

GREECE

For the Busy Moms



Welcome to Greece!

Greece is a country located in Southeastern Europe on the southern tip of the Balkan Peninsula. The country of Greece includes over 6,000 islands. Eighty percent of Greece is mountainous and Mount Olympus is its highest peak. Greece's capital city is Athens and Greece is often considered the cradle of Western civilization. Greece has some of the world's greatest historical sites including 18 UNESCO World Heritage sites. Some notable locations include:

1. Athens—This city has a recorded history of over 3,000 years. Athens is home to the Acropolis—a temple complex consisting of several ancient structures including The Parthenon, a former temple dedicated to the goddess Athena. 2. Olympia—known as the birthplace of the ancient Olympic games. It is located in the Peloponnese region. Here you can find ruins of sporting facilities as well as temples dedicated to the Greek gods Zeus and Hera. 3. The Meteora—meaning “rocks suspended in the air” is an area with amazing rock formations where monasteries were constructed on top of the rocks. 4. Delphi— a site where people of Ancient Greece came to worship Apollo. Delphi was considered to be the center of the world in Ancient Greece.



Olympic Torch

The first ancient Olympic Games were held in Olympia in 776 BC to honor Zeus. For your craft, you will make your own Olympic torch! See page three of this activity packet for directions on making your torch. The modern day summer Olympics scheduled to take place in Japan in 2020 have been rescheduled for the summer of 2021 due to the current worldwide pandemic. Be sure to watch the Olympics next summer!

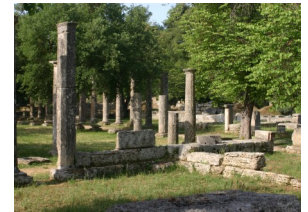


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Family Activities

1. Host your own family Olympics! Set up an obstacle course and time each participant. Before you start the games, use the Olympic torch craft you made to run a few laps around the house or yard and create a torch lighting ceremony.

2. Pick a Greek god—Zeus, Hera, Poseidon, Demeter, Athena, Apollo, Artemis, Ares, Hephaestus, Aphrodite, Hermes... Look up information on that god. Younger kids—dress up as the chosen god and play make believe with your powers. Older kids—pretend you are a news reporter interviewing your chosen god.



3. Read: Tools of the Ancient Greeks by Kris Bordessa. You can look for the book at your library or purchase via an Amazon.com link on Forthebusymoms.com.

4. Check out the links to several virtual reality 3D videos of Greece at Forthebusymoms.com!

Popular Greek Foods

One of the most popular Greek dishes is Moussaka, an oven baked casserole made with eggplant, spiced meat and a bechamel sauce. Pastitsio is a dish made from pasta, meat filling and bechamel sauce as well. Souvlaki—chunks of skewered pork served with tomatoes and onions in a pita bread, is a popular fast food. Tzatziki is a creamy cucumber and garlic yogurt dip and is often paired with souvlaki. Olives and olive oil are used extensively in Greek meal preparation. Tasty sweets are a favorite too! Baklava is made from honey, filo and ground nuts. Galaktoboureko (try saying that fast three times!) is a custard filled pie made with lemon and orange syrup.

We're keeping it simple for the busy Moms as tonight's meal plan includes Lamb Pitas and a Greek Salad!

Lamb Pitas and Greek Salad

This delicious Lamb Pitas with Yogurt Sauce recipe idea is from Taste of Home. For nutrition facts and freezing and re-use options, check out the recipe at www.tasteofhome.com/recipes/lamb-pitas-with-yogurt-sauce



Ingredients (Makes 8 Servings)

Time to cook: 6-8 hours in slow cooker

Lamb Pitas with Yogurt Sauce

2 tablespoons olive oil

2 pounds lamb stew meat (3/4-inch pieces)

1 large onion, chopped

1 garlic clove, minced

1/3 cup tomato paste

1/2 cup dry red wine

1-1/4 teaspoons salt, divided

1 teaspoon dried oregano

1/2 teaspoon dried basil

1 medium cucumber

1 cup plain yogurt

16 pita pocket halves, warmed

4 plum tomatoes, sliced

Greek Salad

2 cups tomatoes—diced

2 cups cucumbers—diced

1 cup cubed Feta cheese

1/2 cup olives—sliced

Instructions

Lamb Pitas

1. In a large skillet, heat oil over medium-high heat; brown lamb in batches. Transfer lamb to a 3- or 4-qt. slow cooker. Leave drippings in the skillet.
2. Saute onion over medium heat in the drippings, until tender, 4-6 minutes. Add garlic and tomato paste; cook and stir 2 minutes. Stir in wine, oregano, 1 teaspoon salt, and basil. Add to lamb. Cook, covered, on low until lamb is tender, 6-8 hours.
3. To serve, dice enough cucumber to measure 1 cup; thinly slice remaining cucumber. Combine diced cucumber with yogurt and remaining salt. Fill pita halves with lamb mixture, tomatoes, sliced cucumbers and yogurt mixture.

Greek Salad

1. Combine all ingredients in a bowl and serve. Add olive oil as dressing if desired.

Busy Mom Tip:

1. Don't be afraid to improvise! The pictures of the meal on this page include sliced steak vs. lamb since I didn't have any lamb and I am reducing my trips to the grocery store based on the current world situation. I also didn't have any pitas so I used tortillas instead!



Build an Olympic Torch

Step 1: Gather Supplies: one paper towel cardboard tube or three toilet paper cardboard tubes, 2 sheets of construction paper or white paper to decorate or color, tape or glue, scissors, markers or crayons, and a ruler.



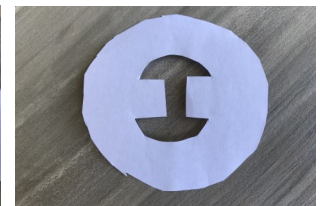
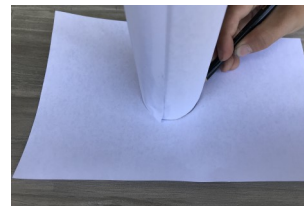
Step 2: If you are using a paper towel tube, you can go to step 3. If you are using the three toilet paper cardboard tubes, fit them inside the end of each tube and glue them together to make one long tube. You may need to cut two small 1/4 inch slits in one end of each tube to be able to slide them into the other tube.



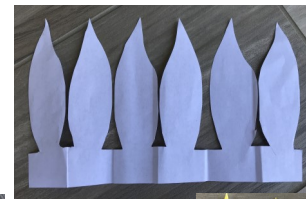
Step 3: Place several lines of glue on the paper and the cardboard tube. Wrap the construction paper around the tube to attach with glue. Let dry for several minutes. Then decorate the tube with markers, crayons, stickers, etc.



Step 4: Cut a piece of paper in half to create two 8 1/2 inch x 5 1/2 inch pieces. Trace a circle around the tube on a piece of paper. Take a cup (a glass works best) and trace a bigger circle around the small circle. You can use a ruler to help you create an outer circle centered on the smaller circle. Cut out the donut shaped piece, leaving two tabs on the inner circle.



Step 5: Fold the second half of the paper like a fan. Draw a flame on the top piece. Cut out the flame shape and unfold the fan. Trim flame shapes as necessary. Color the flames. Add glue to the bottom of the flames and attach to the inside of the cardboard tube.



Trivia

1. When were the first Ancient Olympics held in Greece?
2. Which city was considered to be the center of the world in Ancient Greece?
3. True or False: Olives and olives oil are popular in Greek cooking.
4. What is the name of the former temple dedicated to the goddess Athena?
5. BONUS: Who was the Greek god of music, poetry and the sun?

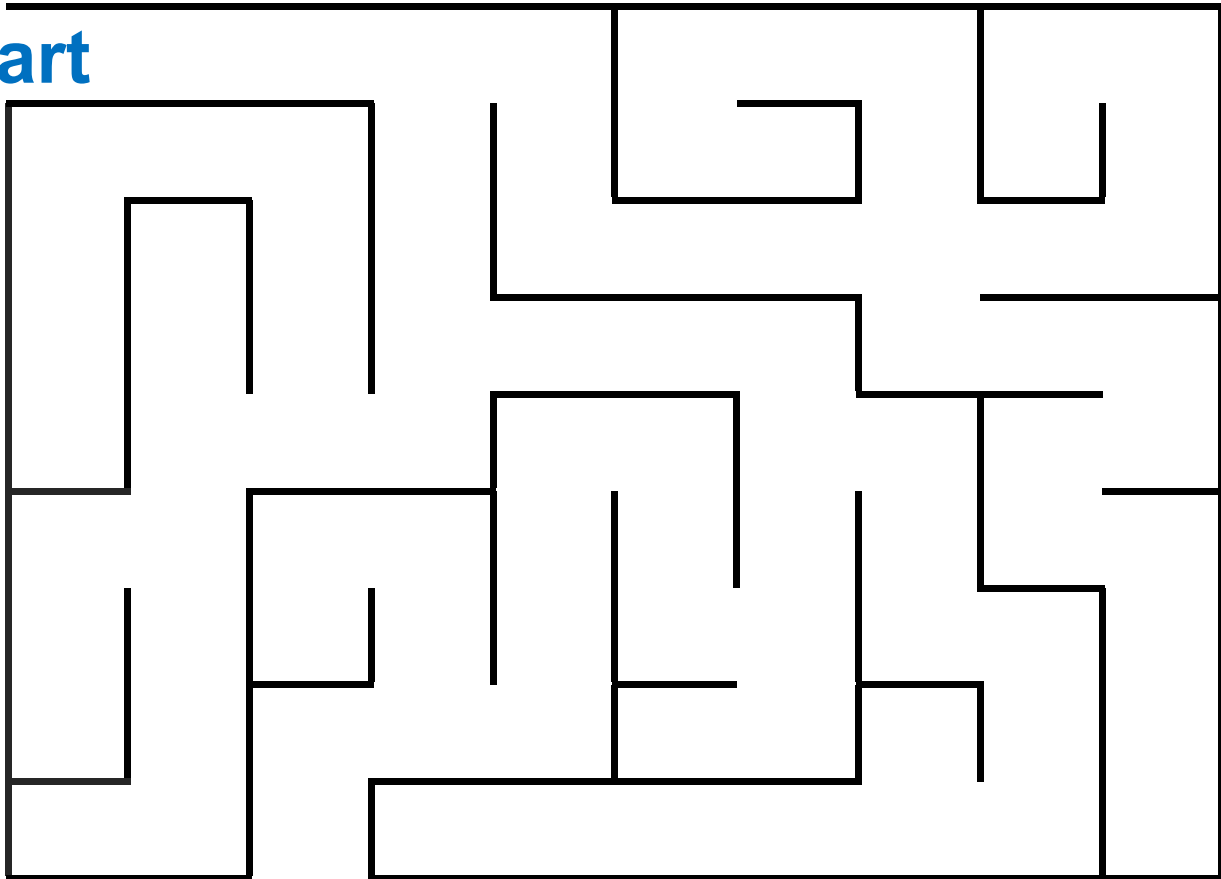




MAZE

Help bring the torch to Ancient Olympia

Start



Finish

Coloring!

Color the Flag of Greece.

B = Blue, W = White

