

Name: _____

Period: _____

Date: _____

Israel Study Sheet

Pages 583-590

1. **What** is the date that Israel was established?

May 14, 1948

2. **Name** and **describe** the **four** climatic regions of Israel.

A. **Mediterranean-** Summers – warm; winters- some rain

B. **Central Highlands-** summers - warm + dry; winters - cold + wet

C. **Negev Desert-** summers - hot + dry; winters – cool + dry

D. **Jordan Valley-** summers- hot + dry; winters- mild
(Almost no rain from May to Oct. = irrigation)

3. **Why** did the Jewish population dwindle?

Some were killed, sold into slavery or fled to the Middle East or other parts of the world.

4. Over 80 percent of Israel's citizens are Jewish.

5. True or **False**: Because of its size and climate, Israel must import almost all of its fruits and vegetables.

6. **What** is a Kibbutzim? **How** is it operated?

Farms operated as a collective community. Members own property collectively and live together in a cluster of dwellings. Receive no wages for their work but all needs are met- food, clothing, medical care, entertainment and education.

7. Jerusalem is called the “**Holy City**” by **Christians, Jews, and Muslims**.

8. **Name** one Jewish Holiday and **describe** how it is celebrated.

Rosh Hashanah- begins Ten days of Repentance (Jewish New Year)- eat sweet foods (slice apples, honey cookies, & sweet potato pudding), They hope by eating these foods that New Year will be sweet and happy.

Yom Kippur- (last day of Ten days of Repentance) - holiest day of the year. Spend the day at the synagogue fasting, praying, and reading.

Chanukah- 8 day festival in December- commemorates the regaining of Jewish control of the temple in Jerusalem. Festival of Lights- they light nine branched candle holder called Menorah- eat latkes (potato pancakes) and donuts

Passover- Pesakh- celebrated 8 days in spring; celebrates Jews freedom from slavery in Egypt. 1st evening is a Seder- meal of specific foods with symbolic meanings; Bitter Herbs- bitterness of slavery, Parsley- coming of spring, Unleavened bread- no time for rising of bread, Egg and Roast Lamb- sacrifices to God, Salt Water- tears of slaves, and Charset- (mixture of nuts, apples and wine)- cement slaves used to build Egyptian cities.

9. People in most Israeli homes and restaurants observe the Jewish *Kashrut* (dietary laws). Their foods prepared according to these laws are considered *kosher*. **Describe** the guidelines for the following types of foods according to the Jewish *kashrut*.

- A. animals – **only ones that have cloven hooves and chew their cud (no pork)**
- B. Seafood – **must have scales and fins (no shellfish)**
- C. Fowl – **domesticated- no wild fowl**
- D. Vegetables and cereals – **must be free of insects**
- E. Eggs – **break into a separate bowl and check for blood spots**

10. **What** is the difference between *milchig* and *fleishig* foods? And **how** does the Jewish cook prepare them?

Milchig- dairy

Fleishig- flesh/ meat

May not be prepared together

2 sets of cooking, serving and eating utensils

Fleishig after milchig- if mouth is cleansed

Milchig after fleishig- must wait 3 hours

11. **What** are *pareve* foods and **list** 6 examples?

Foods that are neither, fleishig or milchig

Eggs, fruit, vegetables, cereals, fish and baked goods

12. Soups are an important part of Jewish cuisine. **List five** types of soup that are popular.

Chicken

Lentil

Borscht

Barley

Bean

13. Soups are often served with *knaidlach* or *mandlen*. **What** are they and **how** are they made?

Knaidlach and mandlen are similar to dumplings.

Made from matzo meat

14. **Describe** how to make *gefilte fish*.

Cooks form a minced fish mixture into a ball and bake or simmer the balls with a few vegetables.

15. **Describe** the following Jewish foods.

A. *kreplach*- squares of noodle dough stuffed with meat, cheese, potato, chicken, or chicken liver

B. *kugel*- resembles pudding- may contain vegetables, fruit, noodles, rice or fish

C. *Tzimmes*- combination of meats, vegetables, and fruits- slow cooked to improve flavor.

D. *blintzes*- thin pancakes filled with cheese or fruit and folded

E. *knishes*- dumplings- filled with potato, cheese, meat or chicken

F. *challah*- braided rich egg bread

16. Many Israeli foods originated in other Middle Eastern countries. **Name** and **describe three**.

Felafel- mixture of ground chickpeas, bulgur, spices formed into balls and deep fried

Coucou- a thick steamed semolina porridge flavored with chicken and spices

Leben- cheese made from sour milk

17. **What** is *Sabra* liqueur and **how** is it used?

Sabra Liqueur- has flavor of the Jaffa orange

Used to make a rich dessert- chocolate cookies dipped in coffee and layered with whipped cream flavored with the liqueur. It is chilled and sliced like a cake.