

Name: _____

Period: _____

Date: _____

Middle East Study Sheet

Pages 574-582

1. **What** countries make up the Middle East?

Iran, Lebanon, Saudi Arabia, Iraq, Jordan, Syria, Egypt, Israel and Turkey

2. **Why** is this area called the “*Cradle of Civilization*”?

Christianity, Judaism and Islam began in this area. Byzantine, Persian, Arab and Ottoman empires flourished here.

3. **Name** the three major rivers of the Middle East.

Nile Tigris Euphrates

4. **Describe** the climate of the Middle East.

Much of the Middle East is hot and dry. Rainfall varies from none for 10-20 years to 20-30 inches per season. When it does rain generally it is heavy and causes flooding.

5. **Name** the four great ancient empires of the Middle East, in order.

Persian
Byzantin
Arab

} Combine to form the Ottoman Empire

6. Although most of the region is arid, **what types** of animals are raised and **what** products do they produce?

Animals

Goats
Sheep
Camels

Products

Meat
Milk- yogurt and cheese
Hides- (camels) - pack animals

7. **Name** 6 major crops of importance to the Middle East.

Sugar beets, rice, wheat, barley, corn, fruits, melons, olives, bananas, figs, and grapes

8. More than 90 % of the people living in the Middle East practice Islam, based on the teachings of Muhammad.

9. **What** is the Koran?

A book of sacred writing in the Islamic religion

10. **What** foods does it forbid?

It is forbidden to eat any animal that died from disease, strangulation, or beating. No pork, wine of any other alcohol, and only properly slaughtered animals

11. **What** is the difference between Halal and Haram?

Halal- foods considered lawful to eat
Haram- foods that are forbidden } According to Islamic Law

12. **Describe** the Fast of Ramadan?

In 9th month of Islamic calendar they fast for an entire month. They abstain from food and drink during the day and at night they break the fast. It ends with the "Id-al-Fir"- a three day celebration to end the fast.

13. **What** 5 ingredients are basic to all Middle Eastern cuisine?

Garlic, lemon, green pepper, eggplant, and tomato

14. **What** ingredient is used instead of butter or lard for cooking?

Olive Oil

15. True or **False**: Common sights in the Middle Eastern history were the spice caravans, so one can expect Middle Eastern foods to be hot and spicy.

16. Lamb is the staple meat. **Name** and **describe** 3 ways it is prepared.

- Roasted whole
- Shish Kebabs- threaded on skewers and grilled
- Dolmas- mix of ground meat and seasonings wrapped in grapes leaves or stuffed into vegetables
- Added to hearty stews

17. **Describe** yogurt in the Middle East.

Curdled milk with a tangy taste

18. **What** is *bulgur* and how is it used?

Is a grain product made from whole wheat that is cooked, dried and partly de-branned and cracked.

It is added to soups, stews, stuffing and salads.

19. **Describe** *Pilav*.

It is cooked rice with tomato sauce or saffron and made into a seasoned rice dish.

20. Fruits are eaten at the end of most meals. **What** fruits are particularly popular?

Quince, pomegranates, melons, and figs

21. **What** is a *döner kebab*?

It is a large cone of thin pieces of lamb- rotated over a bed of hot charcoal. As the meat becomes crisp and flavorful it is sliced off.

22. Describe Cacik –

It is slices of cucumber in a yogurt sauce flavored with mint.

23. Describe the following sweets from Turkey.

A. *Halva* – candy like sweet made from farina semolina and sugar

B. *Baklava* – sweet pastry made with phyllo dough, nuts and honey

C. *Kurabiye* – rich butter cookie

D. *Rahat lokum* – (Turkish Delight) - candy like sweet made from grape jelly and
and coated with powdered sugar

E. “*Vizier’s finger*” – sweet roll fried in olive oil until crisp

F. *Lady’s navel* – deep fried fritter with a depression in the center

G. *Sweetheart’s lips* – rounds of dough filled with nuts and folded to resemble lips

24. **What** are the countries of the Arab States and **why** was it once called the “*Fertile Crescent*”?

Lebanon, Iraq, Jordan, Syria, Saudi Arabia, and Egypt

This is where the people first learned to grow crops.

25. *Mazza* is the word for appetizer in the Arab states. One *mazza* is *tabbouleh*. **Describe** *tabbouleh* and **how** it is eaten.

A salad with chopped tomatoes, radishes, green and white onions, parsley, mint and bulgar.

It is eaten by breaking off a piece of flat bread(*shrak*) and use it to scoop up the *tabbouleh*.

26. **How** is camel prepared by the nomadic *Bedouin* people?

Boiled in sour milk until tender.

27. **Describe** Kibbi (Syria), Kobba (Jordan) or Kubba (Iraq).
Pound raw lamb and bulgar into a paste and is then shape it into a patty and fried.
28. **What** is *Hummus*?
A mixture of chick peas and sesames paste

and *Torshi*?
A mixture of pickled turnips, onions, peppers, eggplant, cucumber and occasionally beets
29. **Why** do Arabs use *saffron*?
To give a bright golden color to many dishes
30. According to Arab custom, **how** is food eaten at a meal?
According to the custom, one must eat food with the right hand only.
31. The Persians (predecessors of the Iranians) are believed to have first made Wine,
Cheese, Sherbet and Ice Cream.
32. Rice has long been a staple food in Iran. **Describe** the following way it is prepared in Iran.
A. *Chelo* – plain boiled buttered rice

B. topped with *Koresh*- topping made of varied sauces of vegetables, fruits and meats.
33. Describe two ways Iranians use yogurt.
Contains grated cucumber served with a topping of raisins and mint leaves
Contains a plain or carbonated water and is a refreshing drink
34. Iranians do not eat many sweets. Instead they choose fruit. Name 9 fruits that Iran produces.
- Persian melons
 - Watermelons
 - Peaches
 - Pomegranates
 - Apricots
 - Quinces
 - Dates
 - Pears
 - Grapes