



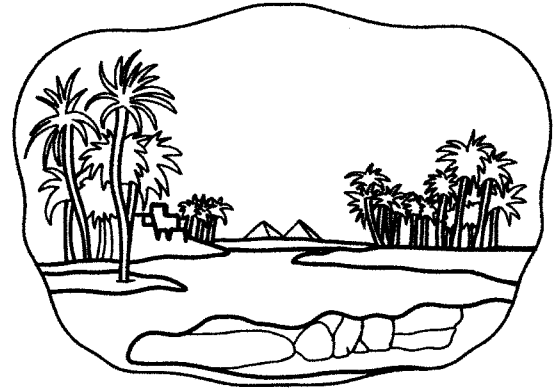
The Nile River



The people of Ancient Egypt needed the Nile River in order to survive. The desert was a difficult place to live and try to grow crops. The Nile River is more than 4,200 miles long and empties into the Mediterranean Sea. In ancient times, the land along the Nile River was divided into two areas called Upper and Lower Egypt.

Think of all the ways we use water everyday. The ancient Egyptians needed water too. They used the Nile River to survive in the hot, dry desert climate. They used water for farming, drinking, bathing, fishing, transportation, and fun activities like swimming too. Over time, they learned how to farm and irrigate their crops using the water from the Nile River.

The ancient Egyptians discovered that they could carry the water from the Nile River to their fields by making ditches to redirect the water. Today, farmers still irrigate their fields using pipes, hoses, and other equipment similar to how these ancient people did so many years ago.



The Egyptians split up the year into three seasons called flood, planting, and harvesting. Every year at the same time, the Nile River would flood and overflow its banks. The floodwater left behind a thick layer of mud, or soil. This "mud" called silt, was full of rich nutrients that was used to fertilize their farm lands.

<p>Egyptians used water for:</p>	<p>We use water for:</p>
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The Nile River united the people. The ancient Egyptians learned how important it was to work together to control the yearly floods so that everyone could have a good harvest.

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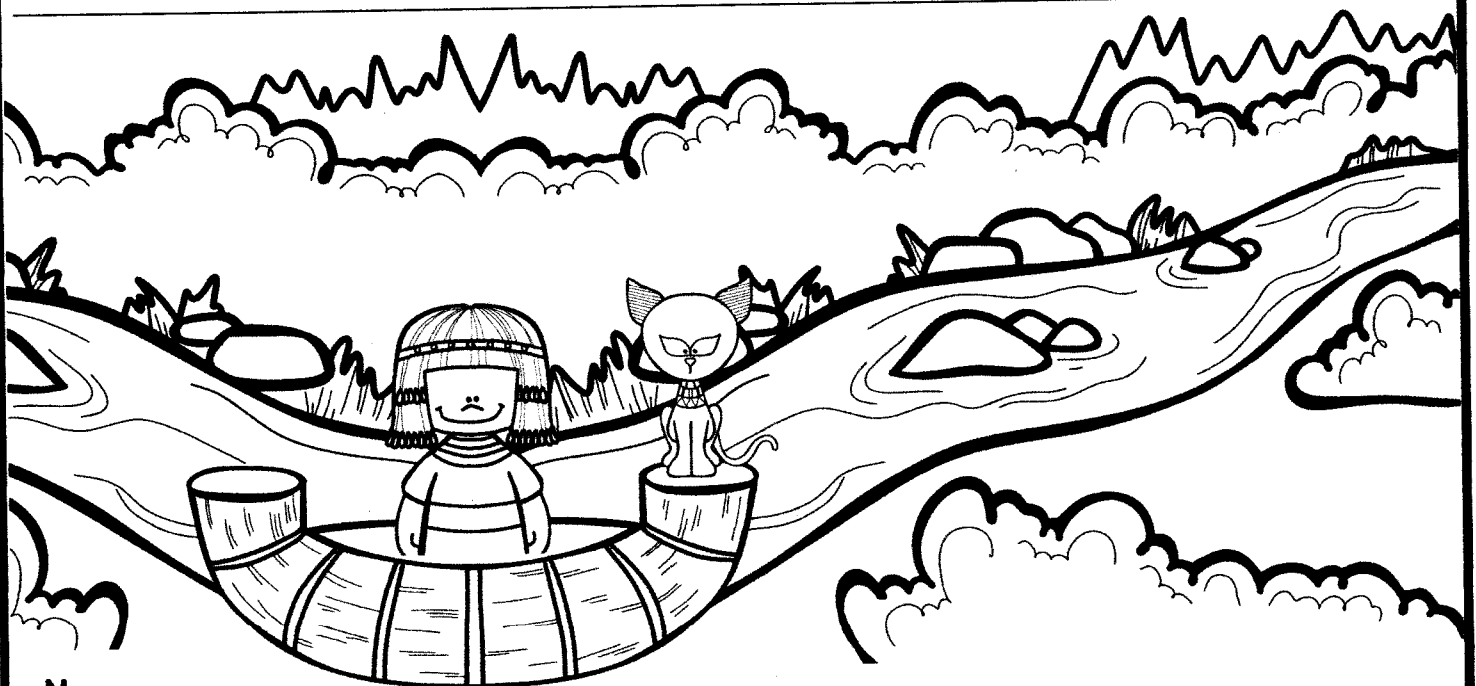
An Egyptian Diet



With the rich soil from the Nile River, the Egyptians were able to grow a surplus of food. The main crop of Egypt was wheat which was used to make breads and cakes. Egyptian people ate bread with every meal. They baked lots of different kinds of breads. Some breads had nuts, fruits, or spices. Other breads were sweetened with honey, raisins, or dates. Barley and flax were also important crops. Figs, dates, and grapes were grown on the riverbanks. These fruits were eaten fresh or dried and stored for later. Their diet included many vegetables such as onions, beans, lettuce, and cucumbers.

Egyptians also fished everyday. Many farmers kept livestock including goats, ducks, sheep, and pigs. Oxen were used to pull heavy plows across their fields. The ancient Egyptians became expert farmers and grew a surplus, or extra supply of food. They used the surplus of food to barter, or trade, with others. If you were lucky enough to be born to a wealthier family, you probably would have eaten meat with your fruit and bread.

Why do you think the ancient Egyptians eat bread and fish everyday?



Name: _____