



"Cooking Culturally - Let's Cook for Ramadan" Suggestions for Viewing Episode

What is Heritage Storytime?

Heritage Storytime (HS) is a series of monthly storytime episodes presented virtually for children. Each HS episode will focus on a heritage-related theme and will feature a children's book read-along as well as complementary learning materials and activities. HS nurtures our desire to tell stories about our lives and heritages, past and present, and to learn through these stories. HS is especially important now due to the constraints that COVID-19 has imposed on teachers and families.

Visit LearnPhillyHeritage.org/Stories to learn more, to watch "Episode 1: Oney Judge's Daring Escape from Slavery," "Episode 2: Philly Has a Dream for Martin Luther King, Jr Day," "Episode 3: Color Your City with Caleb and Olivia," and "Episode 4: Let's Play Together! ¡Juguemos Junto!"

Episode Partners:

[Global Philadelphia Association](#)

[Al-Bustan Seeds of Culture](#)

[Middle East Center](#)

[Morning Circle Media](#)

Episode Description:

In this episode, Basma Jaber from [Al-Bustan Seeds of Culture](#) will present [Morning Circle Media's](#) book, *Let's Cook for Ramadan!* in both Arabic and English. She will introduce us to the month of Ramadan and the important role of both fasting and food to Muslims in Philadelphia and beyond. We will follow along as Basma buys fresh vegetables and prepares tabbouleh - her dad's favorite and a beloved food in the Southwest Asian and North African (SWANA) region. Want to make your own tabbouleh at home with a little help from an adult? You can follow along with Basma using [our recipe](#) and even try the book's other delicious recipes! You will also have the chance to start thinking about your own favorite foods and how YOU celebrate special holidays and family traditions. Additional teaching resources and ideas for exploring the episode's themes will be included, too.

Book: [Let's Cook for Ramadan!](#)

When teenagers from Philadelphia's Sudanese and other SWANA communities meet in the kitchen, the Ramadan meal is a mouthwatering sensation! Learn to make baklava, tabbouleh and other traditional Ramadan dishes, as well as a little about Islam and the celebration of this annual holiday. For ages 4 - 10. Text and recipes in Arabic and English. Suad Mansour and Cynthia Kreilick are the authors, and the illustrator is Mohammed Ahmed. Morning Circle Media is the book's local publisher.

Order your copy of *Let's Cook for Ramadan!* on the Morning Circle Media [website](#).

Here are some questions that teachers, students, and families can explore when they view this episode of HS:

1. How does Melissa help you think about heritage?
2. What can we learn from stories about Philadelphia? Philadelphia's different faith traditions?
3. What special foods do you and your families and friends make during your holidays and religious celebrations?
4. Do you and your family celebrate Ramadan? How?
5. Are there grocery stores near where you live that might have some of the ingredients used in making the foods in this book and Basma uses in her recipe for tabbouleh?
6. Have you ever eaten any of the ingredients that Basma used to make her tabbouleh?
7. Does your family have relatives in the Southwest Asian and North African (SWANA) region? Do you know anyone from that region of the world?
8. Do you and your family cook in the kitchen together? What do you like to make?
9. What stories do you have about your favorite things to eat?
10. Can you write these stories down or tell them to someone?
11. Can you draw a picture of your favorite food to eat...*and*, of you making it?!

Here are some vocabulary words and phrases that the audience will hear while watching and listening to this Heritage Storytime episode:

heritage

history

religion, faith tradition

culture

Ramadan

Fasting

Suhur

Iftar

Islam, Muslims

dates

tabbouleh

bulgur wheat

Hibiscus flowers

spices: cardamon, cumin, saffron

fillo dough

baklava

SWANA (Southwest Asia and North Africa)

And, recipes, of course!

Here's a recipe similar to the one that Basma is going to use to make tabbouleh:

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|----------------------|-------------------|
| 3 bunches of parsley | 1/2-1 cucumber |
| 1/3 cup bulgur | 4 green onions |
| 1/4 cup fresh mint | Romaine lettuce |
| 2 large tomatoes | salt, pepper |
| 1/3 cup lemon juice | 1/4 cup olive oil |

Wash parsley and shake out to dry. Soak bulgur in 2 cups of water for 2 minutes. Drain and set aside. Remove parsley stems and finely chop parsley leaves and fresh mint. Chop tomatoes, cucumber, and green onions. Combine chopped parsley, mint, tomatoes, cucumber, and green onions into the bowl of bulgur. Add lemon juice, olive oil, salt and pepper to taste. Toss well and serve immediately with a side of romaine leaves for scooping up the tabbouleh.

Here are a few recipes you might enjoy:

[Hibiscus drink](#)

[Baklava, Quick and Easy Baklava Squares Recipe: How to Make It](#)

[Delicious Ramadan Fun for the Whole Family](#)

[Al-Bustan Fil Bayt: Making Muhammara with MOHANNAD GHAWNMEH](#) (YouTube)

[Al-Bustan Fil Bayt: Making Konafa with HANAN SAYED-WORRELL](#) (YouTube)