

Foods from Morocco



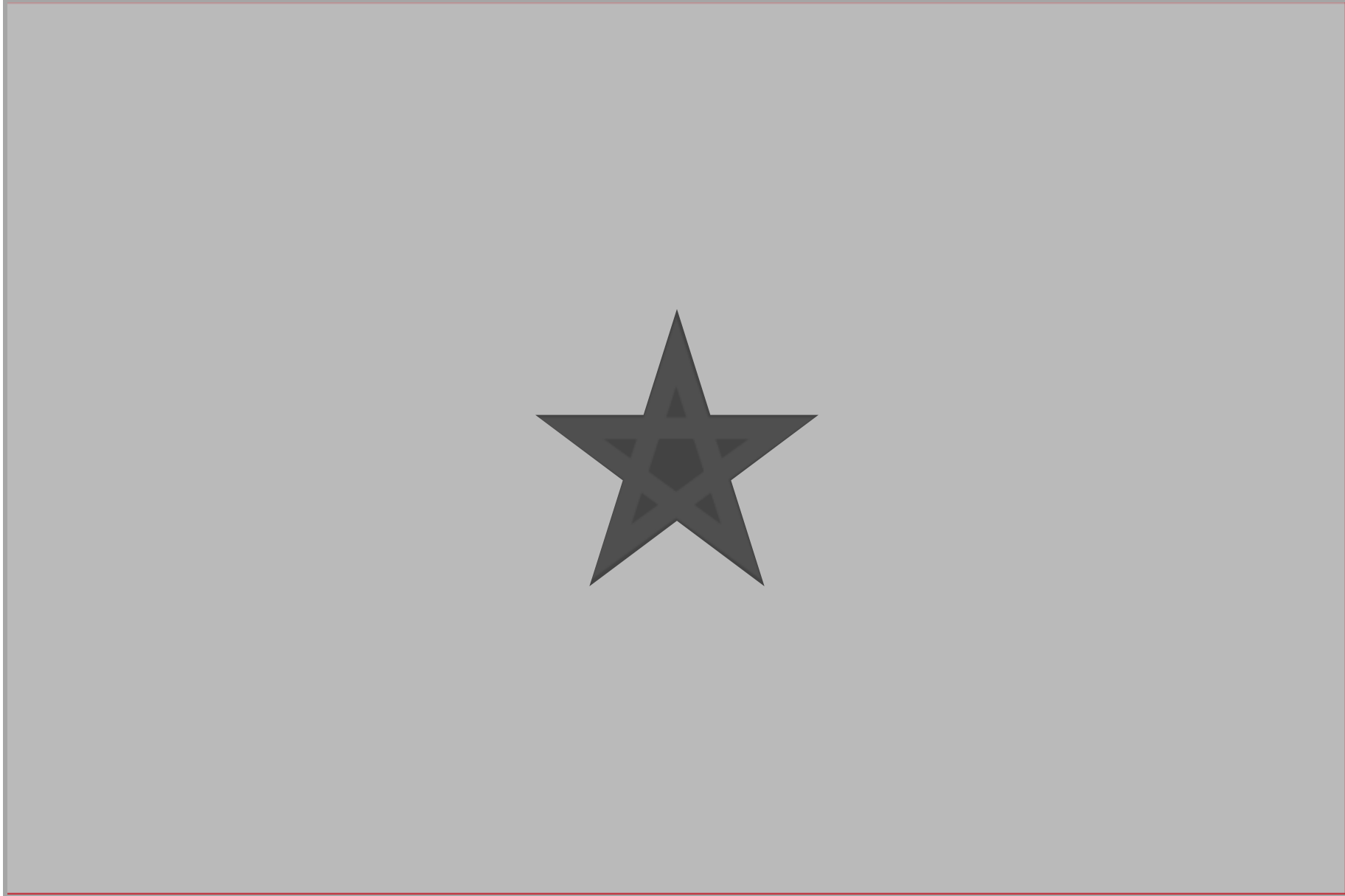
Let's learn about Morocco



Where is Morocco?



Flag of Morocco



Have you tried Moroccan food before?



HARIRA

All harira is served with lemon slices and pita bread.



Lamb	\$14
Beef	\$13
Chicken	\$12
Vegetarian	\$9

COUSCOUS



Lamb	\$13
Beef	\$12
Chicken	\$11
Vegetarian	\$8

FAVORITES

All favorites are served with couscous.



Lamb Meatballs	\$14
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Shakshuka	\$10
<i>Eggs in spicy tomato sauce</i>	

DESSERTS



Chebakia cookies	\$5
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Couscous with honey and raisins	\$5
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DRINKS

Mint tea <i>(served hot)</i>	\$2
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Here are some Moroccan foods:



Harira



Couscous



Mint Tea

All About Morocco

Where is Morocco?



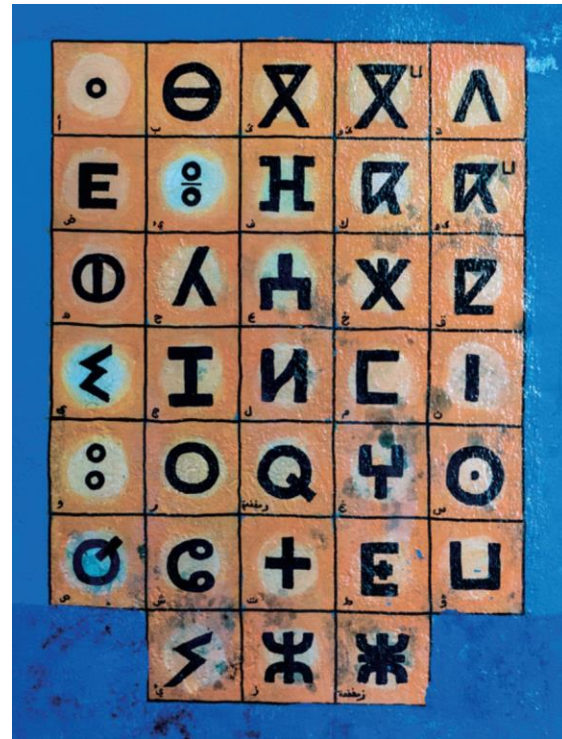
Morocco is a country in North Africa.



What languages do people speak in Morocco?



They speak Arabic and Berber. Many people speak French, too.



Who is Mohammed VI?



He is the king of Morocco. Morocco is one of only 26 kings or queens in the world!



All About Morocco

What does the flag of Morocco look like?

It is red with a green star.



What is a souk?

A souk is a Moroccan market. You can buy anything you need at souks. They are all great places to try traditional Moroccan food.



Where do Moroccan people usually eat?

People usually sit on the floor or at a low table to eat.

Harira

What is harira?

It is a kind of soup.



When do Moroccans eat harira?

It is a common winter food. It is also popular to eat during Ramadan which lasts for 30 days every year.

What is harira made with?

Usually, harira is made with chickpeas, noodles, tomatoes, and lentils. Some people add meat for extra flavor. Of course, it needs spices, too. Every bowl will be just a little different.



Harira

How do you make harira?

You must soak the chickpeas and lentils. You must boil the tomatoes with just the right spices. Then you must boil the soup until it's perfectly thick.



What does the word harira mean?

It comes from an Arabic word meaning "smooth."

How do you eat harira?

Traditionally, you should use a wooden spoon to eat it. Many Moroccans also add a little lemon juice when they eat it.



Couscous

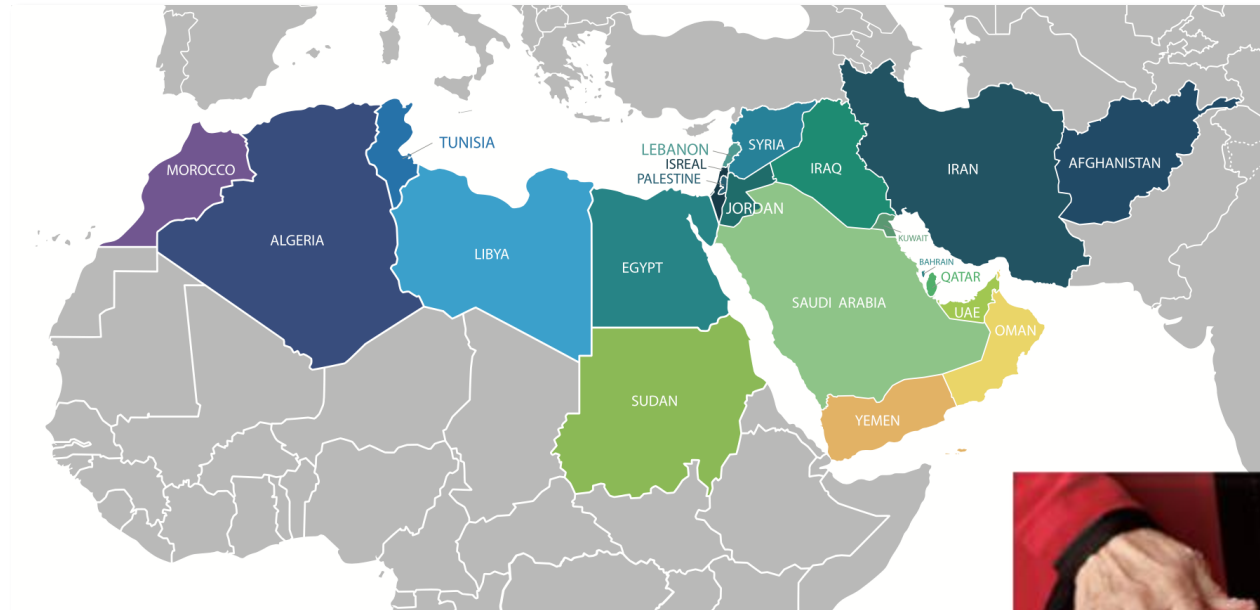
What is couscous?

It is a kind of pasta. Couscous is the national dish of Morocco.



Where did couscous come from?

It comes from Northwest Africa, a region known as Maghreb.



How did couscous get its name?

Its name comes from the Berber word seksu which means “well rolled” or “well formed.”



Couscous

How many kinds of couscous are there?

There are three kinds of couscous:

Lebanese couscous is about the size of a pea.



Israeli couscous is the size of peppercorns.



Moroccan couscous is the smallest.



What is couscous made of?

It is made of durum wheat.



When do Moroccans eat couscous?

You can eat it any day, but many Moroccan Muslims eat couscous on Fridays. Friday is a special day for Muslims.



Mint Tea

When do Moroccans drink mint tea?

They drink it with every meal and during the day.



What do you need to make mint tea?

The drink is made with mint leaves, green tea, hot water, and sugar.



How do you do atai?

It takes about thirty minutes to do atai. Pour the water into a tea glass from high up above the cup. Then pour the tea back into the pot and do it again. And again! This makes bubbles on the tea. Men do atai.



New Words



❖ Berber *n.*

These **Berbers** play traditional Berber folk music.

★ a person whose ancestors lived in North Africa before Arab people came there



❖ bubble *n.*

There are **bubbles** in my soda.

★ a ball of air in a liquid

New Words



❖ chickpea *n.*

I like **chickpeas** in salads.

★ a kind of bean that can be eaten



❖ durum wheat *n.*

You can make flour from **durum wheat**.

★ a type of wheat used to make pasta

New Words



❖ lentil *n.*

There are many different kinds of **lentils**.

★ a kind of flat bean



❖ Muslim *n.*

Many girls who are **Muslim** cover their heads.

★ a follower or believer of Islam

New Words



❖ **national** *adj.*

You can see the **national** flags of many countries outside this building.

★ relating to one particular country



❖ **peppercorn** *n.*

Peppercorns can give your food a spicy flavor.

★ a small, hard, round spice

New Words



❖ raisin *n.*

I love to eat **raisins** in cookies.

★ a dried grape



❖ tradition *n.*

It is a **tradition** for a man and a woman to get rings on their wedding day.

★ a way of thinking or way of acting that is very old

Reading Quiz

1. Morocco is found in ____.



Reading Quiz

2. You will find _____ in harira.

(a) raisins

 (b) chickpeas

(c) bananas

Reading Quiz

3. _____ is a kind of pasta and so is spaghetti.

(a)



(b)



(c)



Reading Quiz

4. People often eat harira with a silver spoon.

True

 False

Reading Quiz

5. Moroccans drink mint tea every day.



True

False

Reading Quiz

6. Couscous is a plant that grows on trees.

True

False