



Ancient History Cookbook (Time Travel in the Kitchen)

Meredith Curtis

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Learn History the Fun Way—in Your Kitchen! If you want to teach history the fun way, include cooking and baking to explore the time period, geographical area, and people you are studying. In our house, we love to cook and bake to learn history. We time travel right in the kitchen. Here is our Ancient History Cookbook. We used it in our home and in our world history homeschool co-op. Everyone loved it! We would take turns making lunch based on the time period we were studying. From Eve's Apple & Walnut Salad in the Garden of Eden to Ancient Egypt's Leek and Onion Soup, we cooked and baked our way through time. Here are some of the recipes we enjoy. You can make them in your kitchen and travel back in time. There are over 60 recipes in this cookbook! • Ice Age Slushies • Esau's Birthright Lentil Stew • Ruth's Barley Squares • Ezekiel Bread • Pythagoras' Cinnamon Right Triangles • Marathon Honey Puffs • Han Chinese Pepper Steak • Sea of Galilee Tilapia Each section starts out with information on the time period or civilization in that section. Updated recipes, based on older recipes or food enjoyed at the time, follow. The resource section follows the recipes and includes living books, textbook readings, teaching audios, and movies you can watch. Menu suggestions are included too. At the end of the book, you get our world history co-op lesson plans. Here are the sections in this cookbook: • Time Began in a Garden • It Began to Rain • Early Civilizations • Egypt & Israel • Israel, Assyrians, & Babylonians • Ancient China & India • Persians & Medes • Greek City-States • Roman Empire & Israel's Messiah History is a favorite subject at the Curtis house and when we added cooking and baking to learning about "the olden days," It just made everything more fun. When I talked about cutting the historical meals out of co-op one year, my son said, "Mom, you can't do that. The food is my favorite part! Cooking, baking, and EATING are the best part of learning history!"

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