate cakes).

Fairy bread is served almost exclusively at children's parties in Australia and New Zealand. Slices of the bread are typically cut into triangles and stacked tastefully on the host's paper plate.

It was originally made using finely chopped rose petals for colour and scent instead of the sugary lollies that are used today.

Pavlova

(New Zealand's National Dessert)

Pavlova is a light and fluffy meringue dessert named after the ballet dancer, Anna Pavlova. Both Wellington, New Zealand and Perth, Australia claim to be the home of the dish. The earliest record of the recipe is a cook book published in New Zealand in 1933, two years before claims made in Perth.

Pavlova is traditionally decorated with fresh fruit and whipped cream, and is especially popular in Australia and New Zealand. Factory-made pavlovas can be purchased at supermarkets in those countries and decorated as desired but rarely achieve home-baked quality.

Leftover pavlova can be stored in the fridge overnight, but will absorb moisture from the air and lose its crispness. Undecorated pavlova can safely be left overnight in the oven in which it was baked, to be decorated in the morning.

- * 3 Egg whites
- * 250g (9 oz.) superfine sugar
- * pinch of Salt
- * 5 ml or 1 tsp Vinegar
- * 5 ml or 1 tsp. Vanilla extract

1. Beat the egg whites and salt to a very stiff consistency before folding in sugar, vanilla and vinegar. Beat until the mixture holds its shape and stands in sharp peaks.
2. Slow-bake the mixture at 150 degrees Celsius (300 degrees Fahrenheit) to dry all the moisture and create the meringue, approximately 45 minutes. This leaves the outside of the pavlova a crisp crunchy shell, while the interior remains soft and moist.
3. A top tip (but not traditional) is to turn the pavlova upside down before decorating with cream and fruit because the bottom is less crispy than the top after cooking and unless you serve it immediately after decorating the "top" absorbs moisture from the cream. Another tip is to leave the pavlova in the oven after turning off the heat - this helps to prevent the middle of the pavlova from collapsing (although if it does collapse, generous application of cream can hide any mistakes!)



5. CRAFTS - Finally, it is craft time! This craft was chosen as a quick and simple one that represents New Zealand, its people and environment. The felt kiwi can be used as brooches or even fridge magnets.

(Used with permission from Anne's Guiding Pages - more NZ crafts can be found here - <http://www.azmetro.com/nzcrafter.html>)

Print off your kiwi pattern pieces here - <http://www.azmetro.com/nzcrafter1.html>.

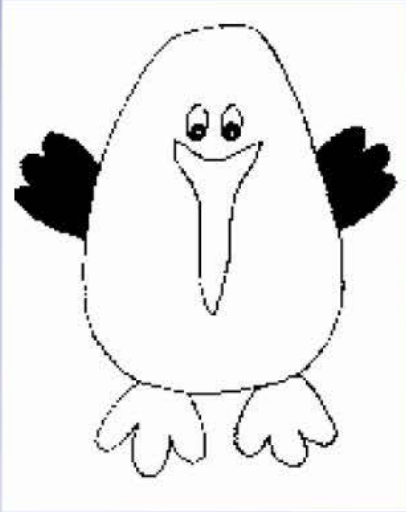
Felt Kiwi

Materials: craft pics

- * brown fur fabric (body - fig 1)
- * dark brown felt (wings - fig 2)
- * yellow vinyl (beak, feet - fig 3 & 4)
- * one pair wobbly eyes per kiwi
- * stuffing
- * needle and thread
- * glue

Method:

1. Cut 2 body pieces out of fur fabric, 2 wings from brown felt, 1 feet piece and one beak from yellow vinyl.
2. Body and wings - with right sides together and wings tucked to the inside sew from base around top to base - leaving a space for turning the right way out. (fig 1)
3. Turn right side out and stuff the body, gathering in the base slightly to make it round before sewing it up.
4. Feet - position rounded base of body onto round area of feet piece and glue carefully.
5. Beak - glue only the top of the beak into fur, not the whole length of beak.
6. Eyes - add wobbly eyes just above top of beak. (White plastic with black pupils can be used as a good alternative to bought eyes).







NEW ZEALAND

Explore the Land of the Scots

Living and Learning in the UK

What do the Loch Ness monster, a six day old infant queen named Mary, and the inventor of the television have in common? They all hail from the enchanting land of Scotland! Known for its breathtaking beauty, perhaps best left for artists and poets to describe, this small, almost hidden, country on England's northern border is a place we ought to explore. Let us take a few moments to envision living, and even home educating, in the land of the Scots.



The Location

Scotland is about half the size of England, or just over 30,000 square miles in size. Its coastland is so jagged that its total length is estimated at nearly 6,200 miles. Besides the mainland, there are about 790 islands belonging to Scotland, of which only 130 are inhabited. The best known are the Orkney and Shetland Isles, as well as the Inner and Outer Hebrides.

Roughly 2/3 of the country consists of mountains and moorland, but only 10% of its population dwells in these highland areas situated to the north. Most of the population is based further south in and around the cities of Glasgow, Dundee and Edinburgh, its capital.

The natural beauty of Scotland's landscape is said to be spectacular. And yet how can the pen paint an accurate picture of its gentle coastal pastures, quaint fishing villages, rolling farmland, mighty mountain peaks,

tranquil trossachs, sparkling blue lochs, and islands jutting up from the sea? The place sounds almost magical, but Scotland is, of course, more than just a beautiful country. It has a rich and varied history and has made its mark strongly upon the rest of the world.

Winston Churchill once said, *“Of all the small nations on earth, perhaps only the ancient Greeks surpass the Scots in their contribution to mankind.”* This writer believes that his words could not be truer. Although a land of only 5 million inhabitants (while 40 million people around the globe claim Scottish descent), its people have unmistakably changed the world by spreading their values abroad for higher education, invention and technology.

A few of the things the Scots have given the world...

- Logarithms
- The decimal point
- The compass
- Street lighting
- The pedal bicycle
- The locomotive
- The bus
- The telegraph
- The thermos flask
- The telephone
- Color photographs
- The lawnmower
- Television
- The fax machine
- The photocopier
- Video
- The kaleidoscope
- Helium
- Radar
- Neon
- The hypodermic syringe
- Anesthesia
- Morphine
- Insulin
- Penicillin
- The thermometer
- Golf
- Curling
- Tennis courts
- The bowling green
- Marmalade
- The fountain pen
- Postcards
- Suspenders
- Encyclopedia Britannica
- Documentary films
- The traffic cone
- Sherlock Holmes

The People

Scotland's history dates back 5000 years when Neolithic peoples built astronomical observatories or temples in the Orkney isles. Its long and colorful history boasts of such well known figures as King Macbeth, William Wallace (more popularly known as Braveheart), Mary Queen of Scots, King James I (namesake of Jamestown, Virginia), Sir Walter Scott, Robert Louis Stevenson, Sir Arthur Conan Doyle and, let us not forget Nessie, the mysterious



monster-like creature whom many witnesses adamantly claimed to have seen gliding through the waters of Loch Ness. Perhaps Dolly, the cloned sheep, is its most famous personality of recent years, but this "contribution" to society is a controversial and heated topic at best and may be worth some further investigation on your own.

Homeschooling

Perhaps a lesser known fact of Scottish history is that Scotland was the very first country to introduce compulsory education back in the year 1496. This early resolution must certainly account for the fact that Scotland is known throughout the world for its superior universities and highly educated citizens, resulting in the many innovations that Scots have provided to our society at large. Education continues to be highly valued in Scotland and its people take it very seriously. And although education is compulsory, school is not. Home education is indeed legal in Scotland.

The Education Act of 1980 (Section 30) states...

It shall be the duty of the parent of every child of school age to provide sufficient education for him suitable to his age, ability and aptitude either by causing him to attend public school regularly or by other means.



Thousands of parents all over the UK, and specifically Scotland, are choosing to take full responsibility for their children's education and are schooling them "by other means" at home. Approximately 1% of all school aged children are learning from home under the guidance of their parents. Parents do not need to

have any teacher training and may even receive support from the authorities, who are not obligated to, but may provide, access to learning resource centers, discounted rates for educational materials, sports facilities and/or other public school resources. Home educators, however, are not entitled to any financial support from the government.

Parents, whose child has previously attended public school, must seek consent from the authorities before withdrawing him from his classroom. This is not a prerequisite if the child has never attended public school. Moreover, home educated children are not required to take exams, but may certainly choose to. In fact, the local education authorities are willing to arrange exams for home educated students.

James Haram, one of the leaders of a national homeschool association in Scotland, reports that homeschooling in Scotland is still largely a secular movement, but is gaining some popularity among

Christians as well. Home Service, an organization founded in 1992 by a group of Christian home educators, exists to provide help and advice for those who are treading the same road of Christian home education or thinking of doing so. Since that year, the number of families educating their children at home in the UK has grown considerably including many Christians who want their children to be brought up in "the nurture and admonition of the Lord." Many others are considering such a move but are uncertain as to its legality and practicality and that is where Home Service comes in. This organization provides information on legal issues and other information that would be of interest to home educators.

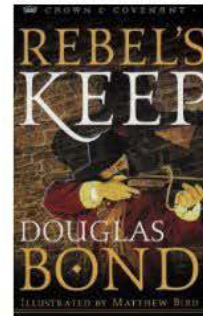
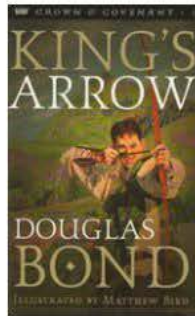
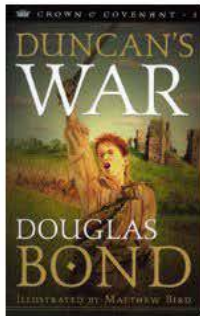


Predictions are that homeschooling will continue to gain momentum in Scotland as it has in the rest of the UK. Our Scottish homeschooling brothers and sisters do have freedom to choose their means of education; nevertheless they do not have a vast amount of support or companionship at this point in time. Keep them in your thoughts as you do your school work today and during the days to come.

Unit Study

Now that you have read the chapter, it's time to dive in for some hands-on learning to cement your student's growing knowledge of this small but fascinating country.

- 1. READING SELECTIONS** - Let's start with some extra reading. You can find some wonderful history books, travel books and picture books about Scotland at your local library. Check out several. Also, I would like to introduce you to a fictional series titled the Crown and Covenant, which I believe is a must-read set of books. The links below will take you to Amazon.com for more information, but you may be able to find these at your local library as well. These books are perfect for your family read-aloud time.



- [Duncan's War](#) by Douglas Bond
- [King's Arrow](#) by Douglas Bond
- [Rebel's Keep](#) by Douglas Bond

My husband and children wrote a book review on the first book, [Duncan's War, which you can read it here](#) to get some more information about the series.

- 2. HISTORY & TIMELINES** - Learn more about Scotland by compiling historical facts and events from Scotland's exciting history and adding them to your timeline. If you do not have a timeline already started, you can construct one by following these directions - [How to Make a Timeline Easily](#). Here is a link to a wonderful and exhaustive resource for timeline entries about Scotland (click on a time period) - <http://www.geo.ed.ac.uk/scotgaz/timeline.html>.

3. **MAPWORK** - A unit study would not be complete without taking a good look at the lay of the land. Pages 27 and 28 include both a labeled and unlabeled map of Scotland. Have your students mark some of the major cities, the larger islands and the seas, at the least. For older students, have them use your teacher's map and fill in the rest.
4. **RECIPES** - This is my favorite part - the food from the land! If you do the above activities on Monday, Tuesday and Wednesday, then take some time on either Thursday or Friday to whip up some authentic Scottish cuisine in the kitchen.

Scottish cuisine has much in common with food from other parts of the British isles, but has some distinctive attributes and recipes all its own. There are certain foods that automatically come to mind when we think about the cuisine of the Scots - for example, Angus Beef, Scottish Oatcakes (or Bannocks), Scotch Broth and Haggis. Haggis, you ask? Never heard of them? Well, it's time to find out about this uniquely Scottish dish.

Haggis is one of those national dishes of Scotland that is both beloved and reviled by natives, and sometimes horrifies people who hear it described for the first time. Haggis is



made from the inner parts of a sheep - the lungs, stomach, liver and heart - parts that are unavailable by FDA ruling here in the States. If you would like to read more about this unique dish, do a Google search on Scottish cuisine or Haggis and many recipes will turn up, but I will not describe it in detail here.

It may be difficult to pull off the above, but here are three more recipes of local Scottish food that can be attempted in your own kitchen. Enjoy!

Scottish Oatcakes

1 1/2 C scottish oats
1/2 C all purpose flour
3/4 t sugar
1/4 t salt
1/4 t baking powder
1/4 C melted butter (1/2 stick)
1/3 C hot water

Preheat oven to 325 degrees. Grease a baking sheet. Combine flour, sugar, salt, baking powder and oats. Stir until combined. Add butter until evenly distributed. Fork in hot water until evenly moistened. Roll dough out 1/4 inch thick. Cut with round cutter 2 1/2 or 3 inches in diameter. Bake 25 minutes until golden brown. Cool on rack. Store at room temperature in air tight container for two days.

One of the great aspects about this recipe is that there are no eggs in the batter, so if our little girls snatched the dough, there was no harm done. Our children enjoyed rolling out the dough and using cookie cutters to make fun shapes. We love these served with butter and jam. Also wonderful with cream cheese! Yum! Give them a try.



Scotch Broth

Scotch broth is a filling soup, originating in Scotland but now obtainable world wide. Its principal ingredients are usually barley, a cut of beef or lamb, and vegetables such as carrots, cabbage and leeks. The proportions and ingredients can vary according to the recipe. Dried peas, split peas, and lentils are often added.

- 3 pounds Breast of Lamb w/bone, or whole chicken
- 8 cups Cold water
- 1/2 cup Pearl barley
- 2 tablespoons Butter
- 2 Carrots, peeled and diced
- 1 White turnip, peeled and diced
- 2 Ribs celery, diced
- 1 Onion, diced
- Salt & pepper to taste

In a large stockpot or Dutch oven, cover the lamb with cold water; bring to a boil. Add the barley, partially cover the pot, and simmer until the meat and barley is tender, about 1 1/2 hours. Add more water to adjust for any evaporation; skim the surface of the soup as necessary.

Remove meat from broth; cut meat from bone and cut in small pieces. Discard the bones and return the meat to the soup. Continue simmering. In a skillet, melt the butter over medium heat. Add the carrots, turnip, celery, and onion and cook stirring often for 10 minutes.

Add the vegetables to the soup. Simmer for about 10 minutes, or until the vegetables are tender. Season with salt and pepper to taste.
Serves 8.

Finish your delicious meal of Scotch Broth and Oatcakes with some **Scottish Shortbread**. This is the easiest recipe in the world to make. I personally started making these after school when I was a pre-teen. They are not good for you, but they are delicious!

Scottish Shortbread

Simple classic shortbread cookies with butter and sugar and flour.

- 1 cup butter
- 1 cup granulated sugar
- 3 cups all-purpose flour

Thoroughly cream sugar and butter. Add 2 1/2 cups of the flour and mix thoroughly. Turn out onto a surface floured with remaining 1/2 cup of flour. Knead dough until it cracks on surface. Roll out 1/4-inch thick and cut out with cutters.



5. CRAFTS - Finally, it is craft time!

This craft was chosen as a quick and simple one that represents Scotland, its people and environment. The polar fleece scarf can be made easily without any sewing. Make sure to choose a plaid "tartan" print fabric to achieve the Scottish look.

First, [click on this link](#) to "weave" your own tartan fabric and then purchase something similar at your local fabric store or online.

Fleece Scarf

http://www.ehow.com/how_14292_make-polar-fleece.html



Around the World SCOTLAND



Around the World
SCOTLAND



Czesc! from Poland

Living and Learning in the Center of Europe

The Location

How quickly can you find Poland on a world map? You know that it is located in Europe and about now, you might be thankful that Europe is a small continent. Did you know that Poland is located right in the very center of Europe and is the 9th largest European nation? If you were looking down on this



territory from the air, you would see that the Carpathian Mountains form Poland's southern boundary and to the north, the Polish coast meets the chilly waters of the Baltic Sea. Its borders are shared by seven land neighbors and two maritime neighbors, and in this way Poland holds a tie with Germany for most neighboring countries. Neighbors often mean trouble and this is perhaps why Poland has had such a tumultuous history and has experienced multiple divisions, collapses, and redrawn borders. Poland has even disappeared entirely off the map a couple of times during its long and dramatic history.

The People

Poland is a land of 39 million residents, over 97% of these inhabitants are of Polish descent, and the remaining 3% are German, Ukrainian and Belorussian. Most of the population of Poland lives in the cities of Warsaw (the capital), Krakow, Lodz and Wroclaw. 95% of Poles are Roman Catholic and the other 5% divide themselves equally between Russian Orthodox and Protestant.

Many notable and accomplished Poles have made their mark on the world at large, including Nikolas Copernicus (astronomer/mathematician 1473-1543), Frederic Chopin (pianist/composer 1810-1849) and Marie Curie (chemist/physicist 1867-1934) to name just a few.

The History

Poland's vibrant history dates back over one thousand years when its first recorded leader, Duke Mieszko I, converted to Christianity after marrying Dabrowka of Bohemia in 966AD. This is recognized as the birth of the Polish nation. It was at this time that Mieszko allied himself with the German Emperor Otto I and placed his land under the protection of the Pope. By embracing Christianity, Poland became an influential participant in western culture. Interestingly, the borders of Poland at that time in history were very similar to today's boundaries.

Over the course of time, Poland has been divided, raided, plundered and re-established many times over. The Golden Years of Polish history is considered to be during the time of the Polish-Lithuanian Commonwealth which transpired between the years of 1382 and 1790. This alliance with Lithuania dramatically increased Poland's boundaries and lasted for over 400 years. During the 1700's, three of Poland's powerful neighbors, Russia, Prussia and Austria, each wanted to own Poland. In an effort to avoid war, these three giants settled their dispute by dividing Poland into three partitions. Thus the Golden Years came to an abrupt end and Poland was essentially wiped off the face of the map for the next 123 years.

Poland regained its independence in 1918 after the conclusion of World War I, but unfortunately lost it again during



World War II. The nation of Poland emerged several years later as a communist country within the Eastern Bloc controlled by the former Soviet Union. When communist rule was overthrown in 1989, Poland became what is unofficially known as the 3rd Polish Republic. In actuality, the country is more simply named the Republic of Poland and today it is the 6th most populated member of the European Union, which it joined in 2004.

Over the course of Poland's turbulent history, its boundaries have moved like squiggly lines on a child's drawing pad and so have its people. Tragically, during the time of the Holocaust, nearly 3 million of Poland's Jewish citizens were exterminated in Nazi concentration camps. Then, at the conclusion of WWII, Poland's borders were shifted westward and this decision by a handful of world leaders forced millions of residents to migrate. The people of Poland have experienced tragedy, difficulty and despair, but they have arisen stronger and more resilient as a result.

Homeschooling

When their territory was gobbled up by their German and Soviet neighbors in 1939, the government school system shut down. Education, being highly valued by the Poles, began to be conducted underground. The home became the secret location of learning for more than one million young Polish students. Throughout WWII, most schools and universities in Poland were destroyed and thousands of teachers were executed or sent to concentration camps. Children



studied secretly in dark rooms when possible during the week. Educational materials were scarce as the Nazis had burned most of Poland's books. Schooling would have ceased altogether were it not for the dedication of parents and students who understood that education was the key to

freedom. They had to work diligently to keep their lessons secret as they risked imprisonment on a daily basis if their clandestine school operations were discovered.

Today, the school system is intact once again. Poland has a compulsory attendance law for students age 7 through 18. Once a student has finished his primary and secondary schooling, he will choose to attend university, technical school or a basic vocational school, depending on what occupation he wants to pursue. This is a serious and permanent decision for a student and his parents as it will have long term ramifications for his life.

Homeschooling is a legal choice in Poland. However, a parent must request permission to homeschool from the local school principal. This school authority has the right to grant or decline these rights as he or she so chooses. The principal may also decide what obligations he will require of this student whom he has allowed to school at home. In other words, homeschooling is legal, but at the mercy of the local school authorities' whims. And these decisions by the principal are absolute and legally indisputable.



“There are regions in Poland where no parents can homeschool their kids - every such application is refused [by school headmasters],” says Marek Budajczak, head of the Home School Association in Poland. “Fortunately there are also such rare places, where parents are welcome [to teach their children at home] and school officials are really helpful.”

When communism fell in 1989, the political environment seemed like it would be conducive to home-based education. Since that time, the Ministry of National Education has introduced changes and limitations to the “much too liberal” homeschooling laws. Now, government authorities and school principals may make any demands they want on parents and students before granting them the right to school at home. Also, every homeschooled student is required to pass an annual exam which regular school students are not required to take.

The homeschool movement in Poland is small but growing. Budajczak writes humorously that the homeschool climate in Poland is much like its temperatures during the wintertime, “freezing, but slowly heading towards springtime.” As of this writing, there are approximately 40 Polish families teaching their children at home. Many Polish homeschooling families not only speak English and have read various books on home-based education that have been published in the English language, but also have really helpful American friends, who are home educators themselves.

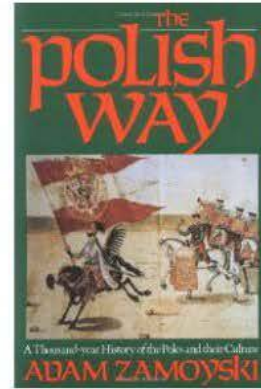
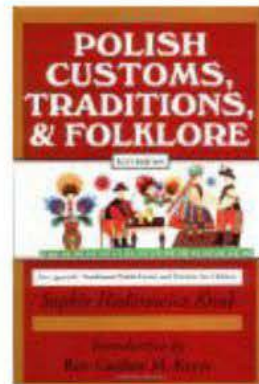
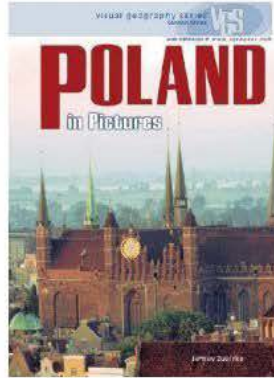
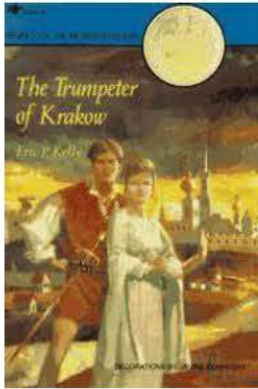
Homeschooling in America is largely successful because of the materials available and the support that can be gained through co-ops and support groups. Understandably, these are the resources that the homeschooling families in Poland actively seek as they begin to put into place the structure of a Home School Association (Stowarzyszenie Edukacji Domowej) that will encourage and equip parents to teach their children confidently at home.

Pray for the homeschooling families in Poland. Many of them are participating in your online support groups. Include them and encourage them as they seek a method of schooling that is very exceptional and uncommon in their country.

Now that you have read the chapter, it's time to dive in for some hands-on learning to cement your student's growing knowledge of this small but fascinating European country.

Unit Study

- 1. READING SELECTIONS** - Let's start with some extra reading. Listed below are some great books about Poland, or set in Poland, that will provide many hours of enjoyable reading. The links below will take you to Amazon.com for more information, but you may be able to find these at your local library. Read for pleasure alone, or have your kids write a book report on one of these selections.



- [The Trumpeter of Krakow](#) by Eric P. Kelly
- [Poland in Pictures](#) by Jeffrey Zuehlke
- [Polish Customs, Traditions and Folk...](#) by Sophie Hodorowicz
- [The Polish Way](#) by Adam Zamoyski

- 2. HISTORY & TIMELINES** - Learn more about Poland by compiling historical facts and events from Poland's turbulent history and adding them to your timeline. If you do not have a timeline already started, you can construct one by following these directions - [How to Make a Timeline Easily](#). Here is a link to a wonderful resource for timeline entries about Poland - <http://www.rootsweb.com/~polwgv/history.html>.
- 3. MAPWORK** - A unit study would not be complete without taking a good look at the lay of the land. Pages 39 and 40 include both a labeled and unlabeled map of Poland. Have your students mark some of the major cities, the surrounding countries, and the sea to the north, at the least. For older students, have them use your teacher's map and fill in the rest!
- 4. RECIPES** - This is my favorite part - the food from the land! And I love Polish cuisine! If you do the above activities on Monday, Tuesday and Wednesday, then take some time on either Thursday or Friday to whip up some authentic Polish dishes in your kitchen.

Poland's cuisine is dictated by crops such as rye, wheat, millet, barley and buckwheat. Rye bread is common in this part of Europe. Pickled vegetables such as cucumbers, beetroot, cabbage (sauerkraut) and kohlrabi have become an essential part of Polish cooking. The idea of pickling is not limited to vegetables, however. Herring, fished in the Baltic, is drenched with spices and vinegar and is often served on holy days. This has become Poland's favorite national food. Meat plays a significant role in the Polish diet. Perhaps the most famous Polish meat is *kielbasa*, Polish sausage. Indeed, Polish food has much to offer, and I enjoy its hearty and comforting flavors. As the Polish would say, "*Jedzcie, pijcie i popuszczajcie pasa*"... "Eat, drink and loosen your belt."

Savory Sausage & Sauerkraut

A cold weather favorite. Good served with pierogies or even baked beans.

- 2 tablespoons butter
- 1 medium onion, chopped
- 1/4 cup chopped green peppers
- 1 large apple, peeled, cored, and chopped
- 2 tablespoons brown sugar
- 1/2 teaspoon caraway seeds
- 3 red potatoes, cleaned and diced
- 1 1/2 cups sauerkraut, drained, rinsed, & packed
- 1-2 lb smoked sausage (kielbasa), cut in 3 inch pieces



Melt butter in saucepan. Add onion and green pepper. Cook until tender. Add apple, brown sugar, caraway seeds, potatoes, and sauerkraut. Mix well. Place sausage on top of sauerkraut mixture. Cover. Cook over medium-low heat for 40 minutes.

Potato and Cheese Pierogi

This is a recipe for traditional Potato and Cheese pierogi. Serve with chopped fried bacon and onions.

Potato and Cheese Filling

1 tablespoon grated onion
2 tablespoons butter
2 cups cold mashed potatoes
1 cup cottage cheese (or more)
salt and pepper

Pierogia

2 1/2 cups flour
1/2 teaspoon salt
1 egg
2 teaspoons oil
3/4 cup warm water

For the Filling: Cook the onion in butter until tender. Combine it with potatoes and cheese. Season to taste with salt and pepper.

For the Pierogi: Vary the proportions and ingredients in this recipe to suit your taste.

Mix the flour with the salt in a deep bowl. Add the egg, oil and water to make a medium soft dough. Knead on a floured board until the dough is smooth. **Caution: Too much kneading will toughen the dough.** Divide the dough into 2 parts. Cover and let stand for at least 10 minutes.

Prepare the filling. The filling should be thick enough to hold its shape. Roll the dough quite thin on a floured board. Cut rounds with a large biscuit cutter, or the open end of a glass. Put the round in the palm of your hand. Place a spoonful of filling in it, fold over to form a half circle and press the edges together with the fingers. The edges should be free of filling. Be sure the edges are sealed well to prevent the filling from running out.

Place the pierogi on a floured board or tea towel and then cover with another tea towel to prevent them from drying out.

COOKING: Drop a few pierogies into a large quantity of rapidly boiling salted water. Do not attempt to cook too many at a time. Stir VERY gently with a wooden spoon to separate them and to prevent them from sticking to the bottom of the pot. Continue boiling for 3-4 minutes. The cooling period will depend upon the size you made it, the thickness of the dough and the filling. Pierogies will be ready when they are puffed. Remove them with a perforated spoon or skimmer to a colander and drain thoroughly.

Place in a deep dish, sprinkle generously with melted butter to prevent them from sticking. Cover and keep them hot until all are cooked. Serve in a large dish without piling or crowding them. Top with melted butter- chopped crisp bacon and/or chopped onions lightly browned in butter.

REHEATING: One of the great things about pierogies, is that they can be made in large quantities, refrigerated, frozen and reheated without loss of quality. Many prefer reheated pierogies as compared to freshly boiled ones. To re-heat, you can: 1) pan fry pierogies in butter or bacon fat until they are light in color or, 2) heat the pierogies in the top of a double boiler or in the oven until they are hot and plump or, 3) deep fry them.

Doughnuts - Paczki

10 servings

1 c Sweet cream
2 Yeast cakes
10 Egg yolk
1 ts Salt
5 tb Butter
4 c Unbleached flour (all-purpose)
2 oz Rum
6 tb Sugar



Heat cream to luke warm. add salt and egg yolks and beat till thick. cream butter and sugar. put these into large bowl, add yeast dissolved w/ 1 tablespoon sugar and mix thoroughly. Add rum then flour and cream alternately and beat hard till dough blisters. set in warm place to rise. punch down and let rise again. place dough on floured surface and stretch and fill w/ pitted prunes. Fold over and cut into desired size balls. place on floured surface and let rise. fry in deep hot oil turning once. Paczki should be very dark in color before turning to ensure that they are thoroughly baked. drain on soft absorbent paper. Sprinkle w/ powdered sugar.

5. **CRAFTS** - Finally, it is craft time!

When I think of Polish crafts, immediately Pisanki, Kraszanki and Wycinanki come to mind. You say, "What?" Oh, you have never heard of these. Oh my... the Poles are known for their beautiful, intricately detailed crafts. Some of these might be a bit difficult for the untrained to take on, but others are more doable, at least in modified versions. At the very least, take a moment to view some of these beautiful crafts from the heart of Europe.

Pisanki - Pisanki is an art form of dyeing eggs and coloring them with very intricate detailed patterns. Check out this beautiful picture here -

<http://www.polishamericancenter.org/Pisanki.htm>.

Let's be realistic when we say that this is not something we are just going to replicate with our children on a boring afternoon. These are incredible creations created by master crafters. BUT we can dye eggs using natural dyes and have a lot of fun doing so. We don't even have to wait for Easter. Here is a site with directions on how to dye eggs when those Easter egg kits are not on the grocery store shelves.

Kraszanki

<http://acweb.colum.edu/users/agunkel/homepage/eggs/oniondye.htm>



Wycinanki - Another beautiful type of art that is created in Poland is

Wycinanki. Wycinanki is the Polish word for paper-cut designs. These beautiful cut-outs have been used to decorate the interior of Polish homes since the early 19th century.

Here is a great site that will get you started on creating your very own Wycinanki that can decorate your home or school room - <http://info-poland.buffalo.edu/classroom/wycinanki/text.html>. Try using colored paper or pasting the cut-out on a backing of colored paper.

And remember to have fun!

Around the World
POLAND



South Korea: An Ancient yet Modern Nation

Living and Learning in a High-Speed World

South Korea holds a special place in my heart and frankly, it is not because Bulgogi is my favorite culinary dish nor is it because I adore my LG front-loading washer and dryer. My heart connection with South Korea actually precedes my birth. It began when my father spent a significant portion of his



military career west of Seoul during the years following the Korean War in the early 1950's. While there, he fell in love with the country and its people. This event in turn led to the adoption of my sister years later, who has become my dearest friend. This relationship draws me in to want to learn more about the land and understand its complex culture.

The Location

South Korea is located just south and east of China and occupies the southern portion of the Korean peninsula. To the north, it is bordered by North Korea with which it was united until 1945. To the southeast of the Korean



peninsula, across the Korean Strait, lie the islands of Japan. Korea is a mountainous country and most of it is not suitable for farming. The majority of the population lives in urban areas, primarily the capital city of Seoul – a city which is called home by more than 10.3 million residents – the second most populous metropolitan region in the world.

South Korea, also known as the Republic of Korea, is known for its technological advancement and has become a major international economic power. South Korea's economy has grown tremendously in the last few decades and is now the 12th largest economy in the world and the 3rd largest in Asia. Encouraged by the government through tax incentives and easy financing, many large family-owned businesses are making a huge impact on the global scene, including Samsung, LG and Hyundai. South Korea has risen to the top as a global leader in electronics, digital monitors, mobile phones and semiconductors. It also leads the world in the ship building industry.

South Korea has also made a mark for itself on the world map through incredible sports programs and enthusiasm. South Korea hosted the summer Olympic Games in Seoul in 1988. You may remember that during the Winter Games held in Torino in 2006, the South Koreans dominated in the short track speed skating competitions, bringing home most of the gold medals in that field.

The History

But South Korea is more than just a country of technological advancement and short track speed skating; it is an ancient land with a rich heritage. Korea traces its founding back to 2333BC when it was first ruled by the legendary Tangun, who, the myth proclaims, was born of a heavenly father and an earthy woman. His descendants are said to have reigned for more than a millennium and this dynasty became known as the Three Kingdoms of Korea (Goguryeo, Baekje, and Silla). The territory they ruled included the entire Korean peninsula stretching north into Manchuria.

By the 2nd century BC, the Koreans had adopted the Chinese writing system and in the 4th century AD, the Buddhist religion was accepted by the Korean people. These two events had profound effects on the Three Kingdoms of Korea. The Three Kingdoms were soon unified by Silla in AD 676 and was then ruled by a single government until the 19th century. At this time, the country came onto the radar screen of European and Japanese aggressors as an object for colonization.

In 1910, Korea was forcibly taken over by Japan and remained occupied until the end of World War II in 1945.

Following World War II, Soviet and U.S. troops occupied the northern and southern regions of the country, respectively. These Cold War rivals supplied aid and helped to establish government systems that were sympathetic to their own ideas about how government should function. This in turn led to the current division of Korea into two distinct political entities – the communist North and the capitalist South. As a result of escalating cold war animosity between the United States and the Soviet Union, war broke out on the Korean peninsula. On June 25, 1950, the North invaded the South at the prompting of Stalin (Soviet dictator) and the approval of Mao Zedong (China’s dictator). This began the long and bloody Korean War that lasted more than three years and caused the deaths of more than four million soldiers and civilians. Eventually the United Nations stepped in on behalf of South Korea and the 1953 truce split the peninsula along the demilitarized zone at the 38th parallel. However, no peace treaty was ever signed, which means that technically these two countries are still at war.

Some attempts at reunification have been made, but with over a million troops sitting just inside the North Korean border and 650,000 (approx 38,000 are US troops) on the South Korean side, true peace has not been experienced by the Korean nations yet.

South Korea has made an incredible comeback since the Korean War. After the devastation of the war, the country was one of the poorest nations in the world. Since that time, it has grown and gained strength and has become an international economic power. South Korea has also become more culturally diverse as the migration tide has reversed. Instead of South Koreans leaving the country looking for “greener grass,” immigration has increased into the country because of its burgeoning economy and improved political climate, especially during the 1990’s.



The People

Currently, just less than one half of the South Korean population states that they have no religious preference. Of the remainder, 10.7 million inhabitants claim to be Buddhist, 8.6 million are Protestant, 5.1 million are Catholic and less than 500,000 belong to a variety of minor religious groups. Over the past few decades, Christianity has grown dramatically in South Korea. The largest Christian church in the world, Yoido Full Gospel Church, is located in Seoul and has approximately 800,000 members. In fact, Seoul is home to 11 of the world's 12 largest churches.

Contemporary culture in South Korea is heavily dominated by futuristic technology. But this technological advancement does not come without a price. South Koreans work long hours in order to be valuable employees. It is expected that both parents work sacrificially to the neglect of their families. Most employees work the same hours that their bosses work – typically 16 hours a day, 6 days a week. Many Christians volunteer their time with their churches as well. Rush hour in Seoul is 11:00pm.

Norm Wakefield of Spirit of Elijah Ministries comments, “Because of this frenzied, high-speed, technologically advanced lifestyle, children leave home early to attend a tutor service until school starts. Then they might have tutor service after school as well as other activities until 11:00 at night when they all come home to sleep. Then they do it again the next day, for 6 days a week. Where can homeschooling fit into this schedule?”

Homeschooling

The answer is that for the most part, it doesn't. The South Korean economic lifestyle is dependent on two incomes and the prevailing culture demands career paths for everyone. For this reason, very few Korean parents have chosen to homeschool their children. In the year 2002, a few families chose to defy their cultural norms and homeschool their children. The movement has grown significantly since then but homeschooling is still in its infancy in South

Korea, similar to homeschooling in the United States during the early 1980's. The number of homeschooling families is doubling every year.



Homeschooling is not officially a legal choice in South Korea. Currently, parents are reporting to the school their desire to pull their children out and teach them at home, and the government has not made a strong opposition yet. Various sources report the number of families that are presently homeschooling in South Korea

fall anywhere between 300 and 1000 families. A homeschool organization – the Christian Home Education Association of Korea (CHEA) – has been formed by a pioneering group of Christian pastors and leaders and an annual conference has been held since 2002.

Daniel Chang, pastor and homeschooling dad in South Korea, writes that you can pray for “the hearts of the parents that they will be well equipped to take on this responsibility and that a curriculum suitable for Korea will be soon developed.” Remember to pray for your homeschooling brothers and sisters in South Korea the next time you drive your Hyundai, read email on your LG monitor or watch your favorite show on your Samsung TV.

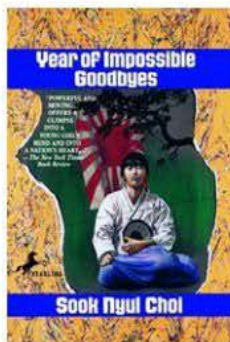
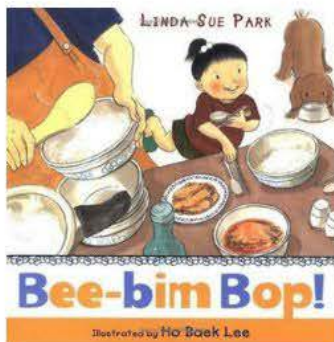
There are several ways that you can support the homeschooling families in South Korea, according to Brad Voeller, who is the founder of Family Mission International. You can “Coach a family, host a family or go as a family,” says Brad. You can find out more at www.FamilyMission.org.

Now that you have read the chapter, it's time to dive in for some hands-on learning to cement your student's growing knowledge of this small but fascinating Asian country.

Unit Study

When my father was in South Korea just after the Korean War during his military career, he took many pictures. As children, we loved to watch his old slide shows and see pictures of that handsome young man (could that really be our dad?) and the darling Korean children at the orphanages he visited during his free time. My sister was born in Seoul and our family adopted her when she was four years old. She has since visited her birth country and has become a fabulous cook. She cooks a variety of food, but her Korean dishes are to die for! I'll share a few of them below.

1. READING SELECTIONS - Let's start with some extra reading. Listed below are some great books about Korea, or set in Korea, that will provide many hours of enjoyable reading. The links below will take you to Amazon.com for more information, but you may find these at your local library. Read for pleasure alone, or have your kids write a book report on one of these selections.



- [Bee-Bim-Bop](#), by Linda Sue Park
- [Year of Impossible Goodbyes](#), by Sook Nyul Choi
- [Echoes of the White Giraffe](#), by Sook Nyul Choi
- [A Single Shard](#), by Linda Sue Park

The first book above is a picture book for the younger set and it is about Korean cooking and one very popular Korean dish in particular known as Bibim

Bap, or otherwise known as mix-mix rice (recipe below, but read the book first). The next two books are part of a series that are getting great reviews and are about a girl in war-torn Korea during the Japanese occupation of WWII. The last book is set during medieval times and is a great fictional read as well. While you are at the library on your next visit, don't forget to pick up some picture books as well. *South Korea in Pictures* would be a good choice, but there are probably several to choose from.

- 2. HISTORY & TIMELINES** - After more than 50 years of "cold war" between the divided countries, North and South Korea are making some serious attempts at reconciliation this past month. The Korean War may have appeared to have ended in 1953, but a peace treaty was never signed and the two lands have kept a total of over 2 million troops on their shared border all of these years. Could we see a united Korea again after all of these years? What caused the division in the first place? Take a peek at the timeline of Korean history below to find some answers to these plaguing questions.

Learn more about South Korea by compiling historical facts and events from Korea's turbulent history and adding them to your timeline. If you do not have a timeline on the go, you can construct one by following these directions - [How to Make a Timeline Easily](#). Here is a link to a wonderful resource for timeline entries about Korea - [SIKIDS.com-Timeline of South Korean History](#).

- 3. MAPWORK** - A unit study would not be complete without taking a good look at the lay of the land. Pages 53 and 54 include both a labeled and unlabeled map of South Korea. Have your students mark some of the major cities (Seoul is the capital of S. Korea and P'yongyang the capital of N. Korea), the neighboring countries, and the seas to the east and west, at the least. For older students, have them use your teacher's map and fill in the rest!

4. RECIPES - This is my favorite part - the food from the land! I love Korean cuisine! After you complete the above activities on Monday, Tuesday and Wednesday, take some time on either Thursday or Friday to whip up some authentic Korean dishes in your kitchen.

In Korea, rice is served at every meal. At breakfast it is sometimes served as gruel, especially for elderly people and children. At other meals, steamed rice is accompanied by soup, meat, fish, vegetables and, of course, kim chi (recipe below). Rice is of such importance that meals are described as consisting of rice and panch'an, a term that incorporates whatever else is served with the rice.

Korea has an abundance of fish and other seafood, and often the fish is combined in surprising ways with meat or poultry. Like the Japanese, Koreans use seaweed, especially the dried laver seaweed known as nori by the Japanese and kim by the Koreans. It is used as a relish.

Beef is the most popular meat in Korea. Beef is not usually cooked in one big piece. It is very thinly sliced and cut into bite-size pieces; sometimes the slices are beaten out for extra thinness. The beef is then kneaded well with a marinade and left for 2-4 hours so that it is tenderized and flavored. While Koreans charcoal grill or broil such meals as bulgogi or bulgalbi, everyday cooking includes boiling, steaming, stir frying and deep or shallow frying.

The seven basic flavors of Korean food are garlic, ginger, black pepper, spring onions, soy sauce, sesame oil and toasted sesame seeds. Yum!

Here are a few of our favorite dishes. Don't forget the big pot of steamed rice. Enjoy!



Japchae (Transparent Noodles with Vegetables)

1 pack transparent noodle (dangmyun),
(soaked in hot water for 30 minutes, drained)
1 medium onion, thin sliced
1/2 carrot, thin julienne
1 bunch spinach, blanched, cut into 3 inches
10 oz thin slice beef
5 green onions, cut in a bias
7 shiitake mushrooms, rehydrated, thin sliced
oil to saute
salt and pepper
2 tbsp sesame seeds



Beef marinade: 1 tbsp soy sauce, 1 tbsp sugar, 1 tsp sesame oil, 1 tsp minced garlic,
1/4 tsp pepper, 1/2 tsp sesame seeds

Shiitake marinade: 1/2 tsp soy sauce, 1 tsp sugar, 1 tsp sesame oil

Noodle seasoning: 1 and 1/2 cup water, 1/4 cup sugar, 2 tbsp soy sauce, 4 tbsp vegetable oil

In a non stick pan, add oil and saute vegetables. All ingredients have to be cooked separately. To use the same pan, start with light color vegetable. An ideal order will be onion - green onions - carrot - shiitake mushrooms - beef. The vegetables don't have to get any color, just need to be softened. Saute and move to a big bowl to cool a little bit.

Put a non-stick wok or large pan on a medium heat. Add dang myon seasoning, pour in dang myon. Bring to a boil, stir occasionally for a few minutes until dang myon absorbs water.

In about 10-15 minutes they start to stick together. From this point, stir constantly until the noodle gets soft and translucent. Take off from the heat, let cool for a while. If needed cut the length.

Mix with vegetables, sesame seeds, salt and pepper to taste.

Kim Chi (Spicy Pickled Cabbage)

- 1 Large Chinese cabbage
- 1/2 cup Sea salt
- 1/2 teaspoon Cayenne pepper
- 5 Spring onions, finely chopped
- 2 cloves Garlic, finely chopped
- 5 cm Fresh ginger, grated
- 3 teaspoons Chopped fresh chili
- 1 tablespoon Caster sugar
- 2 1/2 cups Cold water



Cut the cabbage in half, then into large bite-sized pieces. Place a layer of cabbage in a large bowl and sprinkle with a little salt. Continue with layers of cabbage and salt, finishing with a salt layer. Cover with a dinner plate that will fit as snugly as possible over the top of the cabbage. Weigh down the plate with cans or a small brick and leave the bowl in a cool place for 5 days. Remove the weights and plate, pour off any liquid, then rinse the cabbage well under cold running water. Squeeze out any excess water and combine the cabbage with the cayenne pepper, spring onion, garlic, ginger, chili and sugar. Mix well to combine before spooning the cabbage into a large sterilized jar. Pour the water over the top and seal with a tight-fitting lid. Refrigerate for 3 to 4 days before eating.

Note : Kim Chi is an accompaniment eaten with Korean main meals and with steamed rice. For an authentic flavor, use 3 tablespoons of chili. Bottled chopped chili can be used instead of fresh chili.

Bulgogi (Grilled Marinated Steak)

- 2 tablespoons Dark soy sauce
- 1 tablespoons Light soy sauce
- 4 tablespoons Sugar
- 1 bunch (about 8) Scallions, white and tender green parts only, coarsely chopped
- 1 (about 2 inch) Fresh ginger, peeled and grated
- 6 cloves Garlic, minced
- 2 tablespoons Cooking rice wine
- 5 tablespoons Sesame oil
- 2 lb / 1 kg flank steak, sliced as thin as possible
- Cooking oil



Mix all the ingredients thoroughly except the sliced beef. Add the beef and marinate for about 1 hour. Heat some cooking oil in a large frying pan. Put the sliced beef in a few at a time and sear on both sides for about 1 minute per side.

Note : This is a festive national dish of Korea. A good choice for New Year. Often cooked at the table on small grills and diners seated around it. Kim Chi (above) often accompanies it.

Bibim Bap (Mix-Mix Rice)

3 cups rice, a handful of soy bean sprouts
4 dried shiitake mushrooms, 1 zucchini, sliced 1/4 inch thick
1/2 cup go sa ri (packaged fernbrake in water)
1/2 cup mu (Korean radish), julienne
4 oz beef, thinly sliced, 1/4 cup carrot, julienne, 1/2 onion, sliced
4 tbsp gochujang (Korean chili paste), 4 eggs
sesame oil, vegetable oil for sautéing

soy bean sprouts seasoning: 1 tbsp sesame oil, 1/4 tsp gochugaru (Korean chili powder), 1/2 tsp salt, 1/4 tsp sesame seeds, a pinch of sugar

shiitake mushrooms seasoning: 1/2 tsp sesame oil, 1/2 tsp soy sauce, 1/4 tsp sugar

zucchini seasoning: 1 tsp sugar, 1 tsp salt, 1 tsp sesame oil, 1/4 tsp minced garlic, 1/4 cup water

fernbrake seasoning: 2 tbsp vegetable oil, 1 tsp minced garlic, 1/2 tsp soy sauce, 1 tsp salt, 1/2 tsp sesame seeds

radish seasoning: 1 tsp sugar, 1 tsp salt, 1 tsp sesame oil, 1/4 tsp minced garlic, 1/4 cup water

beef seasoning: 1 tsp soy sauce, 1 tsp sugar, 1/2 tsp sesame oil, 1/4 tsp minced garlic, pinch of pepper

Wash rice until the water comes out clean. Add 3.5 cups of water, cook rice in a rice cooker. Or cook in a pot on a high heat until the water is absorbed. Reduce heat to very low, cover with a lid, cook for another 15-20 minutes. Turn the heat off, leave for 10-15 minutes with a lid on.

Marinate beef with seasonings.

Soy bean sprouts - Wash and add to a pot, pour 1/2 cup water and a pinch of salt, cover the lid. Bring to a boil, reduce heat to low, cook for 5-7 minutes. Don't peek it, if they smell like cooked beans, they're done. Pour into a colander, let cool for a while. Add seasonings, mix.

Shiitake mushrooms - Dried ones need to be reconstituted, add warm water, leave until softened. Wash, squeeze out water, slice thinly. Add to a pan with seasonings, saute briefly.

Zucchini - Add in a pan with seasonings (see above) on a high heat with a lid. Bring to a boil, reduce heat to low, cook for 2-3 minutes. Open the lid, let cool.

Fernbrake - Drain the water, add oil to a pan, saute with seasonings (see above). Add sesame seeds at the last minute. Let cool.

Radish - Add in a pan with seasonings (see above) on a high heat with a lid. Bring to a boil, reduce heat to low, cook for 4-5 minutes. Open the lid, let cool.

Onion - Saute with some salt.

Carrot - Saute with some salt.

Saute beef on a high heat.

To assemble the bowl - Put rice on the bottom, arrange vegetables around. Add egg yolk (or sunny side up, or just fried) on top. Serve with go chu jang (Korean chili paste) and sesame oil.

Tips: You can use any vegetables such as spinach, bean sprouts, or mushrooms (oyster, enoki). Blanch mushrooms, squeeze, add some sesame oil, salt and sesame seeds.

5. CRAFTS - Korean Han-Ji: Dak Paper Doll Craft

Crafts in Korea are not like crafts in America. These are works of art and a "craft" might take months instead of minutes or hours. Take a look at this link and see what I mean:

<http://www.topics-mag.com/international/customs/korea-han-ji.htm>

Perhaps you will be inspired to make some easier and less intensive paper dolls - American style - and put on a puppet show. All you need is paper (or even easier - coloring books), colored pencils (or pens), popsicle sticks, glue, some creativity and you are on your way.

And remember to have fun!





Around the World
S. KOREA



Beloved and Turbulent South Africa

Living and Learning in a Wild and Diverse Land

Located on the southernmost tip of the African continent, bordered by the Indian Ocean to the east and the Atlantic to the west, South Africa is a wild but breathtaking country. Over 50 million people of very diverse cultural backgrounds coexist in this nation with 11 official languages, including English,



Afrikaans and Zulu. This is a land where large and fierce animals still roam freely; animals such as lions, leopards, elephants and rhinoceros.

For many of us, when we think of South Africa, immediately ideas and individuals come rushing to mind such as apartheid, fierce riots, Bishop Tutu, and Nelson Mandela. But South Africa is more than just a nation that has experienced political strife. It is a country with a rich and diverse history, a land of many cultures and tongues, and a place with such a variety of flora and fauna that it attracts tourists from all over the world.

The History

South Africa has experienced a different history from the other countries on the continent principally because of early immigration from Europe and the strategic importance of the Cape Sea Route. The first European navigator to achieve circumnavigation of the Cape was the Portuguese explorer Bartolomeu Dias in the year 1488. When Dias returned to Portugal, he brought news of his marvelous discovery. Depending on who he was addressing, he referred to the cape as “Cabo das Tormentas” (cape of storms) or “Cabo da Boa Esperanca” (Cape of Good Hope). Henry the Navigator, his financial sponsor, preferred the second



and less used name for it promised a sea route to the riches of India, which the Portuguese were eagerly anticipating.

Prior to the arrival of European seafarers and South Africa's written history, the San and Khoekhoe peoples resided at the southern tip of

the continent for hundreds, perhaps even thousands, of years. In 1652, a provision post was established by Jan van Riebeeck on behalf of the Dutch East India Company at a location that would become known as Cape Town. This Dutch settlement continued to expand and draw colonists from Europe for the better part of the seventeenth and eighteenth centuries, primarily immigrants of Dutch, German and French Huguenot descent.

As the northern colonists came into contact over time with the southern indigenous people, an inevitable clash over the land ensured, resulting in a series of wars which have been called the Cape Frontier Wars.

To ease labor shortages on the cape, slaves were imported from other regions of Africa, as well as Madagascar, India and Indonesia. These slaves from the East introduced another ingredient into South Africa's racial and cultural mix, broadening its diversity even further.

The possession of the colony at Cape Town switched hands back and forth between the British and the Dutch until 1806 when the Dutch East India Company declared bankruptcy following the Napoleonic Wars. Great Britain reclaimed the colony for its own. Then in 1833, due to pressures from abolitionists groups in England, the slave trade was stopped and slavery was abolished in the Cape Colony and elsewhere throughout the British Empire.

Unfortunately, the abolition of slavery did little to calm racial tensions on the southern tip of Africa. In fact, it began to escalate during the 1800's which

triggered an event known as the Great Trek, a mass emigration to the north and east of approximately 12,000 discontented Afrikaner farmers, or Boers as they came to be called.

With the exciting discovery of diamonds in 1867 and then gold in 1886, immigration and economic growth exploded in the region and the tiny outpost at the Cape of Good Hope soon became a sprawling populous community of white



settlers encompassing the whole area of South Africa, as it is known today.

Conflict between the Boers and the British, as well as racial tensions among the white, black and “coloured” (a term still used in South Africa to define the interracial mixed) people groups, continued to increase on the southern tip of the African continent well into the next century. Exactly eight years after the end of the 2nd and final Boer War, the Union of South Africa was created on May 31, 1910. In 1948, the National Party was elected to power and began implementing harsh segregationist laws that became collectively known as apartheid. Sadly, South Africa continued in its racial struggles for another five decades when apartheid was finally thrown down in 1994. At that time, the first multi-racial elections were held in the country and with overwhelming success.

Today, South Africa is still not recognized around the world as the most peaceful of countries. Protests and riots still rage in many of the larger cities as the oppressed poor struggle for their rights and for equality with the wealthy minority.

The People

Most of the population dwells in the larger metropolitan areas of Pretoria, Johannesburg and Cape Town. According to a recent census, 79.5% of the population of South Africa defined themselves as Black African, 9.2% as White, 8.9% as Coloured and 2.5% as Asian. The major ethnic groups within the black African population include the Zulu, Xhosa, Basotho, Bapedi, Venda, Tswana, Tsonga, Swazi and Ndebele.

The Location

South Africa has a long and dramatic coastline that stretches over 1500 miles in length and along two ocean fronts – the Atlantic and the Indian. Because it is surrounded by ocean water on three sides and also because of its location in the more



temperate southern hemisphere, South Africa has a generally mild climate. Although temperatures may vary from the blistering heat of the southern desert to the lush subtropical environment in the east, it is by and large a comfortable location in terms of weather conditions. This is perhaps yet another reason why South Africa is known as an ideal tourist get-away.

South Africa is one of only 17 countries in the world that can claim to be “megadiverse” in terms of flora and fauna. About 10% of all known species of vegetation on earth grow in this fertile region – that’s more than 20,000 different types of plants. There are only two other countries worldwide that have greater plant diversity than South Africa and they are Brazil and Indonesia, both vastly

larger territories. From the bush savannah to the grasslands of the high plains, from the KwaZulu-Cape coastal forest to the rocky shore, the variety of vegetation in South Africa is magnificent to behold.

Farming still plays a large role in the economy of South Africa. Surprisingly, it is the eighth largest wine producer in the world. Other crops that are grown locally as well as exported throughout the globe are corn, sugar, grapes, citrus, nectarines and sunflower seed. Livestock is also raised with the country producing 85% of all meat consumed by the local residents.

Homeschooling

When it comes to education, the South African government has one of the highest rates of investment into the education of its youth, at almost 5.5% of its gross domestic product. Students attend school for 13 years – grades 0 through 12. Of these grades, years 0, 10, 11 and 12 are not compulsory. In 2006, South Africa recorded 12 million students in the government public school system, while approximately 350,000 children attended private schools and 100,000 children were educated at home.

While it is legal to homeschool in South Africa, it is not encouraged by the government nor subsidized in any way. Homeschooling has only been a legal option for South African families since 1996, when it was passed by Parliament as part of the National Schools Act. Families who were previously operating their home schools in a clandestine manner could now homeschool in the open and the stage was then set for the home education movement in South Africa to flourish.

Although the National Schools Act officially recognizes homeschooling, it grants the individual provinces in South Africa the right to draft and execute its own homeschool regulations. These regulations may either maximize freedoms or severely limit them.

According to a recent questionnaire, most parents who chose not to send their children to public schools did so because they didn't want them to follow the national curriculum, which bases its "revolutionary" methods on Marxist theory.



However, home education is under the spotlight in South Africa and the scrutiny of KwaZulu-Natal Education Director Ina Cronje who has slammed it more than once. She is on record to have said, “I am utterly against it. Part of a child’s learning is to socialize and learn to cope in the world. If schools are microcosms of society, depriving the child of that learning experience will have a serious impact on overall development.”

Donnette, a homeschooling mom in South Africa, strongly disagrees. After giving the public school system several chances to properly educate her daughters, she gave up on the system and pulled them out completely. She has become a major advocate and voice for homeschooling in South Africa. Her website – www.staidenshomeschool.com – is a wealth of information on homeschooling in South Africa and offers many unit studies and links to helpful resources.

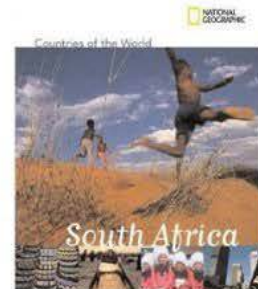
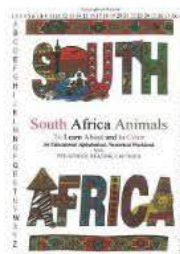
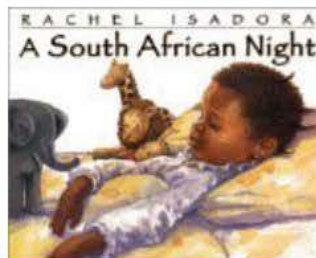
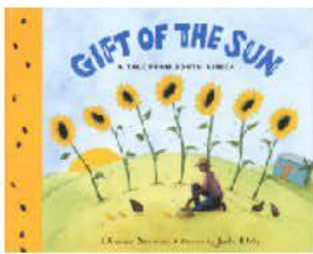
Donnette is passionate about homeschooling and would have it no other way. She writes, “the bonus of homeschooling is not only that we are able to monitor our children’s progress, but that we can get involved with them, their safety is no longer an issue, and they are able to feel comfortable in any environment without fear of victimization or humiliation.” These are the reasons that she has chosen to educate her children at home, despite the financial sacrifices and continuing battles against a government that says it is legal to homeschool and yet makes it increasingly difficult to do so.

Next time you see a picture or documentary on the wild animals of Africa or hear of South Africa in the news for political unrest, think of Donnette and the other homeschooling families in South Africa who covet your prayers as they blaze a trail for homeschooling freedoms in their beloved yet turbulent country.

Unit Study:

Now that you have read the chapter, it's time to dive in for some hands-on learning to cement your student's growing knowledge of this small but fascinating African country.

- 1. READING SELECTIONS** - Let's start with some extra reading. Listed below are some great books about South Africa, or set in South Africa, that will provide many hours of enjoyable reading. The links below will take you to Amazon.com for more information, but you may be able to find these at your local library. Read for pleasure alone, or have your kids write a book report on one of these selections.



- [The Gift of the Sun](#) by Dianne Stewart
- [A South African Night](#) by Rachel Isadora
- [Animals of South Africa Coloring and Workbook](#)
- [National Geographic Countries of the World: South Africa](#)

The first two books are picture books for the younger set, but the second one, in particular - A South African Night - is a great book to learn what types of animals roam about the country of South Africa - within the confines of game parks, that is. The third book - Animals of South Africa - is a coloring and workbook that also depicts the wild creatures of the land. Finally, the National Geographic book would be a great resource for understanding the culture and environment of South Africa, as well as a bit of its history. So, take a trip to the library because you are sure to find some great books there that will enhance your knowledge of this region.

2. HISTORY & TIMELINES - Learn more about South Africa by compiling historical facts and events from its turbulent history and adding them to your timeline. If you do not have a timeline already started, you can construct one by following these directions - [How to Make a Timeline Easily](#). Here is a link to a wonderful resource for timeline entries about South Africa - <http://news.bbc.co.uk/1/hi/world/africa/1069402.stm>.

Here is another one, but grouped by categories -

<http://www.timelineindex.com/content/select/530/45,133,530>.

3. MAPWORK - A unit study would not be complete without taking a good look at the lay of the land. Pages 68 and 69 include both a labeled and unlabeled map of South Africa. Have your students mark some of the major cities, the neighboring countries, and the seas to the east and west, at the least. For older students, have them use your teacher's map and fill in the rest.

4. RECIPES - This is my favorite part - the food from the land! I'm not very familiar with South African cuisine, or any African cuisine for that matter. My only dish that I have served from that region in the past is called African Chop and I'm not even sure it is African. It starts with a bed of rice and then all sorts of wonderful things are added on top. This is the type of meal that you serve when you have a crowd over and every one brings a different topping - green onions, chopped tomatoes, nuts or sunflower seeds, coconut, raisins, peppers, hot sauce, whatever else you can imagine would be a fun ingredient. You as the hostess provide lots of rice and a pot of shredded BBQ beef or pork. Sounds fun, doesn't it?

Now for some authentic recipes... Remember that this is a land where East meets West and North has come South; a land where Indian curries and Indonesian spices meet up with English meat pies and Dutch cookery. The culinary tastes of this land mirror its geography, history and culture.

Here are a few favorite dishes. Enjoy!

Yellow Rice

- 1 tablespoon sugar
- 1/2 teaspoon turmeric
- 1 tablespoon salt
- 2 tablespoons butter
- 1 cinnamon stick
- 1 cup raisins
- 1 teaspoon lemon rind
- 2 cups white rice



In a large pot, bring 6 cups of water to a boil. Add the first 7 ingredients and stir until the sugar has dissolved. Add the rice, cover, and simmer for 20 minutes. Remove cinnamon stick and lemon rind before serving.

Tomato Salad

- 2 large ripe tomatoes, cut into thin slices
- 1/2 teaspoon salt
- Pinch sugar
- 1 fresh hot green chile pepper, minced
- 2 tablespoons red wine vinegar

Arrange tomato slices in a serving dish. Sprinkle with salt, sugar, and minced chile pepper. Drizzle on the vinegar. Let salad sit for about 15 minutes before serving.



Mealie Soup (Corn Soup)

- 2 ounces butter
- 1 cup finely chopped onions
- 2 tomatoes, chopped
- 2 cups canned whole corn, well drained
- 2 cups creamed corn
- 1 can evaporated milk
- 3 cups chicken stock
- 1 tablespoon salt
- 1 teaspoon black pepper.

In a large saucepan, heat the butter over moderate heat. Add the onions and sauté for 5 minutes. Stir in the tomatoes and cook for a few minutes. Add the corn, milk, stock, salt, and pepper, and simmer for 15 minutes. Serve with crackers.



Bobotie (Beef Pie)

- 2 ounces butter
- 1 cup onions, thinly sliced
- 1 apple, peeled, diced
- 2 pounds chopped cooked beef
- 2 bread slices soaked in milk
- 2 tablespoons curry powder
- 1/2 cup raisins
- 2 tablespoons slivered almonds
- 2 tablespoons lemon juice
- 1 egg
- 1/2 teaspoon turmeric
- 6 bay leaves
- 1 egg
- 1/2 cup whole milk

Melt the butter in a saucepan. Add the onions and sauté for 5 minutes, then add the apple dice and cook for another minute. Add the chopped beef and combine. Squeeze out the excess milk from the bread slices, then tear up and add to pot. Add the curry powder, raisins, almonds, lemon juice, egg, and turmeric, and stir well. Place mixture in a greased 9 x 13" baking dish. Place bay leaves vertically in the casserole. Bake at 325 degrees F for 40 minutes, then remove from the oven. Mix together the egg and milk, then pour it over the Bobotie. Bake for 15 more minutes. Remove bay leaves before serving.

Green Bean Bredie (Lamb and Green Bean Stew)

- 2 tablespoons oil
- 1-1/2 pounds lamb, cut into bite-sized pieces
- 1 cup coarsely chopped onions
- 1 teaspoon minced garlic
- 1 teaspoon minced fresh ginger root
- 1/2 cup water
- 1 pound fresh green beans, trimmed, cut into 1" lengths
- 2 medium potatoes, peeled, cut into 1/2" dice
- 1 tablespoon finely chopped fresh hot chile peppers
- 1/4 teaspoon dried thyme
- 1 teaspoon salt
- Pepper

In a large skillet heat the oil over moderate heat. Add the lamb and brown it in batches. Transfer pieces to a plate. Add the onions, garlic, and ginger, and cook over low heat. Return the meat to the skillet. Cover tightly, and simmer for 30 minutes over the lowest heat. Stir in the water, green beans, potatoes, chile peppers, thyme, salt, and pepper, and bring to a boil. Cover again, reduce heat, and simmer for about 1 hour, stirring occasionally. Taste for seasoning and serve immediately with rice.

Klapperert (Coconut Pie)

- 1-1/2 cups sugar
- 1-1/2 cups water
- 3 cups finely grated fresh coconut
- 6 tablespoons unsalted butter, cut into small bits
- 2 eggs plus 1 egg yolk, lightly beaten
- 1/8 teaspoon vanilla extract
- 2 tablespoons apricot jam
- 1 baked short-crust pastry pie shell
- 8 strips candied citron, 1" long by 1/8" wide



Combine the sugar and water in a small saucepan and bring to a boil over high heat, stirring until the sugar dissolves. Cook briskly, undisturbed, until the syrup reaches a temperature of 230 degrees F on a candy thermometer.

Remove the pan from the heat, add the coconut and butter, and stir until the butter is completely melted. Let the mixture cool to room temp, then vigorously beat in the eggs and vanilla.

Preheat the oven to 350 degrees F. In a small pan, melt the apricot jam over low heat, stirring constantly. Rub the jam through a fine sieve, and brush the jam evenly over the bottom of the baked pie shell.

Pour the coconut mixture into the pie shell, spreading it smoothly. Bake for about 40 minutes. Filling should be firm and golden brown. Before serving, arrange the thin strips of citron in a sunburst pattern in the center of the pie. Serve warm or at room temperature; can be accompanied by whipped cream.

5. CRAFTS - Basket Weaving / Flora and Fauna Lapbook

The people of South Africa make some amazing and exquisite craft items that they use and sell to make a living, including weaving, beadwork and carving. Take a peek at some various arts and crafts here on this South African travel website:

http://www.southafrica.info/pls/cms/show_gallery_sa_info?p_gid=3462&p_site_id=38

Would you like to attempt something intricate for yourself? How about weaving a basket? You can learn how to construct a simple basket by visiting this website -

www.basketweaving101.net. Or you can check out a book such as this one from your library:

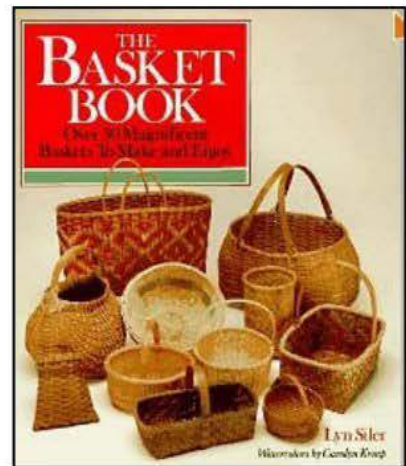
[The Basket Book: Over 30 Magnificent Baskets to Make and Enjoy](#)

Would you rather attempt something a little less involved? I would suggest that you and your students put together a South African flora and fauna lapbook. Never made a lapbook?

A lapbook, also known as a shutterbook, is a file folder which has been opened onto a flat surface. The two tabs are then folded into the center where they meet and form a window shutter effect. The concept is that mini books are attached to the inside holding various information which your child has collected and learned. A lapbook can contain games, vocabulary words, pictures, maps, recipes and clipart. You are limited only by your imagination.

Here are some websites that show lapbook examples and ideas, so that you can get started with your fun project:

- <http://www.squidoo.com/lapbooking>
- <http://www.homeschoolblogger.com/jaminacema/228122/>
- <http://seilerclan.info/lapbooking.html> (click the links to the right for pictures)

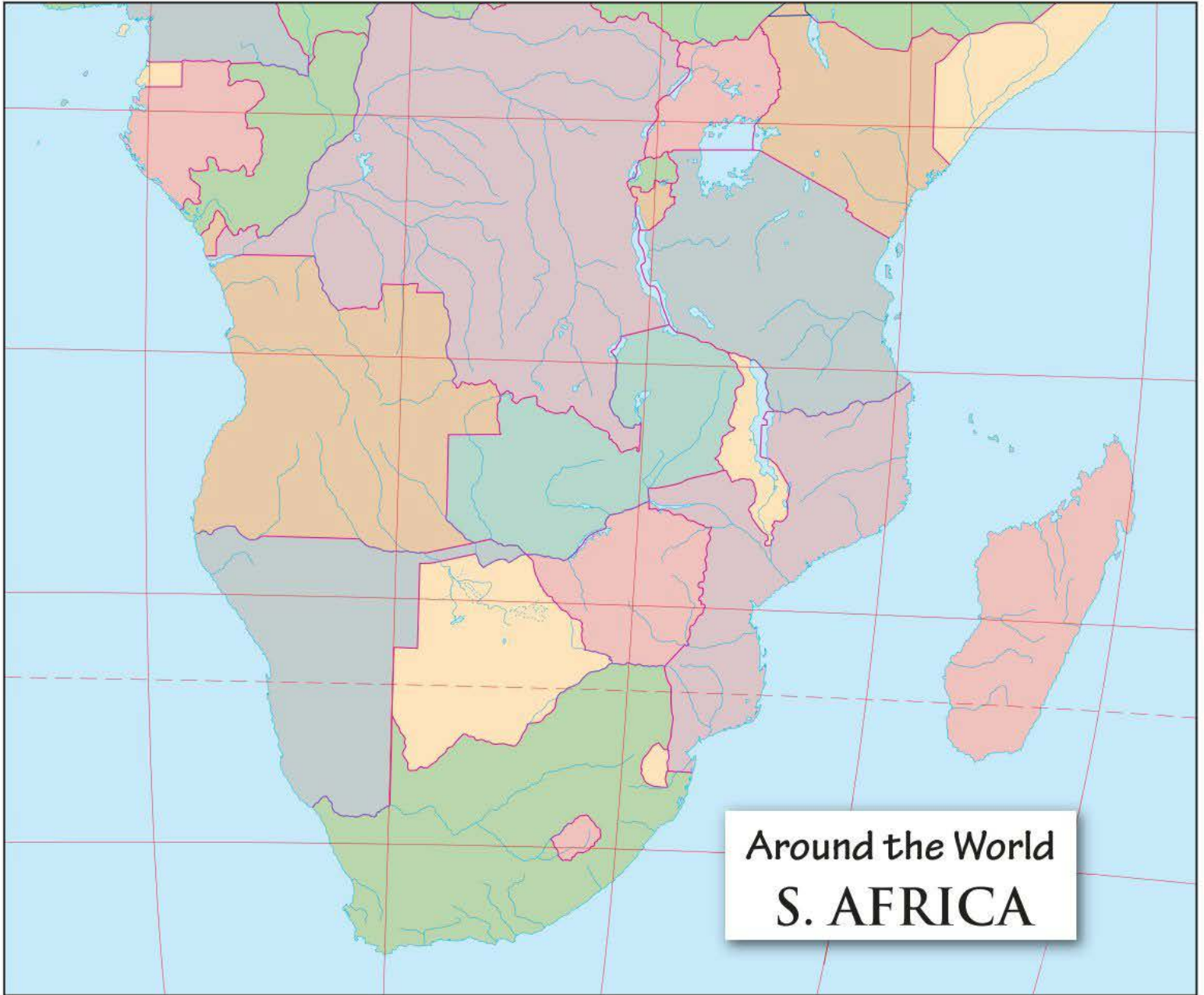


Or you keep it simple by simply printing out some great photos from the internet (Google search “animals and plants of South Africa”) and then pasting them into a file folder that can be decorated with some great patterns and bright colors on the front.

And remember to have fun!







Welcome to Brazil

Living and learning in a land of Contrasts

As we continue our travels around the world, we make our next stop in Brazil, located centrally on the South American continent. Brazil is a diverse land consisting of wild, untamed tropical jungle on one extreme to large,



modern, metropolitan centers on the other. Its borders reach from the glimmering beaches and sparkling Atlantic waters on the east to the cool, dry mountainous regions of the Brazilian Highlands toward the west. This fascinating country is the fifth-largest nation in the world geographically and the fifth-most populated country as well.

The Location

Brazil is home to the Amazon River, the largest river on Earth (not to be confused with the Nile River in Egypt, which is the longest in the world). The Amazon River alone carries 20 percent of the river water that pours into the world's oceans. The first European explorer to find this mighty river did so because he noticed fresh water while he was still 200 miles out at sea. He turned toward its source and found the great and powerful Amazon waterway.

The Amazon rainforest that grows up and tangles around this impressive river system is the home to more than three hundred mammals, including fierce jaguars and leisurely sloths; thousands of species of fish and birds, among them



the flesh-eating piranha and the beautiful toucan; tens of thousands of trees; and hundreds of thousands of other types of plants. The number of insects that live in this environment, probably somewhere in the millions, is beyond the knowledge of scientists who do not think they will ever

discover and count them all. Reptiles and amphibians are in abundance as well, and the Amazon rainforest is the only place on Earth that you will find the great horned frog or the massive anaconda. (To see a short [and incredible!] video of an anaconda stalking its prey, attacking it, and then swallowing it—whole—visit this website: http://video.nationalgeographic.com/video/player/animals/mammals-animals/rodents-and-rabbits/anaconda_stalkscapybara.html. **Warning:** It's pretty shocking to see how the snake swallows its prey. I recommend that you view it first and then show it to your students, if you approve of it.

Brazil's climate and weather patterns fluctuate very little from season to season since 90 percent of the country is located within the tropical zone between the equator and the Tropic of Capricorn, whose latitude is 23.5 degrees south of the equator. These imaginary lines (along with the Tropic of Cancer to the north) define the region of the Earth that receives the most direct sunlight during the course of the entire year. Temperatures along the equator are high all year round, ranging from 77–104 degrees Fahrenheit. Southern Brazil experiences cooler temperatures with occasional frost in the wintertime (June–August; remember that Brazil is in the Southern Hemisphere).

The native language of Brazilians is Portuguese, not Spanish. In 1500, explorers from Portugal arrived and began to set up trading posts for the collection of the desirable brazilwood, which was used to make a beautiful red dye. Eventually, more settlements were founded along the coast, including Rio de Janeiro and the city of Salvador (Brazil's capital until 1763), as the Portuguese

learned that sugar grew well in this part of the world. This sugar crop became by far the most important Brazilian colonial product until the early eighteenth century, when gold and diamond deposits were discovered in the state of Minas Gerais in southern Brazil. With these discoveries came the burden of excess taxes from the Portuguese Crown, which led to growing unrest and a movement among the people toward independence, which did finally occur in 1822.

African slave power fueled the production of sugar and coffee, which became exceedingly profitable. The colonial years in Brazilian history were extremely turbulent and marked by numerous revolts, including the Male Revolt, which was the largest urban slave rebellion in the Americas and took place in 1835 in Bahia (now known as Salvador). Slavery was finally abolished in Brazil in the year 1888 and thus Brazil became the last country in the Americas to ban slavery.



Today Brazil still exports coffee but uses a paid labor force to do so. Other major exports from Brazil are soybeans, orange juice, textiles, footwear, iron ore, steel, automobiles, aircraft, and ethanol. In fact, Brazil is leading the way as the world's largest ethanol producer (an alternative fuel made from sugar cane), which is widely used in automobiles within the country of Brazil and around the world.

Despite its modern advances, Brazil still struggles with various social and economic issues, such as poverty, urban violence, growing social security debts, and low minimum wage. These issues are mainly found within the large cities, where *favelas*, similar to slums, are

rampant and many people suffer from below-par living conditions. However, in the rural areas, primarily in the northern part of the country, there are still people groups who are hunter-gatherers and lead semi-nomadic lives. Many of these tribal groups who live in isolated regions of the Amazon jungle have only recently been discovered.

Homeschooling

With such a variety of living conditions and people groups, education in Brazil has become a heated topic during the last thirty to forty years. Among a large portion of the population, education has not been a priority. In fact, children from the age of ten (and sometimes even younger) have been needed to work on the family farms and to help provide for the family's financial needs. For this reason, there is a high rate of illiteracy among Brazilian adults today.

To combat this high rate of illiteracy, in 1988 the government of Brazil declared compulsory attendance laws for children between the ages of seven and fourteen. The Council of Education has banned homeschooling in their country for fear that children will not receive the education that they are now guaranteed by the Brazilian Constitution. Attendance rates in public and private schools have skyrocketed to 97 percent as of the year 2000, up from 40 percent in the 1960s. The Council states that it does not want their country to slide backward into illiteracy once again.

Although these fears are understood and recognized, there are approximately one hundred families in Brazil who are fighting for the right to



homeschool their children. They argue that they are responsible, loving families who will not drop the ball when it comes to their children's education. In a recent case put forth by the Carlos Vilhena family, who has been successfully homeschooling for more than ten years, homeschooling was declared an inappropriate method of education within the country of Brazil.

The Brazilian Embassy declared that "although homeschooling may be a very effective system of education in the United States, current Brazilian law does not authorize it and the highest educational priority of the Brazilian government is to ensure that all children receive at least the formal education provided free of charge by the public schools. . . . An educational policy that has been effective in one country [the U.S.] may not necessarily be implemented in other countries with the same results." Read the full letter here -

<http://www.hslda.org/hs/international/Brazil/20011121.asp>.

Chris Klicka of the Home School Legal Defense Association responded, "More and more families in Brazil are considering or actually beginning to homeschool their children. Although Brazilian children are receiving a good education at home by their parents, this method of instruction has still not received official recognition by the government. In fact, the Council of Education has recently condemned home schooling in the Vilhena case. This is a travesty for a free nation like Brazil to deny parents the fundamental human right to direct the education and upbringing of their children." Read Klicka's entire response to the Brazilian Embassy here -

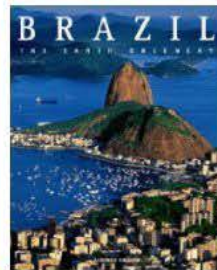
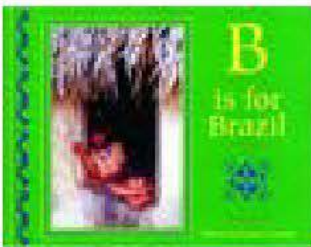
<http://www.hslda.org/hs/international/Brazil/20011120.asp>.

Klicka believes that it is the parents' job to direct the education of their children, not the state's job, regardless of which country you live in. It is hard to say if and when Brazilian parents will receive the right to school their children at home, but many families in Brazil are praying for it urgently because they believe it is the best choice of education for their children. If you will, please take a moment to breathe a prayer on their behalf.

Unit Study

Now that you have read the chapter, it's time to dive in for some hands-on learning to cement your student's growing knowledge of this South American country.

- 1. READING SELECTIONS** - Let's start with some extra reading. Listed below are some great books about Brazil, or set in the South American country of Brazil, that will provide many hours of enjoyable reading. The links below will take you to Amazon.com for more information, but you may be able to find these at your local library. Read for pleasure alone, or have your kids write a book report on one of these selections.



- [B is for Brazil](#) by Maria de Fatima Campos
- [Count Your Way through Brazil](#) by James Haskins and Kathleen Benson
- [Brazil](#) by Alberto Taliani
- [Brazil in Pictures](#) by Thomas Streissguth

The first book listed above - **B is for Brazil** - is for younger readers. *"From the wilds of the Amazon rain forest to the busy streets of São Paulo; from C is for Carnival to J is for Jangada; from football to Zebu cattle; B Is for Brazil shows this lively South American country in all its colorful diversity."* The next book - **Count Your Way Through Brazil** - teaches your children (ideal for ages 9-12) how to count in Portuguese (official language of Brazil) while learning about a faraway country in the process. In Brazil, Haskins and Benson present an engaging look at this vast country through snippets of information about its people, products, and way of life.

The final two books listed above are great all-around books depicting life in Brazil. These are also geared toward 9-12 year olds. If you would like one more book for the younger kids, check out **Dancing Turtle: A Folktale from Brazil** by Pleasant DeSpain.

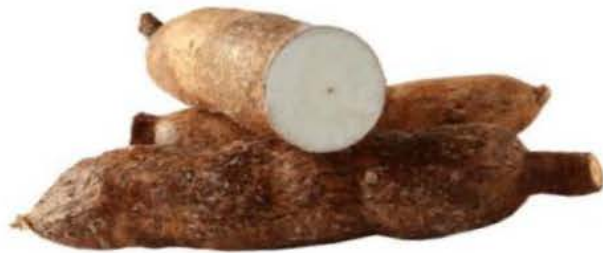
- 2. HISTORY & TIMELINES** - Learn more about Brazil by compiling historical facts and events from its turbulent history and adding them to your timeline. If you do not have a timeline that you are currently working on, you can construct one by following these directions - [How to Make a Timeline Easily](#). Here is a link to a wonderful resource for timeline entries about Brazil - <http://news.bbc.co.uk/2/hi/americas/1231075.stm>. Here is another one, a little bit more simplified for kids - <http://www.hartford-hwp.com/archives/42/083.html>.
- 3. MAPWORK** - A unit study would not be complete without taking a good look at the lay of the land. Pages 80 and 81 contain both a labeled and unlabeled map of Brazil. Have your students mark some of the major cities, the neighboring countries, and the ocean to the east, at the least. For older students, have them use your teacher's map and fill in the rest!
- 4. RECIPES** - This is my favorite part - the food from the land! I'm not very familiar with Brazilian cuisine, or any South American cuisine for that matter. But these recipes sound delicious!

Here are a few favorite dishes for the locals. Enjoy!
For an appetizer, you might want to try...

Mandioca Frita (Deep-Fried Manioc)

2 manioc (also known as "cassava" or "yuca")
water
salt
oil for deep-frying

1. Peel and wash the manioc
2. Cut the manioc into strips
3. Boil the manioc in water with salt
4. Drain and allow to cool
5. Heat the oil in a frying or sauce pan
6. Add the manioc and fry until golden brown
7. Drain on paper towel and sprinkle with salt
8. Serve immediately



Salada de Batata Com Atum (Potato Salad with Tuna)

5-6 potatoes
1 can of tuna
1 cup of mayonnaise
1 tablespoon of olive oil (optional)
chopped green onion
lemon juice
salt and pepper

1. Rinse the potatoes and boil them in water with salt
2. Peel the cooked potatoes and cut them into small pieces
3. Place the potatoes in a bowl and add the drained tuna
4. Add mayonnaise, olive oil, lemon juice, green onion, salt and pepper to taste.
5. Mix well, cover and keep in the refrigerator until ready to serve.



Arroz Branco (Brazilian Style Rice)

Most Brazilians eat rice with beans for lunch and dinner every day!

- 1 tablespoon of oil
- 1 small chopped onion
- 1 clove of crushed garlic
- 1 cup of rice
- 1 1/2 cups of boiling water
- 1 teaspoon salt

1. Sauté the onion and garlic in hot oil.
2. Add the rice and stir-fry well
3. Add the water and salt
4. Let the water boil for a few minutes
5. Cover the pan and lower the heat
6. Once rice is cooked, turn off the heat and let it rest for about 10 minutes
7. Place rice in a bowl - it is ready to serve!



Note: Rice with carrot or tomato is also popular in Brazil. Add either of these ingredients during the first step, while you are sautéing the onion and garlic.

Bisteca de Porco Frita (Pan-Fried Pork Chops)

- 4 pork chops
- 1 clove of crushed garlic
- finely chopped parsley
- lemon juice
- salt & pepper to taste
- oil for pan-frying

1. Place the pork chops in a bowl
2. Season with garlic, parsley, lemon, salt and pepper
3. Cover the bowl with saran-wrap and place in fridge for 1 hour or longer
4. Pan-fry the pork chops in hot oil until golden brown
5. They are ready to serve!

Banana Frita (Fried Bananas)

In Brazil, there are many types of bananas to choose from, such as banana-nanica (dwarf banana), banana-maca (apple banana), banana-prata (silver banana) and more.

- 2 ripe bananas
- 2 teaspoons of butter
- cinnamon and sugar to taste

1. Peel the bananas
2. Heat the butter in a non-stick pan
3. Add the bananas and fry until golden brown
4. Place the bananas on a plate
5. Sprinkle with cinnamon and sugar



Notes: You may add honey and raisins to the bananas when frying them. Fried bananas go very well with vanilla ice cream and/or whipping cream. Brazilians also eat fried bananas with their meal, but the bananas would be coated in egg and then breadcrumbs.

5. CRAFTS -

The people of Brazil make some amazing and exquisite craft items that they use and sell to make a living, including weaving, beadwork and jewelry design.

Here are a couple of fun projects that you can do with your children. The first one is a little easier than the second.



Make a Brazilian mask:

http://www.kiwimagonline.com/ecocrafts/ecocrafts_brazilianmask.php

Create an exquisite Brazilian bead bracelet:

http://www.ehow.com/how_13435_make-beaded-bracelet.html



And remember to have fun!

Around the World BRAZIL



Around the World
BRAZIL



Canada: Our Friendly Neighbor

Living and Learning in this Vast Northern Land

For those of us living in the United States, we might regard Canada as our friendly neighbor to the north, much like the neighbor who resides on the far side of our backyard fence. We have what you would call a comfortable relationship, chatting from time to time when



we are both out in the yard and possibly even borrowing a cup of sugar when we find ourselves short. Yes, yes, we have a comfortable neighborly relationship... And yet, how well do we know this neighbor across the fence? Truth be told, we probably do not know much about her at all nor have we spent a great deal of time – if any – in each other’s homes.

So let us acquaint ourselves with our neighbor, Canada. You may be surprised by how little you actually do know her.

The Location

By total area, Canada is the second largest nation in the world, and yet by population density, it is one of the least inhabited regions on the globe with only 3.5 inhabitants per square kilometer. Canada is surrounded by the world’s longest coastline and the longest undefended border in history, which it shares with the United States. Canada can also boast that it is home to the most northern settlement on the planet. At just 450 nautical miles from the North Pole, the Canadian Forces Station is located on the northern tip of Ellesmere Island.

The History

The name *Canada* comes from the Iroquoian word *kanata*, which means “village” or “settlement”. Groups of Inuit and First Peoples have inhabited this land for centuries, even millennia, but the word was apparently used by inhabitants of the present-day Quebec City area in 1535 when directing French explorer Jacques Cartier to one of their villages. The name was subsequently adopted by Europeans as early as 1545 when referring to the entire northeastern region of North America.

Of course, Jacques Cartier was not the first European to explore this great and unknown expanse. More than a millennium ago, the Vikings settled briefly in Newfoundland around 1000AD. Five centuries later in 1497, John Cabot of England explored Canada’s Atlantic coast, and was followed by more explorers, and eventually whalers, from various European countries.

In 1603, French explorer Samuel de Champlain arrived and established the first permanent European settlements at Port Royal and Quebec City, the future capitals of Acadia and New France. The English had established outposts in Newfoundland around 1610 and had begun colonizing the Thirteen Colonies to the south.

Unsurprisingly, a series of inter-colonial wars erupted culminating in the Seven Years War (1763), from which France ceded most of Canada and New France to England.

With Britain at the helm, language and religious rights were restricted for the French Canadians. Just 10 years later, the civil rights

Samuel de Champlain



to communicate in the French language and practice the Catholic faith were restored under the Quebec Act of 1774.

The next hundred years mark a time of great expansion for the British colonies of Canada (officially split into Upper Canada and Lower Canada at this time). After losing some of their territory south of the Great Lakes to the United States after the American Revolution, Canada began to expand westward and northward. The Oregon boundary dispute was settled in 1846 marking the division between the US and Canada at the 49th parallel. This resolution paved the way for British settlements to flourish on Vancouver Island and in British Columbia. Soon after, exploratory expeditions to the north followed in order to claim Rupert's Land and the Arctic region for Canada.

By 1867, Canada had become a Confederation with four provinces: Ontario, Quebec, Nova Scotia and New Brunswick. The Northwest Territories and Manitoba were formed shortly thereafter once Canada assumed control of Rupert's Land to the north. British Columbia and Prince Edward Island joined the



Confederation in 1871 and 1873 respectively. Following the Klondike Gold Rush in 1898, the Canadian government created the Yukon Territory. Around this same time, three transcontinental railways were built in an effort to open up the west and bring settlements to

the prairies. The Mounted Police (or Mounties as they came to be known) were established to control this wild and vast territory and in due time Alberta and Saskatchewan joined as provinces in 1905. Eventually, Newfoundland joined the Confederation in 1949 after World War II. Finally, the newest and largest territory in Canada was established in 1999, when Nunavut was officially separated from

the Northwest Territories to become its own territory. This completes the map of modern day Canada.

Canada is a constitutional monarchy, which means that Elizabeth II, the Queen of England (and also the Queen of Canada) is the head of state. However, the monarch (Queen Elizabeth II) has elected to remain apolitical and mostly ceremonial, deferring all governmental matters to the Cabinet. The Prime Minister, who is usually the leader of the predominate party in the House of Commons, is said to be the most powerful instrument of government, responsible for selecting other leadership heads.

Canada is one of the wealthiest nations in the world and for this reason many people immigrate to Canada every year. Canada closely resembles the United States in its economy, productivity and high standard of



living. Canada is one of the largest agricultural suppliers in the world, growing wheat, canola and other grains throughout the prairies. Canada is a world leader in producing zinc, uranium, gold, nickel, aluminum and lead. It also has the second largest oil reserves behind Saudi Arabia. In fact, timber and oil are Canada's largest and most important industries.

Homeschooling

Education is a top priority for Canadians. The mandatory school age begins between 5 and 7 and concludes around 16 to 18 years of age, contributing to a 99% adult literacy rate. Canadian provinces and territories are responsible for education and although systems may vary from province to province, all Canadian parents have the right to choose which method of education is best for their children. Homeschooling is legal in every province and territory of Canada.

Homeschooling is growing by leaps and bounds in Canada and has caught nearly everyone by surprise. Figures vary depending upon the study, but the number of homeschoolers nationwide may be as high as 60,000 or 1 percent of Canadian school-aged children.

Why are these families choosing to homeschool? Both ideological and pedagogical motivations are fueling the home education



movement in Canada. Ideological reasons would include the belief that the school system no longer upholds their religious and moral convictions. The actual subject matter taught in the classroom clashes with the material that these families are trying to teach their children at home. Pedagogical reasons include dissatisfaction with how the school system operates: the size of the classrooms, the methods of teaching, lessons geared to the average, chaos in the schoolyard, etc. Unlike their US counterparts who usually fall strongly into one camp or the other, Canadian homeschooling families often embrace a mixture of ideological and pedagogical reasons for choosing to educate their children at home.

The increase in homeschooling in Canada has some educators worried. Others believe that it is just a passing fad that will soon fade away. And yet, when you hear the comments of parents and homeschooled students in Canada, we realize that this method of education is here to stay... at least for another generation.

*"I believe that the greatest indicator of our success as a home school family is that all of our grown children want to home school their children when the time comes." Cheryl,
Canadian home educating parent*

*"When I get married and have children of my own, I will definitely home school. As far as I am concerned, that is one of the greatest gifts parents can give their children." Clara,
former Canadian home educated student*

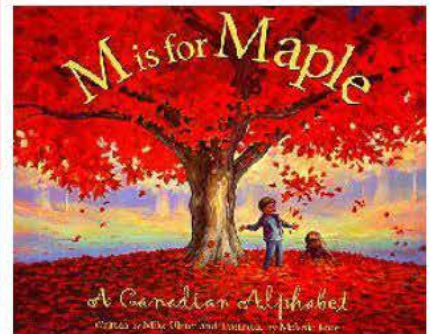
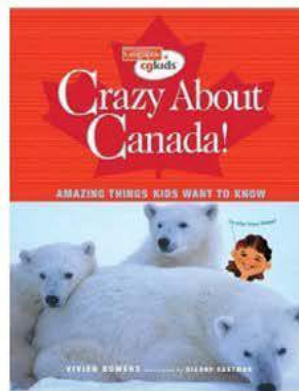
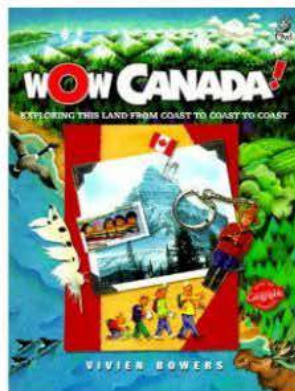
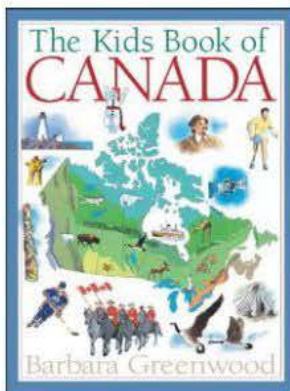
Let us join hands with our Canadian home schooling friends and encourage each other along this road we have chosen. It is by no means the easy or the wide path, eh? It consumes our energy, time and resources, but it is producing fruit: students who are prepared for a life of learning and adventure and willing to pass these skills onto the next generation.

Ann Voskamp, author of *A Child's Geography* (www.achildsgeography.com) writes, *"We find Canada to be a notably homeschool-friendly country, supportive of our parental right to educate our children. Parent-educators experience real freedoms, an atmosphere for which we are grateful and offer our thanks to American homeschooling pioneers from whom, in large measure, we have inherited this environment. The parent-educator community in Canada is thriving and growing, undergirded by a network of dynamic and informed homeschool suppliers. Our children happily speak of and anticipate stoking this vibrant community further when they take the torch and light the next generation of flickering flames."*

Unit Study

Now that you have read the chapter, it's time to dive in for some hands-on learning to cement your student's growing knowledge of this second largest country of the world.

- 1. READING SELECTIONS** - Let's start with some extra reading. Listed below are some great books about Canada, or set in the North American country of Canada, that will provide many hours of enjoyable reading. The links below will take you to Amazon.com for more information, but you may be able to find these at your local library. Read for pleasure alone, or have your kids write a book report on one of these selections.



- [Kids Book of Canada, The](#) by Barbara Greenwood
- [Wow Canada!](#) By Vivien Bowers
- [Crazy About Canada!](#) By Vivien Bowers
- [M Is For Maple](#) by Michael Ulmer

The last book listed above - **M is for Maple** - is for younger readers. There is a companion book to it entitled **Loonies and Toonies - A Canadian Number Book**. The other three books listed above are targeted for kids between 3rd and 6th grade. For some grown-up reading, you might try

Canadian History for Dummies. We Americans really do know very little about the history of our northern neighbor!

2. **HISTORY & TIMELINES** - Learn more about Canada by compiling historical facts and events from its often over-looked history and adding them to your timeline. If you do not have a timeline already in the works, you can construct one by following these directions - [How to Make a Timeline Easily](#). Here is a wonderful resource for timeline entries about Canada - http://news.bbc.co.uk/2/hi/americas/country_profiles/1203358.stm. Here is another one, a little bit more simplified for kids - <http://www.timeforkids.com/TFK/rw.htm>.

3. **MAPWORK** - A unit study would not be complete without taking a good look at the lay of the land. Pages 93 and 94 include both a labeled and unlabeled map of Canada. Have your younger students mark some of the major cities, the neighboring countries, and the surrounding oceans, at the least. For older students, have them use your teacher's map and fill in the rest.

4. **RECIPES** - This is my favorite part - the food from the land! I have always assumed that Canadian cuisine is very similar to American food. However, I came across a website that delves a little bit into the history of Canadian cuisine and how it has developed through the years. You may find this fascinating as well: <http://www.foodreference.com/html/artcanadianfoods.html>
Here's another website that defines some Canadian specialties while giving geographical reference when necessary:
http://www.hillmanwonders.com/cuisines/canadian_cuisine.htm
Now for some recipes. Here are a few favorite dishes. One is a family favorite of ours as well – the Quebec Pork Pie. Enjoy!

Sauteed Fiddleheads

- 1 bunch fiddleheads
- 1 Tablespoon butter
- 1 Tablespoon olive oil



1. Trim the fiddleheads so that the stem end is about 2 inches long. Rub the dry brown flakes off the fiddleheads, and rinse well.
2. Fill a saucepan with cool water and plunge the fiddleheads into the water to rinse off any grit.
3. Remove the fiddleheads from the pan, change the water, and repeat the soaking. Rinse the fiddleheads under running water to remove any remaining grit.
4. Rinse and dry the saucepan. Measure oil and butter into it and heat until the butter is melted.
5. Add the fiddleheads and sauté, stirring with a wooden spoon, for about 5 minutes. Fiddleheads will be bright green and crispy.

Serves 8 to 10.

Sweet Corn Pancakes

6 eggs, separated (Note: to separate eggs, crack the egg and allow just the white to fall into a bowl, holding the yolk in one of the shell halves. Transfer the yolk back and forth between the two shell halves, being careful not to break it, until all the white has dripped into the bowl. Put the yolk into a separate bowl.)

- ¼ cup half-and-half
- 1 Tablespoon sour cream
- 1/3 cup flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- ½ cup corn (may be fresh or frozen corn kernels)
- Vegetable oil to oil the pan

1. Beat the egg whites until they hold soft peaks when the beaters are lifted up.
2. In another bowl, combine the egg yolks, half-and-half, and sour cream.
3. Gradually add the dry ingredients to the egg yolk mixture. Add the beaten egg whites, using a gentle stirring motion to combine them with the yolk mixture.
4. Add the corn, and stir gently. Pour a small amount of oil into a non-stick pan and heat it over medium heat. Drop batter, about 1 Tablespoonsful at a time, into the pan for each pancake and cook until golden brown on each side.



Serves 4 to 6.

Canadian Bacon with Maple Glaze

- ½ cup cider vinegar
- ¾ cups maple syrup
- 1 Tablespoon brown sugar
- 1 pound (approximately) Canadian bacon

1. Preheat oven to 300°F (150°C).
2. Combine vinegar, maple syrup, and brown sugar in a bowl. Set aside.
3. Slice Canadian bacon about ½-inch thick. Arrange the slices in a casserole or baking dish, and spoon the syrup mixture over the slices.
4. Bake for 30 minutes. Serve hot or at room temperature. (To serve as a snack, cut slices into bite-sized pieces and serve with toothpicks.)

Serves 6 for lunch or dinner

Quebec Pork Pie (Tourtiere)

This is a family favorite!!

- Pastry for 2-crust pie
1lb ground pork
1/2lb lean ground beef
3 Tablespoon chopped onion
1/2 teaspoon salt
1/8 teaspoon pepper
1 cup water
1/8 teaspoon cloves
1/4 teaspoon cinnamon
1 1/2 cups mashed potatoes (2 large potatoes)



1. Combine pork, beef, onion, salt, pepper and water.
2. Cook slowly for 45 minutes.
3. Add cloves and cinnamon and cook 15 minutes longer.
4. Add potatoes to meat mixture while still hot. Let cool thoroughly, or about 1 hour, so flavors will blend.
5. Turn mixture into pastry-lined 9" pie pan. Top with crust, cut vents and flute edges.
6. Bake in hot oven (400°F) for 45 minutes.
7. You can freeze this pie before baking, or freeze just the filling to use later.

Serves 6 for lunch or dinner

Nanaimo Bars

Nanaimo Bars have three layers.

Ingredients for bottom layer

- 1/2 cup butter
- 1/4 cup sugar
- 1/3 cup unsweetened cocoa
- 1 egg
- 1 teaspoon vanilla
- 2 cups crushed graham crackers (packaged graham cracker crumbs may be used)
- 1 cup shredded coconut
- 1/2 cup chopped walnuts

Ingredients for middle layer

- 1/4 cup butter
- 2 cups confectioners' sugar
- 2 Tablespoons vanilla custard powder (available in Canada, but not in the United States; instant vanilla pudding powder may be substituted)
- 3 Tablespoons milk

Ingredients for top layer

- 4 ounces semi-sweet chocolate
- 1 Tablespoon butter

1. Make bottom layer: Grease a 9-inch square cake pan.
2. Combine 1/2 cup butter, sugar, cocoa, egg, and vanilla in a heavy sauce pan. Heat over low heat, stirring constantly, until mixture thickens.
3. Add graham crackers crumbs, coconut, and chopped walnuts, stirring to combine. Press the mixture in the greased pan.
4. Make middle layer: Beat together 1/4 cup butter, confectioners' sugar, vanilla custard or pudding powder, and milk, until the mixture is creamy.
5. Spread over graham cracker base in cake pan. Refrigerate bars until firm, at least 1 hour.
6. Make topping: Melt semi-sweet chocolate and 1 Tablespoon butter. Drizzle over chilled bars. Return to refrigerator to chill until firm (at least 1 hour).
7. Cut into squares and serve.

Serves 16.

5. **CRAFTS** - Here is a website with some fun projects that you can do with your children. <http://www.dltk-kids.com/canada/crafts.html>

And remember to have fun!



Around the World CANADA



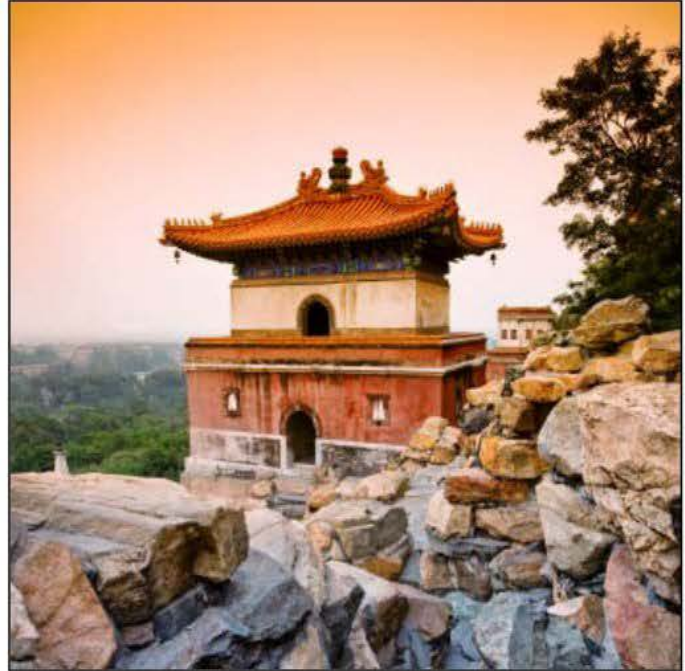
Around the World
CANADA



Nǐ Hǎo from China

Living and Learning in an Ancient Land

Leaving behind the youthful exuberance of Canada, we now spin our globe and alight in the country of China, an ancient land of sagacious wisdom and steadfast tradition. China is an extraordinary nation with some impressive numbers. It is one of the oldest civilizations on earth, with a history dating back more than 6000 years. One of the largest countries in the world, China ranks 3rd in geographical area after Russia and Canada, and 1st in population size. In fact, 1 out of every 5 people living in the world today resides in China – that’s a total of 1.25 billion residents.



On account of its size and central location in Asia, China has had a tremendous sphere of influence on her neighboring countries and on the world at large. Its rich cultural and technological achievements have been very significant in East Asia. To varying degrees, Japan, Korea and Vietnam have adopted China’s customs, religion and writing systems. And no matter where in the world you live, “made in China” is a familiar phrase that most of us see every day imprinted on products that we use in our homes and places of business. China has had a profound effect on our world as we know it today.

The History

The people who live in China do not call their nation by this name that we use. *Zhōngguo* is its proper name in Chinese. The character *zhōng* means

“central” and *guo* means “kingdom” and it is by this name that China has been called since the 6th century BC around the time of the Zhou Dynasty. The people of this time period literally believed that they were the “center of civilization.” The English word “China” is thought to be derived from the name of the Qin Dynasty which ruled during the 2nd century BC, as the pronunciation of “Qin” is similar to the phonetic sound “cheen”.

Ancient China was one of the earliest centers of human society and so it is no wonder that they considered themselves the “center of civilization.” The



Chinese people were among the few to develop a writing system independently of other cultures; the others being the Sumerians, the people of the Indus Valley, the Ancient Egyptians, the Minoans and the Mayans.

Because of the written records that have been preserved, along with artifacts that have been uncovered by archaeologists, we are given a glimpse into ancient Chinese history that began thousands of years before the time of Christ. The history of China has been broken down into *dynasties*, which simply means the kingdom or succession of

rulers from within the same family, of which there were approximately fourteen.

Chinese tradition names the first dynasty Xia, and although there is some archaeological evidence of its existence, it is impossible to verify because of the lack of written records from this early time period. The second dynasty, the Shang, was a feudal lordship that settled along the Huang He (aka Yellow) River in eastern China around 1700 BC. Following the Shang, came the Zhou, Qin, Han

and Xin dynasties which comprised the Ancient and Imperial Kingdoms of China. Then ruled the families of the later Han, the Song, Tang, Yuan, Ming and Qing which brings us up to the year 1912, when the modern Republic of China was born. This republic only lasted four years and then fragmented when regional warlords exerted their control over their respective territories.

Following World War II and the Chinese Civil War of 1947, China emerged as a socialist state headed by a “democratic dictatorship.” The people of mainland China endured a series of socio-economic movements during the 1950’s and 1960’s (namely The Great Leap Forward and the Cultural Revolution) that left

much of its education system and economy in shambles, as well as millions of its citizens dead. With the death of first generation Communist Party leaders, such as Mao Zedong, the People’s Republic of China (PRC)



implemented a new series of reforms that eventually led to its rapid economic development in the final decade of the 20th century.

Although reforms on the mainland have led to some relaxation of control over many areas of society, the government of the PRC still has almost absolute power over politics and continually seeks to eradicate perceived threats to its social, economic and political well-being. Examples include the regulation of religion and the press, random jailing of political opponents and journalists, suppression of protests, etc.

China’s political climate may be stifling, but its cultural heritage is rich and invigorating. The four great inventions of ancient China are paper, the compass,

gunpowder and printing with movable type. Chinese calligraphy, with its use of pictorial characters, is a stunning art form, especially when handwritten by ink brush. The literature, painting and sculpture from China point to a very delicate and sensitive people group, thoughtful in prose, and purposeful in their being. The Chinese people have a deep and strong cultural identity that transcends the many ethnic divisions that exist in China.

The Chinese people place a strong emphasis on sports, although many of their popular sports are less familiar to us, such as dragon boat racing, Mongolian-style wrestling and badminton. Golf and basketball are becoming increasingly popular, as is horse racing. China was thrilled to host the 2008 Summer Olympic Games in Beijing.

Homeschooling

A strong emphasis is also placed on education. With China's one child policy still in place, parents are determined to make the best possible education choice for their only child, often at great sacrifice and expense to the family.

Shortly after the founding of the People's Republic of China in 1949, the Chinese government took on education as a matter of utmost importance. Prior to this date in history, 80% of the Chinese population was illiterate. Today, 99% of Chinese students complete the 9 years of compulsory education.

Homeschooling is not technically illegal in China. However, it is unheard of. The educational system in China is very rigorous and school consumes most of a



child's day, often running into the early evening. And yet, there are parents who feel that the school system in China is not measuring up to their high standards.

One homeschool father says that the teaching methods used in traditional schools are “stultifying” so as to dull the student’s interest in academic pursuits with tedious and unnecessary repetition. He argues that kids do not need 9 to 12 years to learn the material covered in primary and middle school. Half of that time may be sufficient if the children learn quickly and the teaching is competent.



Another Chinese homeschooling father asserts that the educational system is lacking in terms of content. He says that he would rather not waste his money on school tuition and teach his daughter something “useful” instead. One can begin to understand what “useful” means

when you enter this family’s home – the walls are covered with a classical musical score and the ceilings are hand-painted with star charts.

These two families are not alone in their decision to homeschool their children. Although there are no accurate numbers recorded as to the number of homeschooling families that exist in China, the increasing number of cases reported in the media indicates that this educational choice is growing in popularity. (News article about these two families is located here:

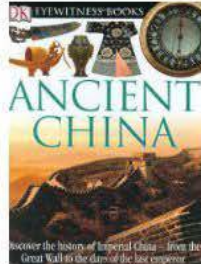
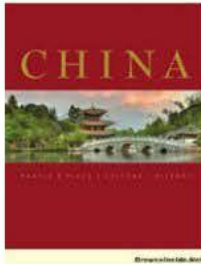
http://news.xinhuanet.com/english/2005-08/11/content_3338049.htm)

Unit Study

Now that you have read the chapter, it's time to dive in for some hands-on learning to cement your student's growing knowledge of this Asian country.

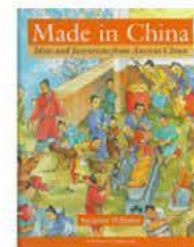
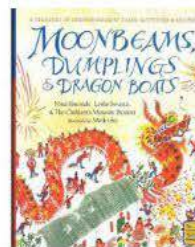
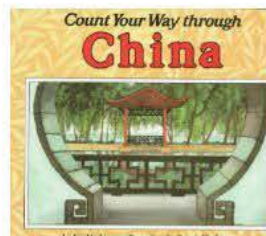
- 1. READING SELECTIONS** - Let's start with some extra reading. Listed below are some great books about China, or set in the Asian country of China, that will

provide many hours of enjoyable reading. The links below will take you to Amazon.com for more information, but you may be able to find these at your local library. Read for pleasure alone, or have your kids write a book report on one of these selections.



- [China](#) by DK Publishing
- [Ancient China](#) by Arthur Cotterell
- [China](#) by Hugh Sebag-Montefi...
- [Look What Came From China!](#) by Miles Harvey

The first three books listed above are all published by DK (Dorling Kindersley) and have magnificent photos. The first book is an adult or teen level book and the next three are for younger children in grades 2-6 or so. If you are looking for some books about China for your very young children, here are some great choices:



- [C is for China](#) by Sungwan So
- [Count Your Way through China](#) by James Haskins
- [Moonbeams, Dumpling and Dragon Boats](#) by Nina Simonds
- [Made in China](#) by Suzanne Williams

Truly, books about China are numerous at Amazon.com or at your local library. You should have no trouble finding a great selection. For historical fiction, you might want to read the legend of **Fa Mulan** by Robert D. San

Souci to younger children (then watch the movie). And for a primary source, you might consider **The Travels of Marco Polo** by Marco Polo (this is definitely for older students, but a fascinating read).

- 2. HISTORY & TIMELINES** - Learn more about China by compiling historical facts and events from its long and eventful history and adding them to your timeline. If you do not have a timeline already started, you can construct one by following these directions - [How to Make a Timeline Easily](#). Here is a link to a wonderful resource for timeline entries about China - <http://www.timelineindex.com/content/select/217/45,153,217>. What is interesting about this timeline is that you can click on the links to your right to bring up more information and links to other sites as well. Here is another one, however it includes some Korean history also - <http://www.scaruffi.com/politics/chinese.html>.
- 3. MAPWORK** - A unit study would not be complete without taking a good look at the lay of the land. Pages 106 and 107 include both a labeled and unlabeled map of China. Have your students mark some of the major cities, the neighboring countries, and the ocean to the east, at the least. For older students, have them use your teacher's map and fill in the rest!
- 4. RECIPES** - This is my favorite part - the food from the land! Chinese food is probably my favorite, although I am sure that my idea of Chinese food may be quite different from those living in China. In fact, we had an exchange student from Chengdu, who questioned what type of food we were eating when we took her out to a local Chinese restaurant. Of course, the owners of the restaurant were from a completely different region of China and the flavors were vastly different from the food she was used to eating at home. Here are a few favorite dishes of mine. Enjoy!

Sesame Chicken

Sesame chicken is a very popular restaurant dish. (Note: You may want to increase the vinegar or lower the amount of sugar. It all depends on how sweet you want the sauce).

This recipe serves 3 - 4 if served with just rice, or 5 - 6 as part of a multi-course meal.

Prep Time: 25 minutes

Cook Time: 20 minutes

Ingredients:

3 whole boneless chicken breasts

Marinade:

- 2 tablespoons light soy sauce
- 1 tablespoon cooking wine or dry sherry
- a few drops of sesame oil
- 2 tablespoons flour
- 2 tablespoons cornstarch
- 2 tablespoons water
- 1/4 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1 teaspoon vegetable oil

Sauce for Sesame Chicken:

- 1/2 cup water
- 1 cup chicken broth
- 1/8 cup vinegar
- 1/4 cup cornstarch
- 1 cup sugar
- 2 TB dark soy sauce
- 2 TB sesame oil
- 1 tsp chili paste, or more if desired
- 1 clove garlic (minced)



Other:

- 2 tablespoons toasted sesame seeds (see recipe directions for link to how to toast)
- 3 1/2 - 4 cups peanut oil for deep-frying

Preparation:

Directions for Sesame Chicken: Toast the sesame seeds and set aside.

Cut the chicken into 1-inch cubes. Mix the marinade ingredients and marinate the chicken for 20 minutes.

To prepare the sauce: mix together all of the sauce ingredients. Pour them into a small pot and bring to a boil, stirring continuously. Turn the heat down to low and keep warm while you are deep-frying the chicken.

To deep-fry the chicken: add the marinated chicken pieces a few at a time, and deep-fry until golden brown. Drain on paper towels. Repeat with the remainder of the chicken.

Just before you are finished deep-frying, bring the sauce back up to a boil. Place the chicken on a large platter and pour the sauce over. Sprinkle with sesame seeds. Serve the Sesame Chicken with rice.

Mongolian Beef (or Chicken)

Ingredients:

Marinade:

- 1 egg
- 1/4 tsp. salt
- 1/4 tsp. black pepper
- 1 tsp. sugar
- 2 Tbsp. cornstarch
- 1 Tbsp. peanut oil
- 1lb flank steak or chicken sliced into 2 inch pieces

Seasonings:

- 1 whole scallion, minced
- 1 tsp. minced fresh ginger
- 1 tsp. minced garlic

Sauce:

- 3 Tbsp. soy sauce
- 3 Tbsp. dry sherry
- 1 Tbsp. hoisin sauce
- 3 Tbsp. water

PLUS 8 whole scallions cut into 2-inch pieces
1 tsp. sesame oil

Preparation:

Mix the ingredients for the marinade in a bowl until smooth. Put in the beef (or chicken) slices and set aside uncovered for at least 20 minutes (can be refrigerated up to 24 hours at this point).

Heat wok over high heat. Add 1/4 cup of peanut oil. When the oil is hot, add the meat and its marinade. Stir-fry about 2 minutes or until the meat loses its pink color.

Remove the meat from the wok and set aside in a bowl uncovered. Add 2 Tbsp of peanut oil to the wok. When the oil is hot, add the minced seasonings. Stir a few times and then add the sauce. Stir and then add the scallion pieces. Stir for about 1/2 minute and then return the beef (or chicken) to the wok. Stir just to heat through. Stir in sesame oil if desired and serve immediately.



Chinese Noodles in Peanut Sauce

Ingredients:

1 lb or 500 grams Hakka (flat) noodles
2 Tbsp. dark sesame oil

Dressing:

6 Tbsp. peanut butter
1/4 cup water
3 Tbsp. light soya sauce
6 Tbsp. dark soy sauce
6 Tbsp. sesame paste (ground sesame seeds)
1/2 cup dark sesame oil
2 Tbsp. sherry or any wine of your choice
4 tsp. white vinegar
1/4 cup honey or sugar syrup
4 medium cloves garlic, chopped fine
2 tsp. finely chopped fresh ginger
1/2 cup hot water

Garnish (all are optional, depending on your taste)
1 carrot, peeled, julienned
1/2 firm medium cucumber, peeled, seeded, and julienned
1/2 cup roasted peanuts, coarsely chopped
2 green onions, thinly sliced

Preparation:

Boil noodles in large pot of unsalted water over medium heat until barely tender and still firm. Drain immediately and rinse with cold water until cold. Drain well and toss noodles with (2 Tbsp) dark sesame oil so they don't stick together. For dressing, combine all ingredients except hot water in a blender or food processor fitted with steel blade and blend until smooth. Thin with hot water to consistency of whipping cream. For garnish, put carrot julienne in ice water for 30 minutes. Just before serving, toss noodles with sauce. Garnish with cucumber, peanuts, green onion, and carrot. Serve at room temperature.



Boiled Dumplings (Jiao Zi)

Ingredients:

4 1/2 cups flour, sifted
10 1/2 oz lean boneless pork or mutton, minced
1 tsp salt, or to taste
6 1/2 tbsp scallions, chopped
2 tsp ginger, chopped
1/8 tsp five-spice powder
1/2 tsp MSG (optional)

Directions:

1. Mix the flour with 3 1/2 oz of water to make a dough. knead until smooth and let stand for 30 minutes.
2. To prepare the filling, mix the pork or mutton with 7 oz (200 ml) of water and the salt. Stir in one direction until it becomes a paste. Add the scallions and blend well. divide filling into 100 portions.
3. Divide the dough into 4 portions and roll into long rolls. Cut each into 25 pieces. Flatten each piece and roll into 2 inches (5 cm) circles. Place 1 portion of filling in the center of each wrapper and fold the dough over it, making a bonnet-shaped pouch. Pinch the edges together to seal the dumpling. Repeat until all the dough and filling are used.
4. Bring 8 cups (2 litres) of water to a boil over high heat, Add half the dumplings. Stir them around gently with a ladel, and let the water return to a boil. Add enough cold water to stop the boiling, then bring back to a boil. When the water boils again, add more cold water and bring to a boil a third time. The dumplings will be done when they float to the surface. Remove, drain well, and serve.

(Or, if you are in a pinch for time, you can buy frozen potstickers at your local grocery store or Costco Warehouse).



Almond Cookies

Ingredients:

2 1/2 cups flour
1 cup sugar
1/2 teaspoon baking soda
1 cup butter
2 eggs, beaten
1/8 teaspoon salt
1 tablespoon almond extract
1/4 pound whole, blanched almonds

Directions:

Preheat oven to 325 degrees Fahrenheit. In a food processor, mix the flour, sugar, butter, salt and baking soda until it forms little balls. Add the eggs and almond extract. Roll out the dough on floured surface. Cut with 2 1/2 inch cookie cutter. Place on greased cookie sheet and place an almond in center of each cookie. Bake for 25 minutes.



5. CRAFTS - The people of China create some amazing and exquisite craft items that they use and sell to make a living. Here are a few fun projects that you can do with your children.

- Make a Chinese Paper Lantern: <http://crafts.kaboose.com/lantern1.html>
- Construct Red Gift Envelopes: <http://crafts.kaboose.com/red-envelopes.html>
- Create some lovely Plum Blossoms that you can use in your table setting: <http://crafts.kaboose.com/plum-blossoms.html>

All of these crafts are appropriate for kids age 7 and up. Here are some ideas for the under 7's: <http://www.shirleys-preschool-activities.com/preschool-lesson-plan-china.html>.

And remember to have fun!



Around the World
CHINA



Welcome to Israel

Living and Learning at the Convergence of 3 Continents

Located at the convergence of three massive continents, the little nation of Israel could be considered the center of the world. Not only does Israel play an integral position in world geography, she has performed a pivotal role in the history of the world and often finds herself at center stage on the evening news.



Israel is also located at the convergence of three of the world's most notable religions – Christianity, Judaism and Islam. Each faith claims this land as their “Holy Land” and has struggled for it throughout the centuries.

What's so special about Israel?

Israel has been referred to as the Promised Land... a land flowing with milk and honey... a country with grapes the size of a man's head... and giants to eat them (Numbers 13)... Israel has been a land of conquest and division... a place of refuge... a country of kings, palaces and one spectacular temple... a land overtaken by pillagers and captors... the birthplace of our Savior... a land of longing... a country to return to... for the remnant... the children of God, His chosen people.

Israel has been in the center of breaking news and international politics since the collapse of Jericho in approximately 1400BC. However, the cities of Jericho and Damascus (located in and near the region of modern day Israel) date back thousands of years before this miraculous event.



In fact, Israel can be considered both a very old country and a very new one. It is so very old because people groups have been living in that region since the year 4000BC and possibly even longer. In the year 2086BC or thereabouts, God called Abraham out of the bustling city of Ur (present day Iraq) to settle in the land of Canaan.

However, we know from history, that the descendants of Abraham, Isaac and Jacob eventually found themselves as slaves in Egypt. After the Exodus and the return of the Israelites, the country and its people experienced some relative peace for a few hundred years.

In 770BC, however, the Assyrians conquered Israel, followed by the Babylonians, Persians, Macedonians, Seleucids and then it eventually fell to the Romans in 61BC. It was at this time that this area became known as Judea and then eventually Palestine. During the 7th century AD – after the time of Christ – this region was conquered by the Islamic Empire and then later fell into the hands of the Seljuk Turks, and then the Fatimid rulers of Egypt, and then... well, the list goes on.

As you can see, this tiny land area has been fought over for centuries. The reason why Israel can also be considered a very new country is because it wasn't until 1948, that the nation of Israel became an independent state recognized by the United Nations.



Ann Voskamp, author of *A Child's Geography: Explore the Holy Land*, writes this...

“For 1800 years, if you put your finger on a map of this part of the world, it would not have read the name Israel, but the name ‘Palestine’. Still, in the hearts of the Jewish people scattered around the world, a flame of hope blazed for a revival of their homeland, Israel. Then, in 1948, God made a way for Jewish people dispersed all over the earth to finally return home to this land flowing with milk and honey. As He always does, God has faithfully fulfilled His promise! Nearly 2,000 years later, God has done precisely what He said He would do in the first book of the Bible: ‘To your descendants I have given this land’ (Genesis 15:8). This is how Israel is a very old country – and a very young country – at the same time!”

The Location

Fascinating, isn't it? The land of Israel is as turbulent as it is beautiful, as complex as it is small. Israel is one of the tiniest countries on the face of the planet, measuring about 2 ½ times the size of the state of Rhode Island and comprising only 1% of the land in the Middle East – approximately 8000 square miles. It is only 260 miles long from its northern tip to its southern tip, a distance you could easily drive in an afternoon. It measures 60 miles at its widest distance across and 3-9 miles across at its narrowest!

The geography of Israel is incredibly varied. From the desert region of the Negev in the south to the snow-capped



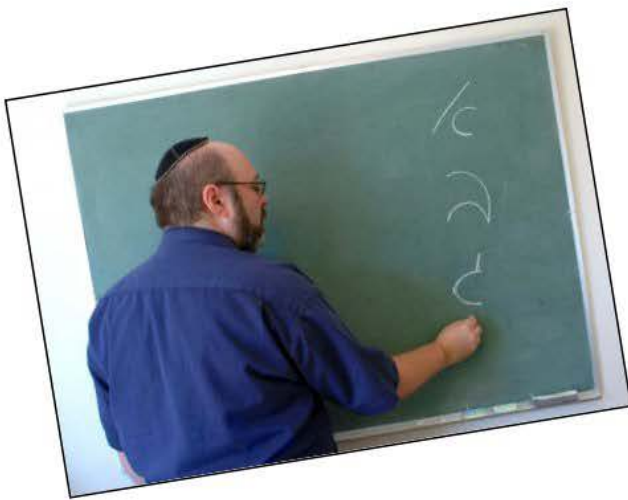
mountains of the north, from the Dead Sea filled with lifeless salty brine on its eastern border to the energizing life-cultivating waters of the Mediterranean on its western shore, Israel is a diverse land.

Did you know that the coral reef off the coast of Israel's southern-most city of Eilat is host to more species of fish than any other waters in the entire world? Likewise, approximately 1 billion birds migrate through Eilat's skies twice yearly, making Israel the site of one of the greatest concentrations of migrating birds on the face of our globe.

Israel has a Mediterranean climate, meaning that it experiences long, hot, rainless summers and short, cool, rainy winters. Climate conditions vary widely due to extremes in altitude within the state and the fact that Israel sits right at the place where the subtropical and Mediterranean temperatures collide. On a single given day, some cities may be swelteringly hot while other locations enjoy a cooling coastal breeze.

Homeschooling

Are you ready to pack up and move to "the most beautiful of all lands" (Ezekiel 20:6). As an American, it would not be considered unusual for you to homeschool your children if you resided there. However, as an Israeli, it is considered quite unusual... almost unheard of.



However, homeschooling is legal in the country of Israel, as long as you receive permission from the Ministry of Education, who has received dozens of requests in recent months. Many families choose to homeschool without this permission because they do not desire to answer to the state for their children's education. Sometimes this

choice results in harassment from the state and the enforced return of the children back into school. On the other hand, many have had no problems or conflicts whatsoever.

No one really knows how many families are choosing to homeschool their children in Israel. The best guess is that it is somewhere in the hundreds, but there is no official count by the government or those who lead support groups.

Until this decade, homeschooling was considered very unusual and was not recognized by the state. Although it was possible for families to receive official permission, the way to do so was not always clear. In Israel, the Compulsory Education Law requires families to send their children to school. However, the Ministry of Education has always had the authority to give exemptions when it is deemed justified.

Homeschooling parents in Israel describe their transition from school to home as a type of “awakening” – a shift in their perception of whose responsibility and right it is to educate their children. This choice to home educate is causing parents to change their lifestyle and make some sacrifices as they determine a new set of priorities for their families.

Not too many books about home education have been written in the Hebrew language as of yet, so many parents just choose the method of education that seems to be the best fit for them. Without having all of the resources that English speakers



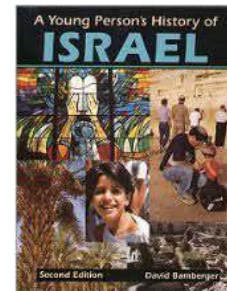
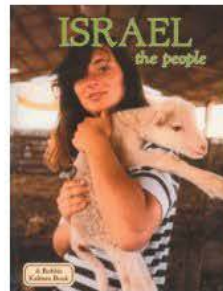
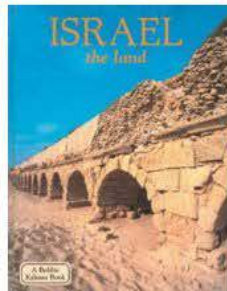
have at their disposal to research the various educational philosophies more in depth, most homeschooling families in Israel choose to un-school their children, as they enjoy this easy-going approach to life and learning at home.

A growing trend in Israel today is the increased involvement of parents in all aspects of their children's education, whether public, private or otherwise. With this in mind, I believe that it is safe to assume that homeschooling will continue to gain momentum in the years to come.

Unit Study:

Now that you have read the chapter, it's time to dive in for some hands-on learning to cement your student's growing knowledge of this pivotal Middle Eastern country.

- 1. READING SELECTIONS** - Let's start with some extra reading. Listed below are some great books about Israel, or set in the Middle Eastern country of Israel, that will provide many hours of enjoyable reading. The links below will take you to Amazon.com for more information, but you may be able to find these at your local library. Read for pleasure alone, or have your kids write a book report on one of these selections.



- [Welcome to Israel!](#) by Lilly Rivlin
- [Israel – The Land](#) by Debbie Smith
- [Israel – The People](#) by Debbie Smith
- [Young Person's History of Israel](#) by David Bamberger

The first book listed here is for younger children, approximately kindergarten through 2nd grade. The next three are for older children, approximately 3rd grade up through 8th.

If you are looking for a couple of books for older students - middle and high school students - you might be interested to take a look at these novels set in Israel during 1967 and then in 1992 for the sequel.



- [One More River](#) by Lynne Reid Banks
- [Broken Bridge](#) by Lynne Reid Banks

Note: I have not read these books, but they have come highly recommended to me. I have read other books by this author - Lynne Reid Banks - and I can attest to her engaging and suspenseful writing style. As with all books, it is always best to preview them before handing them over to your child.

- 2. HISTORY & TIMELINES** - Learn more about Israel by compiling historical facts and events from its long and eventful history and adding them to your timeline. If you do not have a timeline already started, you can construct one by following these directions - [How to Make a Timeline Easily](#). Here is a link to a wonderful resource for timeline entries about Israel - <http://contenderministries.org/middleeast/timeline.php>. Here is another one that you may enjoy perusing or using for dates & events - <http://www.mfa.gov.il/MFA/Facts+About+Israel/History/Facts+about+Israel-+History.htm>.

PLEASE NOTE - We do not endorse these sites nor have we critically scrutinized each date that is included on these timelines. Biblical dates (any

date preceding 1200BC for that matter) are often under vigorous debate. If you disagree about a date because of a resource that you rely heavily upon or because of your own personal research, that is fine. Just mark in the date that you are most comfortable with.

3. **MAPWORK** - A unit study would not be complete without taking a good look at the lay of the land. Pages 119 and 120 include both a labeled and unlabeled map of Israel. Have your students mark some of the major cities, the neighboring countries, and the sea to the west, at the least. For older students, have them use your teacher's map and fill in the rest.
4. **RECIPES** - This is my favorite part - the food from the land! Typical foods of the Middle East include flat bread, lentils, fresh fruit and nuts, raw vegetables, lamb, beef, and dairy products, including goat cheese and many types of yogurt. Some dishes feature grilled meats and fish, stuffed vegetables, and traditional spicy Mediterranean salads and spreads, such as fava bean spread. Typical dishes are stews, schnitzel (veal, chicken, or turkey cutlets), cheese-filled crepes (blintzes), matzo balls (dumplings eaten with chicken soup), and latkes (potato pancakes). Israel was called the "land of milk and honey" in the Bible. Sweets, such as candy made from honey and sesame seeds, are favorites among school children.

Fava Bean Spread

Ingredients

One can of fava beans, drained
1 Tablespoon olive oil
1 Tablespoon lemon juice
½ teaspoon salt
½ teaspoon pepper (more if you like pepper)
Pita bread, torn or cut into triangles

Procedure

1. Drain the can of beans, and empty the beans into a saucepan.
2. Heat over low heat, mashing the beans against the side of the saucepan with a wooden spoon as they heat.
3. Continue mashing until the beans have become thick, pasty, and warm.
4. Add lemon juice, olive oil, and salt and pepper to taste.
5. Serve warm or at room temperature with triangles of pita bread.

Felafel

Note: This recipe involves hot oil. Adult supervision is required. Many grocery stores now sell prepared felafel in the deli section.

Ingredients

- 1 cup canned chickpeas, well-drained
- 1 clove garlic
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¾ cup fine breadcrumbs
- 2 eggs
- 2 Tablespoons oil
- Oil for deep frying, enough to fill the pot about 3 inches
- Pita bread



Procedure

1. Mash the chickpeas in a large bowl.
2. Cut the garlic into tiny pieces. Add the garlic, salt, pepper, and bread crumbs to the chickpeas. Mix the ingredients together.
3. Add the eggs and oil to the mixture and mix thoroughly.
4. Heat oil in the pot until little bubbles rise to the surface.
5. Shape the mixture into 16 balls, each about 1-inch across.
6. With the mixing spoon, gently place a few of the balls in the oil—do not drop them in because the hot oil may splash.
7. Fry a few at a time until they are golden brown—about 5 minutes.
8. Remove the felafel with the slotted spoon. Drain them on a plate covered with paper towels.
9. To serve, cut pita bread in half to make pockets.
10. Put two or three felafel balls into each pocket and drizzle with tahini sauce (see recipe).

Serves 6 to 8.

Tahini Sauce

Some grocery stores stock tahini sauce, already prepared, or packaged tahini mix.

Ingredients

- ¾ cup tahini (sesame seed paste; can be purchased in stores that sell Middle Eastern foods)
- 1/3 cup lemon juice
- ¼ teaspoon garlic powder
- 1/3 cup water

Procedure

1. Mix tahini, lemon juice, and garlic powder in bowl until you have a smooth sauce.
2. Add the water, 1 teaspoon at a time, until sauce is thin enough to pour.
3. Pour tahini sauce over pita sandwiches; can also be used as a dip for raw vegetables.

Hamentaschen

2/3 cup butter
1/2 cup sugar
1 egg
1/4 cup pulp-free orange juice
1 cup white flour
1 cup wheat flour – no substitutes
2 tsp baking powder
Jam



Beat butter and sugar thoroughly. Add egg and mix until well combined. Add the orange juice and mix again, until well combined. Add flour, 1/2 c at a time, alternating white and wheat, blending thoroughly between each addition. Add baking powder with last addition of flour. Refrigerate until chilled thoroughly – a few hours or overnight.

Roll dough as thin as possible without tearing (you may want to roll it between two sheets of flour-dusted wax paper). Cut out 3-4 in [7.6 – 10 cm] circles. Put a dollop of jam in the middle of each circle and fold up sides to make a triangle, overlapping as much as possible so only a small amount of jam shows in the center. Pinch corners to seal. Bake at 350 F [176 C] for 15 – 20 minutes until golden brown.

Sesame Candy

Ingredients

1 cup sugar
24 ounces honey
24 ounces sesame seeds
Juice squeezed from one orange (or 1/2 cup orange juice)
Grated rind of orange
Peanut oil



Procedure

1. Measure honey and sugar into a saucepan. Heat over medium-low heat until the mixture boils vigorously.
2. Lower the heat just enough to keep the mixture bubbling. Add the sesame seeds, orange juice, and rind.
3. Cook, stirring constantly, for about 10 minutes.
4. Lightly grease a 9 x 13-inch baking sheet with peanut oil.
5. Pour candy mixture onto it and press down on the surface with a wooden spoon to flatten it.
6. Set baking sheet on a cooling rack and allow to cool for about 10 minutes. Cut into rectangles or diamond shapes.

Allow to cool completely. Wrap pieces in wax paper to store.

5. **CRAFTS** - The people of Israel create some amazing and exquisite craft items that they use and sell to make a living. Here are a few fun projects that you can do with your children.

- **Hebrew Calligraphy** - Learn to write like a *Sofer* using these instructions. You can also find some helpful video tutorials on youtube.com.

<http://www.templeсанjose.org/JudaismInfo/writing/Calligraphy.htm>

- **Make your own dreidle** - Chanukah Dreidels (spinning tops) are a tradition going back to the beginning of Judaism. Here's the link - <http://www.chadisrafts.com/fun/claydreidels.html>. Or this one - http://www.ehow.com/how_5671265_make-polymer-clay-dreidel.html.



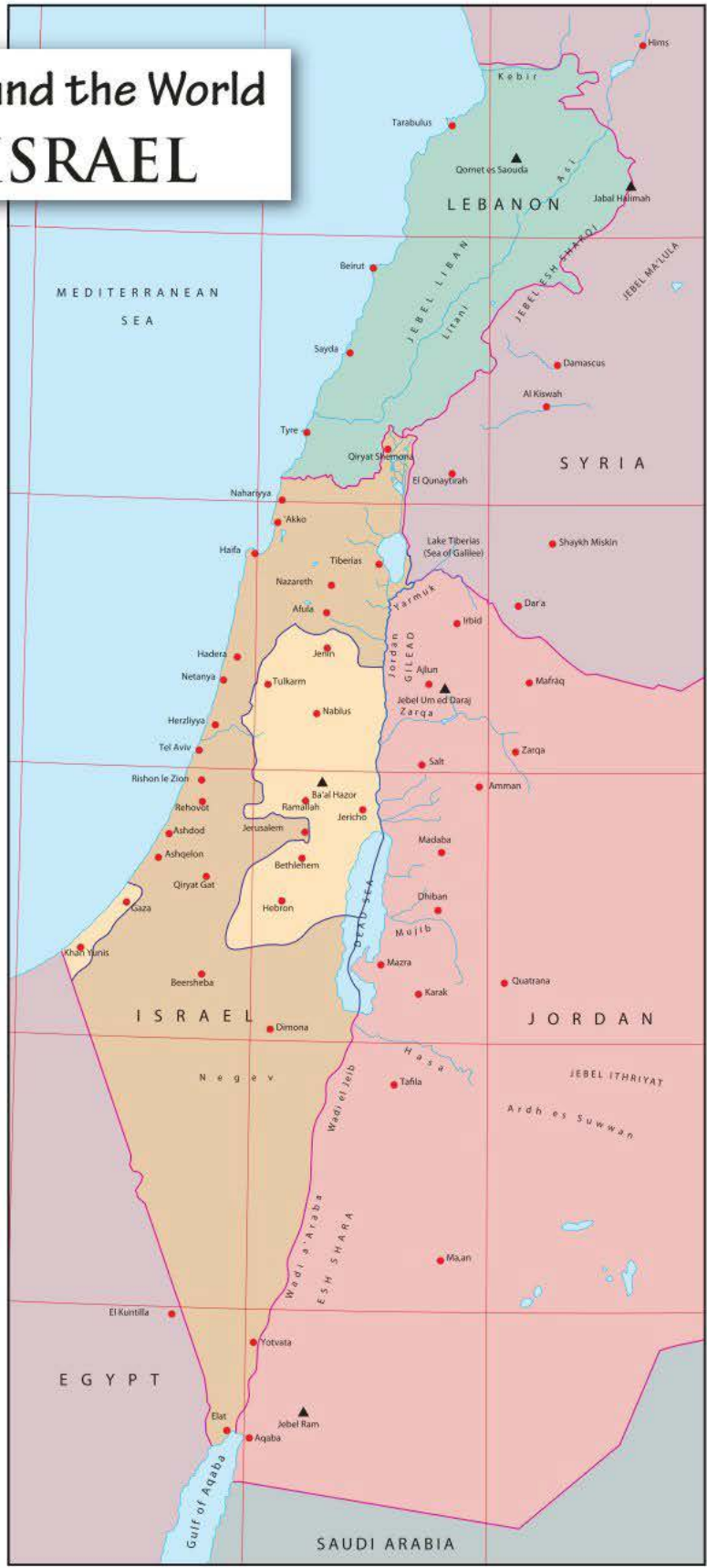
God bless your educational endeavors!

Warmly,

Terri Johnson

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