

the ARABIAN

- OASIS
- DESERT
- MOUNTAINS
- COASTAL PLAINS



PENINSULA

How do GEOGRAPHY and CLIMATE influence FOOD and CULTURE?

الجبان

food + farming

architecture

MOUNTAINS

ساحل

transportation

architecture

food

the COASTAL PLAINS

صحراء

food farming

transportation

architecture

DESERT

واحة

food + farming

architecture

the OASIS

the ARABIAN PENINSULA

An Edible Schoolyard Lesson

MIDDLE EASTERN MEZE PLATTER

For the Hummus

2 cups cooked garbanzo beans	2 tablespoons lemon juice
1 clove garlic	2 tablespoons parsley, chopped
2 tablespoons tahini	Salt and pepper

Combine garbanzo beans, garlic, tahini, lemon juice, and parsley and blend until smooth with an immersion blender or food processor. Add salt and pepper to taste and add water to thin, as needed. Serve with pita or fresh vegetables.

For the Pita Bread

1 cup organic whole wheat flour	1 teaspoon salt
1½ cups organic all purpose flour	2 teaspoons olive oil
1 teaspoon yeast (½ package)	1 egg
1 tablespoon sugar	1 cup water

Combine ingredients in a mixing bowl and knead until well mixed. Let stand one hour. Heat oven to 550° or broil. Roll the dough into 1½-inch balls. You will get about 15. Press or roll each ball into a very flat disk. Place on a cookie sheet and bake for 4–5 minutes until lightly toasted.

For the Yogurt Sauce

¾ cup plain yogurt
½ cup radish, carrot, or cucumber, grated
1–2 cloves garlic, pounded to a paste with mortar and pestle
15 mint leaves, chopped
Pinch of salt

Pour yogurt into medium mixing bowl. Mix in grated radish, carrot, or cucumber. Mix in pounded garlic and chopped mint leaves. Salt to taste.

Serves 10 students as a tasting portion

A Middle Eastern meze platter offers a taste of the four climatic regions of the Arabian Peninsula and a chance to learn how geography and agriculture influenced the lives of people from each region.

WHAT ARE STUDENTS LEARNING?

Communication

Students work in small teams to complete a multi-dish meal, while also coordinating timing and dividing responsibility overall.

Sustainability

Students learn how landscapes and weather patterns determine agricultural practices and regional diets. The interdependence of people and nature is exemplified by the climate-dependent crop the date palm, which nomadic people of the Arabian Peninsula used to feed, clothe and shelter themselves.

Cooking Skills

Students learn to safely operate and clean an immersion blender, and how to prepare crudités, a simple snack of raw sliced vegetables.

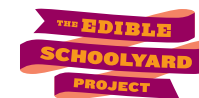
Nourishment

Students delight in making organic hummus—a popular healthy snack that many eat at home but have never made themselves—and baking organic whole wheat pita bread with flour grown and ground by students in Edible Schoolyard garden classes.

Academics

Students discuss the exchanges of plants, animals, technology, culture, and ideas among Europe, Africa, Asia, and the Americas in the fifteenth and sixteenth centuries.

This fulfills: History & Social Science content standards; Common Core State Standards (ELA) for collaborative discussion, integrating information in different formats, speaking and listening; Health & Wellness standards for making healthy food choices, safe food handling, and preparing nutritious foods.



To download printable copies of this placemat and full lesson plan, visit edibleschoolyard.org/mezeplatter