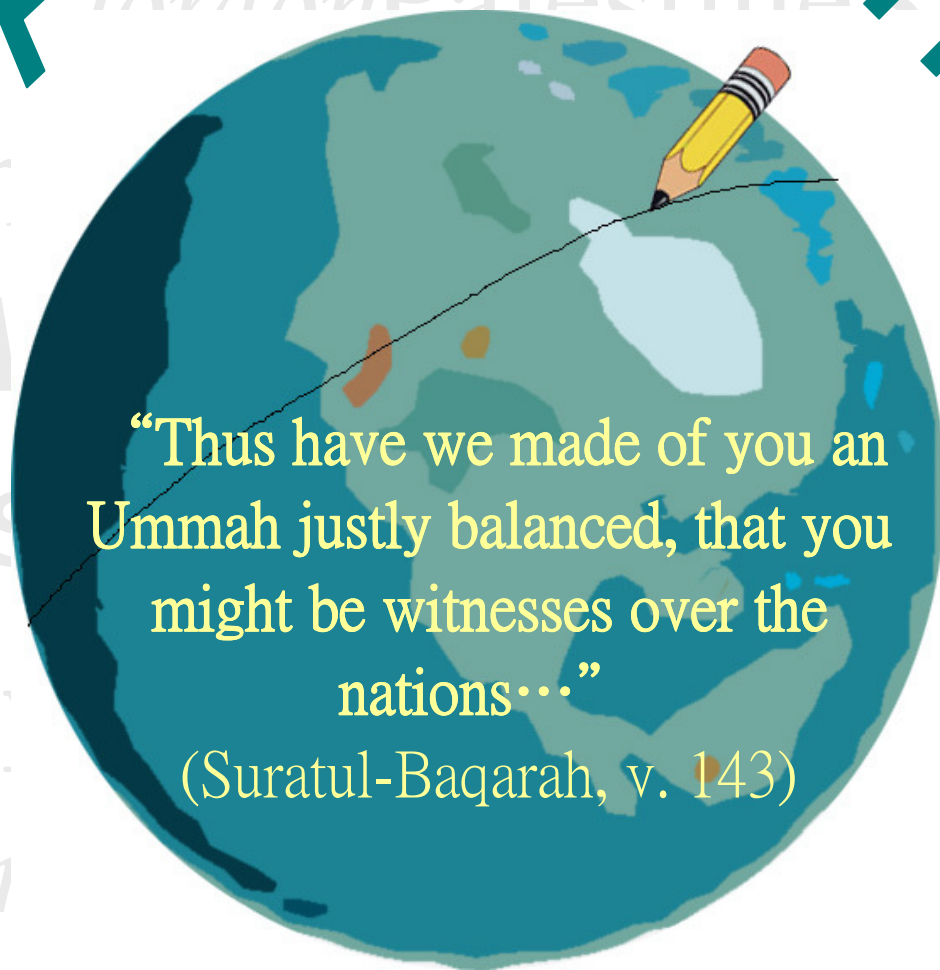


Al-Ummah



“Thus have we made of you an Ummah justly balanced, that you might be witnesses over the nations...”
(Suratul-Baqarah, v. 143)

Ad-Duha Institute
www.ad-duha.org

Introduction

Each lesson consists of a summary of facts for the given country being studied, a map to be colored, recipes, and photos specific to the country being studied. Each of the countries we have chosen to showcase has been picked based on the following factors:

- ∅ A country that has a Muslim majority.
- ∅ A country that has a large Muslim minority compared to other countries in the same region.
- ∅ A country that is not often associated with Muslims OR
- ∅ A country that is fairly unknown in the West.

The purpose of these lessons is to help our Muslim youth understand that Islam is a global religion, without boundaries of space, time, ethnicity, culture, or political affiliation. Islam is what makes us who we are and it is what binds us together as brothers and sisters. It is particularly important for children growing up in non-Muslim countries as minorities to understand that Muslims make up one of the largest majorities on the planet. One in every four people on Earth is a Muslim and our children must grow up understanding that we are one family, one Ummah.

This text does not address the Muslim population in North and South America. We hope to add this information to the text in the future insha-Allah.

Note: In this text the term Muslim country refers to a majority Muslim population NOT the governmental structure or political definition of the country.

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Lesson 21: North Africa-Algeria

In this lesson we will focus on North Africa. All the countries in North Africa are Muslim. Algeria is one of these countries. Algeria has the Mediterranean to the north, Mali and Niger to the south, Libya to the east and Morocco to the west. Find Algeria on your globe. Once you find it lets start learning more Muslims of Algeria!



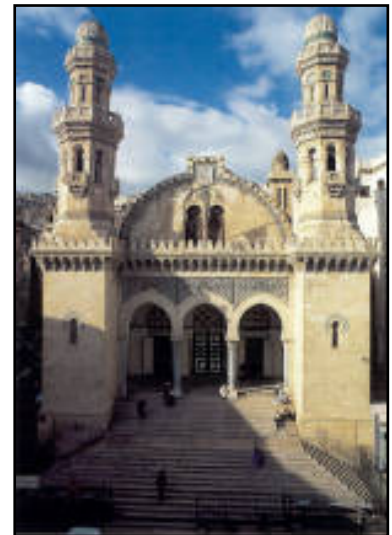
Algerian Flag

Facts about Algeria:

1. Algeria is the second largest country in Africa (Sudan is the largest).
2. Algeria is 99% Muslim.
3. Algerians speak Arabic, French and Berber dialects.
4. Algerians love to eat couscous (a type of food that is made out of semolina and looks like tiny yellow balls, it is eaten like rice, with curry, meat or vegetables).
5. Even though there are so many Muslims in Algeria, the government does not follow the Qur'an and Sunnah.
6. Many Algerian Muslims are treated badly if they want to practice their deen correctly. For example, women are sometimes not allowed to wear Hijab.



Algerian Currency (Dinar)



Algerian Mosque

Daily Activities:

Day 1: Use the map that follows and the list of countries below to review the Muslim countries of North Africa. All the countries in North Africa are Muslim.

Algeria	99%
Egypt	94%
Libya	97%
Morocco	99%
Sudan	73%
Tunisia	98%
Western Sahara	100%

Day 2: Try one of the Algerian recipes that follow the map.

Day 3: Do a search on the Internet for Algeria to see photos of the landscape, the people, mosques, and cities.

Day 4: Study the other countries in North Africa through books and/or videos from the library.

Day 5: Make an African Flag Chain, like the one below, for all the countries in North Africa. Use the flag pictures on pages 10-13.



North Africa

Student Name: _____ Date: _____

Directions: Color Algeria (red) and all the other North African countries in green (see list on previous page). Use your globe to help find each of the countries.



Algerian Main Dish

Name: Coclo (Meatballs)

Ingredients:

1 pound ground beef
1/2 cup rice
1 garlic head, finely chopped
1 medium egg, beaten
1/2 tsp salt
1/2 tsp ground bay leaf
1/8 tsp ground mace
1/4 tsp pepper
1/8 tsp thyme
2 Tbsp olive oil
1 medium onion, finely chopped
1/2 bunch cilantro, tied in a bundle
3/4 cup water



Directions:

Mix beef, rice, garlic, egg, salt, bay leaf, mace, pepper, thyme and olive oil together well. Shape into 2 large meatballs. Put onion, cilantro and water in a pan. Add meatballs. Cover pan and simmer over low heat for 2 hours or a bit more. Remove and discard cilantro. Serve with rice or couscous.

Source: www.gourmed.gr

Algerian Side Dish

Name: Baba Ganoush (Eggplant Dip)

Ingredients:

3 middle-sized eggplants (3 lb total)

salt to taste

7 Tbsp olive oil

3 garlic cloves; minced

2 tsp paprika, sweet

1 1/2 tsp pepper, cayenne or 1/8 tsp harissa pepper; freshly ground

3 - 4 Tbsp fresh lemon juice

1 Tbsp parsley; chopped

3 lemon wedges or 3 tomato wedges



Preheat the oven to 375 F. Cut the stems off the eggplants. Using a vegetable peeler or a sharp knife, peel the skin in 1/2 inch wide strips vertically down each eggplant so you get a striped effect. Slice each eggplant horizontally into 1/2 inch slices.

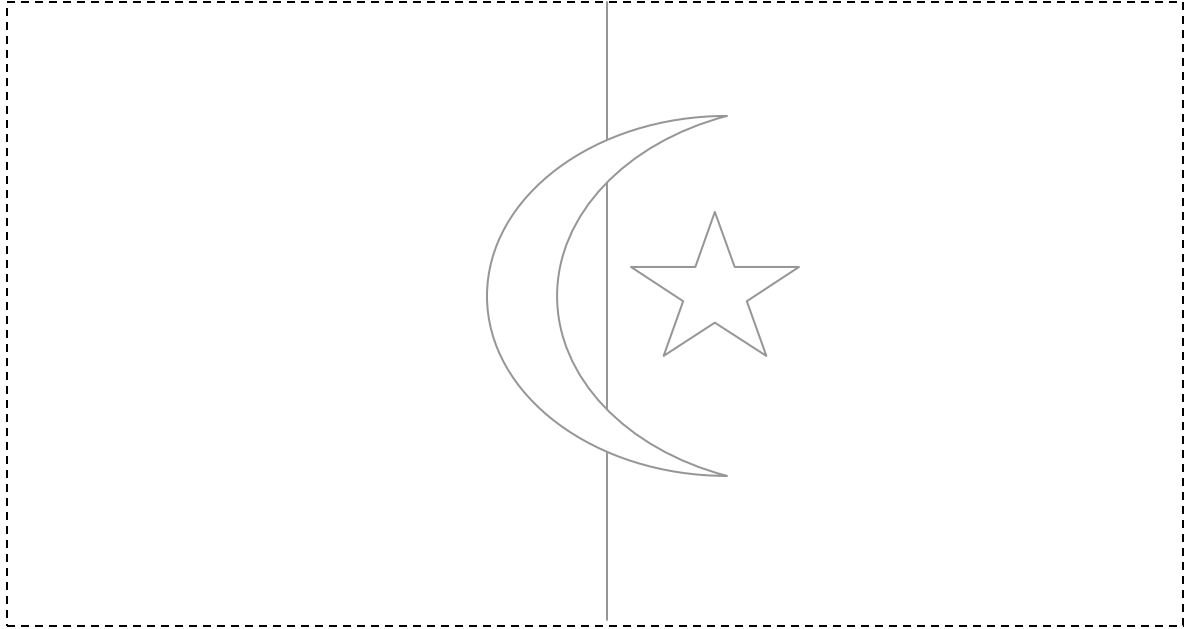
Place in a colander and salt each slice. Let stand 30 minutes, then rinse well and pat dry with paper towels. Brush a baking sheet with 3 tablespoons of the oil. Lightly brush the eggplant slices with 2 tablespoons oil and place in a single layer on the baking sheet. Bake for 20 to 30 minutes, turning occasionally, until the slices are light golden brown on both sides.

Transfer the eggplant to a bowl and, using a fork or potato masher, mash with the garlic, paprika, cumin, water and cayenne. Season to taste with salt and pepper. Heat the remaining 2 tablespoons of oil in a large skillet. Add the mashed eggplant and fry very slowly, turning occasionally, for about 20 minutes, or until the moisture evaporates. Stir in the lemon juice and cook 1 minute longer. Taste, and season with salt and pepper, if needed.

Place the eggplant on a platter and garnish with parsley and lemon or tomato wedges. Serve warm or at room temperature. This eggplant spread has a dip-like consistency. It is made all over North Africa, but this version, with garlic, cumin and lemon juice is one of the most flavorful. Serve it with warm country-style bread or pita.

Source: www.gourmed.gr

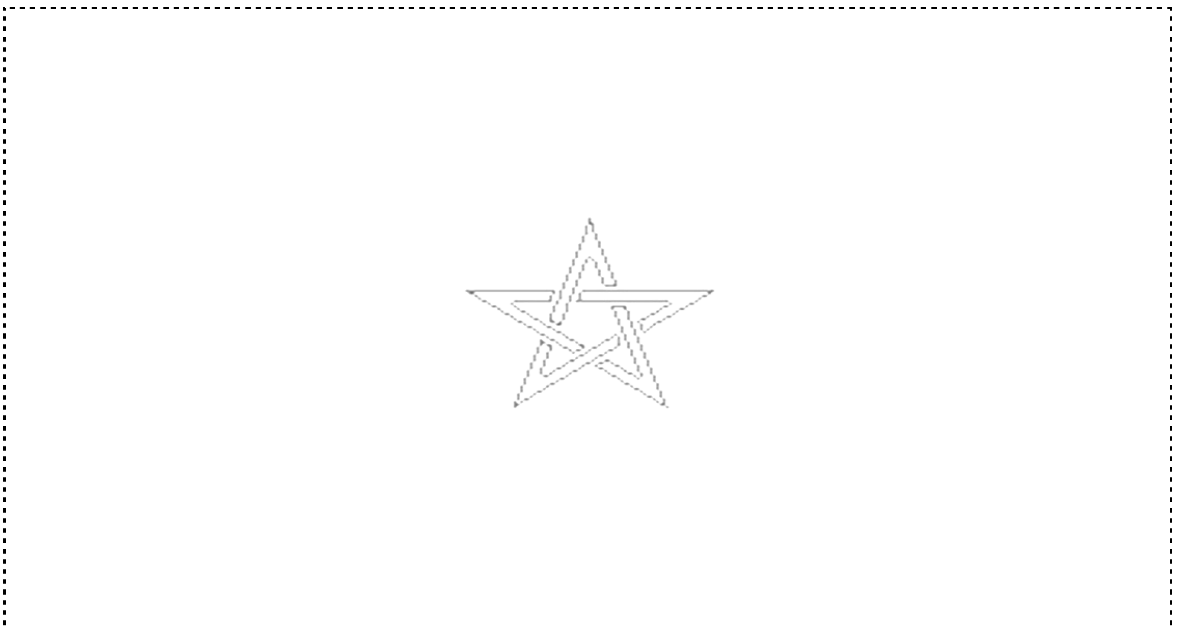
Flags of North Africa



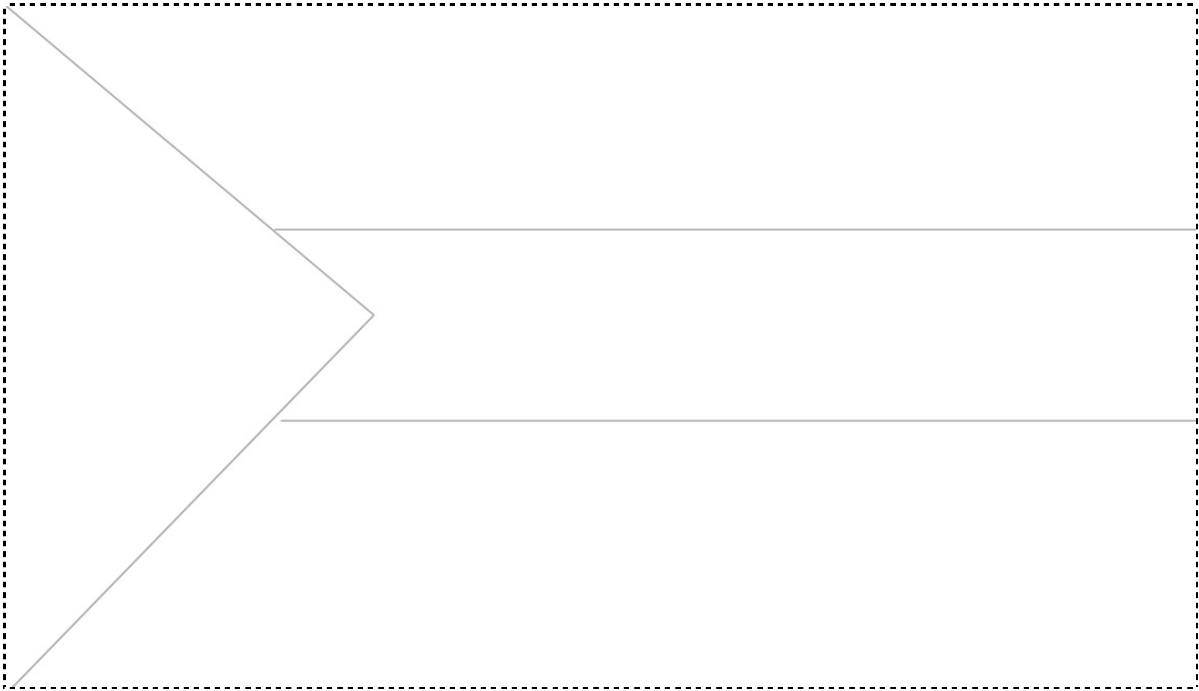
Libya



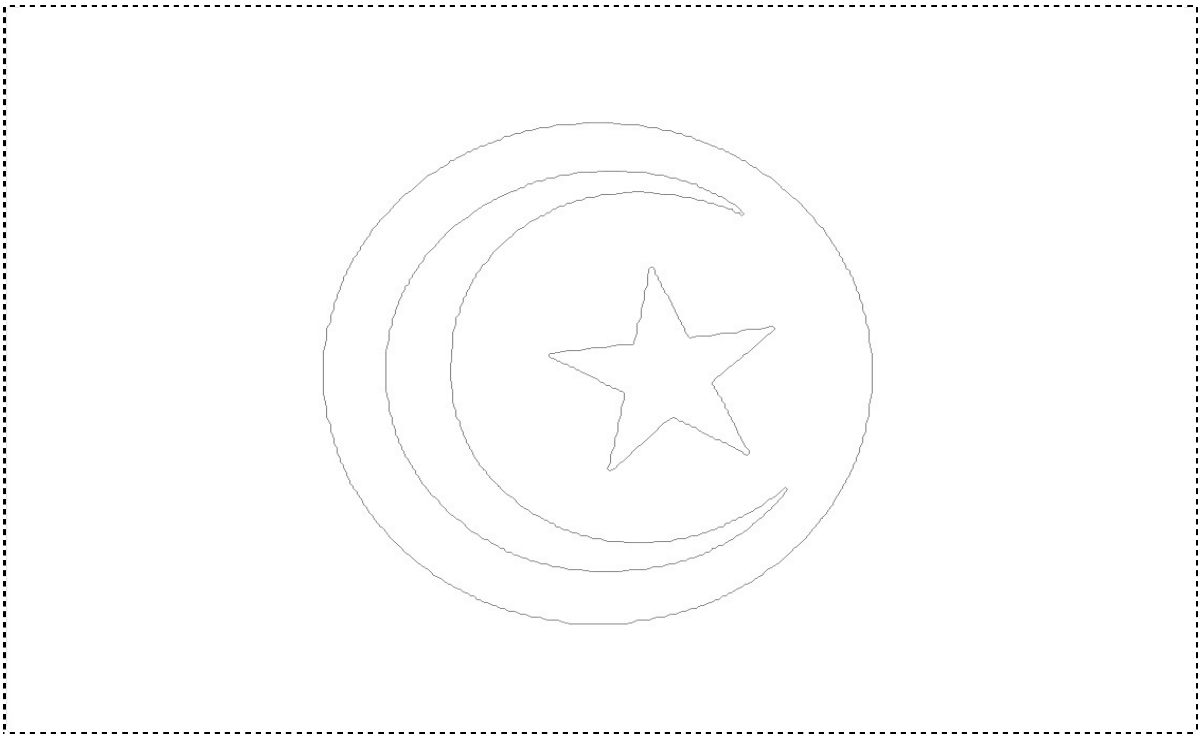
Morocco



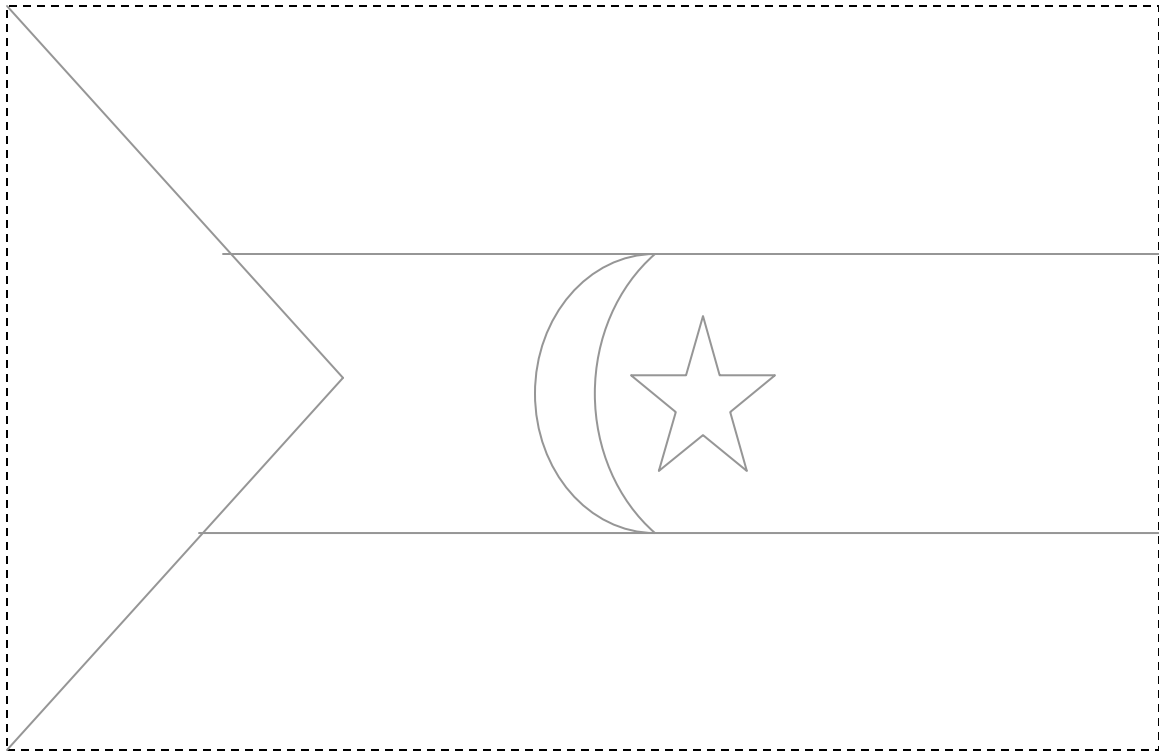
Sudan



Tunisia



Western Sahara



Lesson 22: West Africa-Senegal

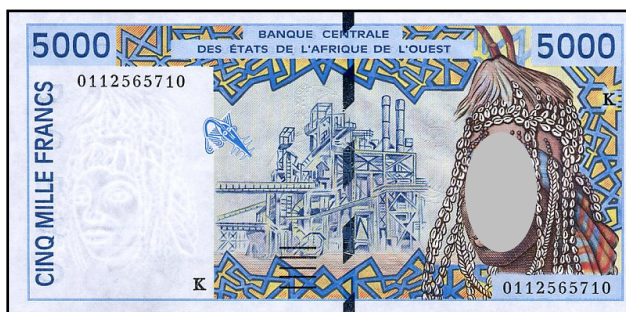
In this lesson we will move to West Africa. Many countries in West Africa have a majority of Muslims (50% or more). Senegal is one of those countries. Senegal has Mauritania to the north, Guinea to the south, and the Atlantic Ocean to the West and Mali to the west. Find Senegal on your globe. Once you find it let's learn more about the Muslims in Senegal!



Senegalese Flag

Facts about Senegal:

1. Senegal is 94% Muslim.
2. The Senegalese are well known for being friendly, this is called 'Teranga' (hospitality) in Senegal.
3. The Senegalese speak French as well as other native languages like Wolof.
4. Senegal has modern cities, ports and airports.
5. The Senegalese love to eat rice ('chap') and fish ('gen').
6. Many Senegalese children memorize Qur'an by the time they are 7 years old in local Qur'an schools.



Senegalese Currency (CFA)



Senegalese Mosque by the Sea

Daily Activities:

Day 1: Use the map that follows and the list of countries below to review the Muslim countries of West Africa. Only countries with a Muslim majority (50% or more) have been included.

Burkina Faso	50%
Ivory Coast	60%
Gambia	95%
Guinea	85%
Mali	90%
Mauritania	100%
Niger	97%
Nigeria	50%
Senegal	94%
Sierra Leone	60%

Source: IslamicPopulation.com

Day 2: Try the West African recipe that follows the map.

Day 3: Do a search on the Internet for Senegal to see photos of the landscape, the people, mosques, and cities.

Day 4: Study the other countries in West Africa through books and/or videos from the library.

Day 5: Make an African Flag Chain, like the one below, for all the countries in West Africa. Use the flag pictures on pages 19-23.



West Africa

Student Name: _____ Date: _____

Directions: Color Senegal (red) and all other Muslim majority* countries in West African green (see list on previous page). Use your globe to help identify each of the countries.



**There are other countries in "West Africa" but we are concentrating on the countries where 50% or more of the population is Muslim.*

Senegalese Dinner Recipe

Name: Ceebu Jen (Cha-boo Gen)

Ingredients:

3 lb sea bass tail	2 scallions
2 lb rice	2 small eggplants
½ lb sweet cassava (yucca)	2 large cloves garlic
9 cups cold water	1 small green cabbage
1 can tomato paste (6 ounce)	1 bunch parsley
3” piece smoked fish (any firm white will do)	1 habanera chili or pimento
5 carrots	4 Tbsp peanut oil
4 sweet potatoes	1 tsp salt
2 large onions	

Directions:

1. Dissolve the salt in the water.
2. Prepare the vegetables as follows:-
 - a. Peel and dice the cassava into 1-inch pieces.
 - b. Quarter the turnips and sweet potatoes.
 - c. Peel the carrots and cut into 1 inch rounds
 - d. Cut the eggplants into 1 inch slices
 - e. Cut the cabbage into 8 pieces
 - f. Mince the onions
3. Prepare the sea bass by cleaning and cut into 1 ½ inch thick steaks, score the steaks with a sharp knife.
4. Prepare the stuffing for the sea bass steaks by placing the parsley, garlic, chili and scallions in a food processor and pulsing until they form a thick paste. When the paste is ready, poke the stuffing into the slits, previously made by scoring the sea bass steaks
5. Heat the oil in a large stockpot and brown the onion. Add the smoked fish, tomato paste and ¼ cup of the salted water.
6. When the onion has browned, place the sea bass in the pot with the onion mixture and cook for 5 minutes.

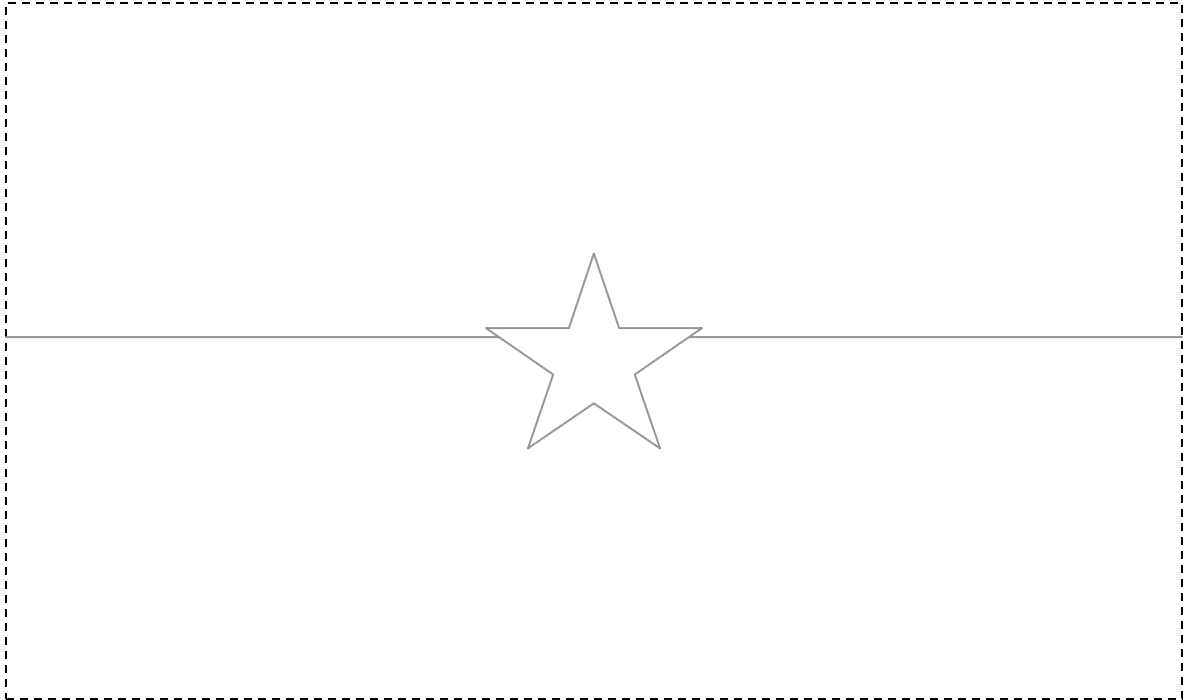


7. Add the remaining water. Bring to the boil, cover and lower the heat.
8. Add the vegetables as follows: sweet cassava, cabbage, sweet potatoes, eggplants, and carrots. Cook for 20 minutes.
9. Remove the sea bass steaks, keeping them whole, and place them on a serving platter. Cover with a little of the cooking liquid and keep warm.
10. Cook for a further 15 minutes, thereafter removing the vegetables and arranging them on a platter. Keep warm.
11. Remove two cups of the liquid to use as a sauce when serving. Bring the remaining liquid to the boil, add the rice, cover and cook for 20 minutes or until the liquid is absorbed and the rice is done.
12. When ready to serve, mound the rice on one platter and the fish and vegetables on another. Place the reserved sauce in a separate dish to add as needed.

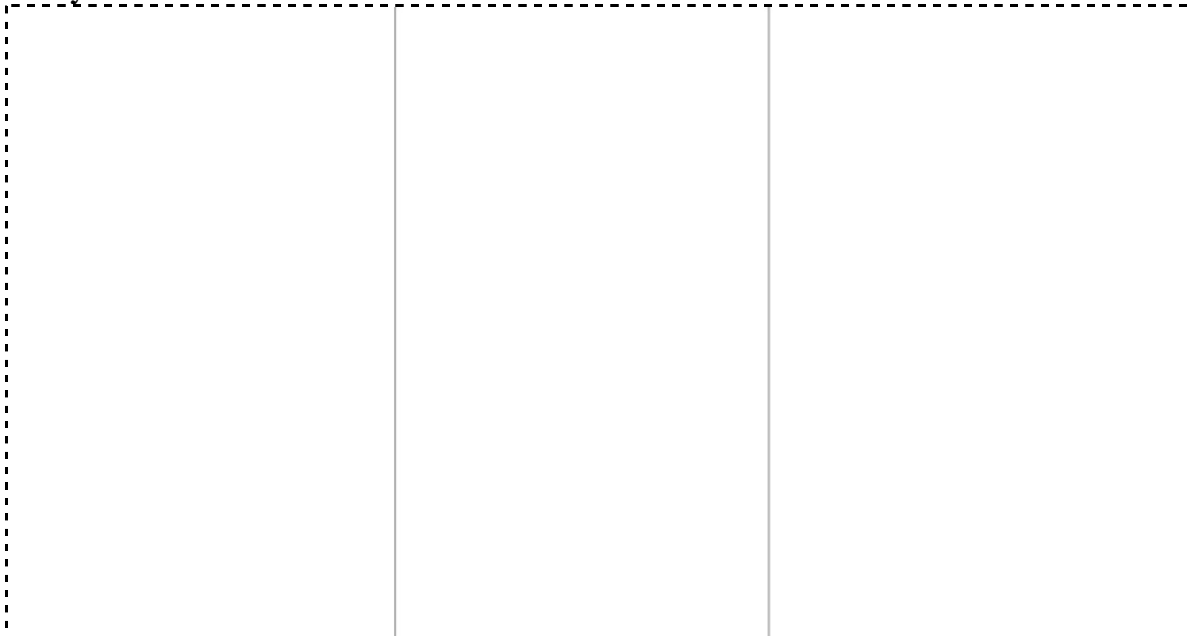
Source: www.africhef.com

Flags of West Africa

Burkina Faso 



Ivory Coast 



Gambia

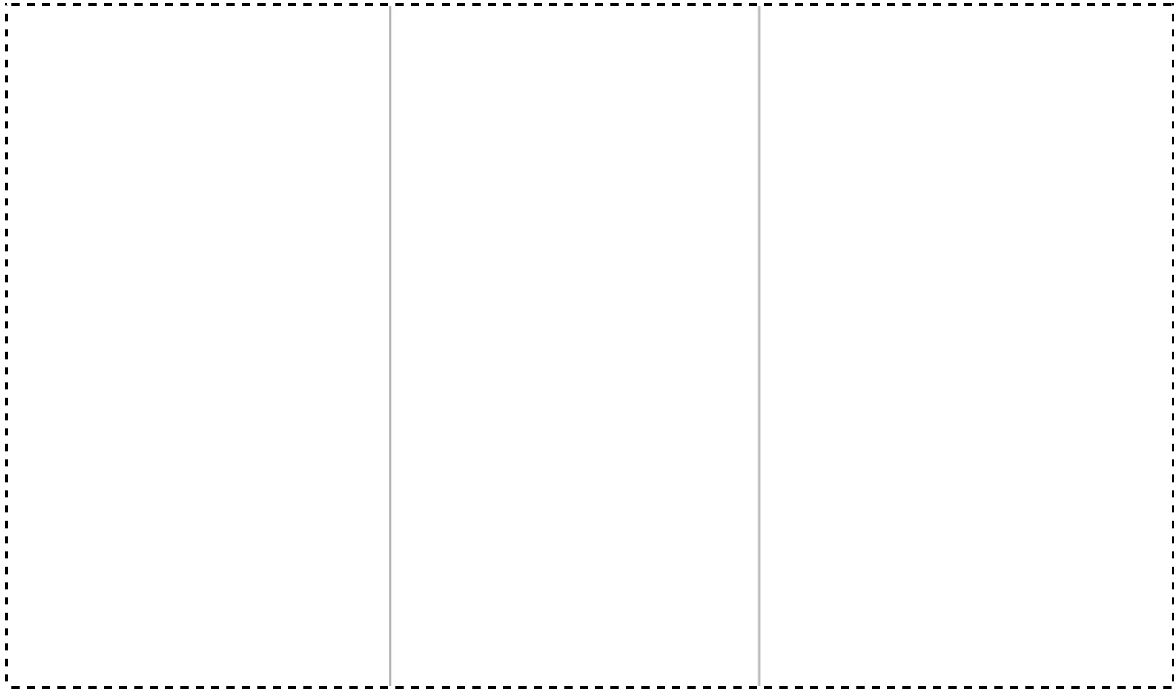


Guinea

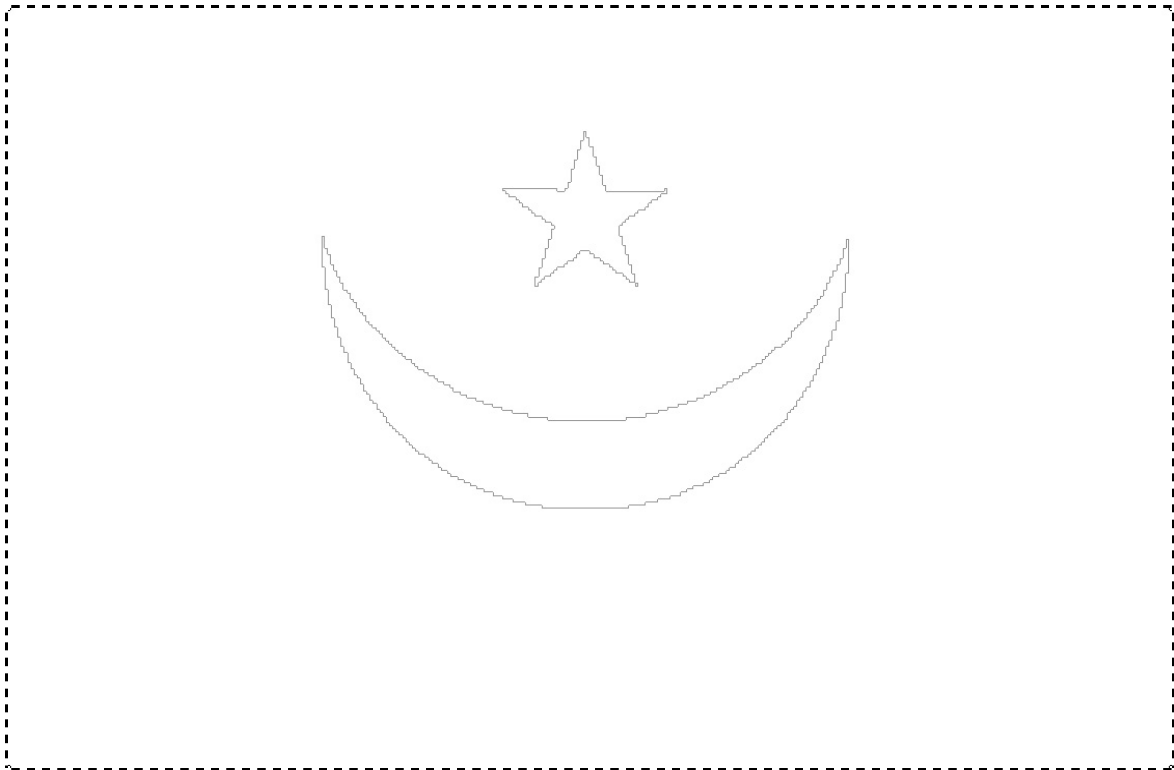


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Mali



Mauritania

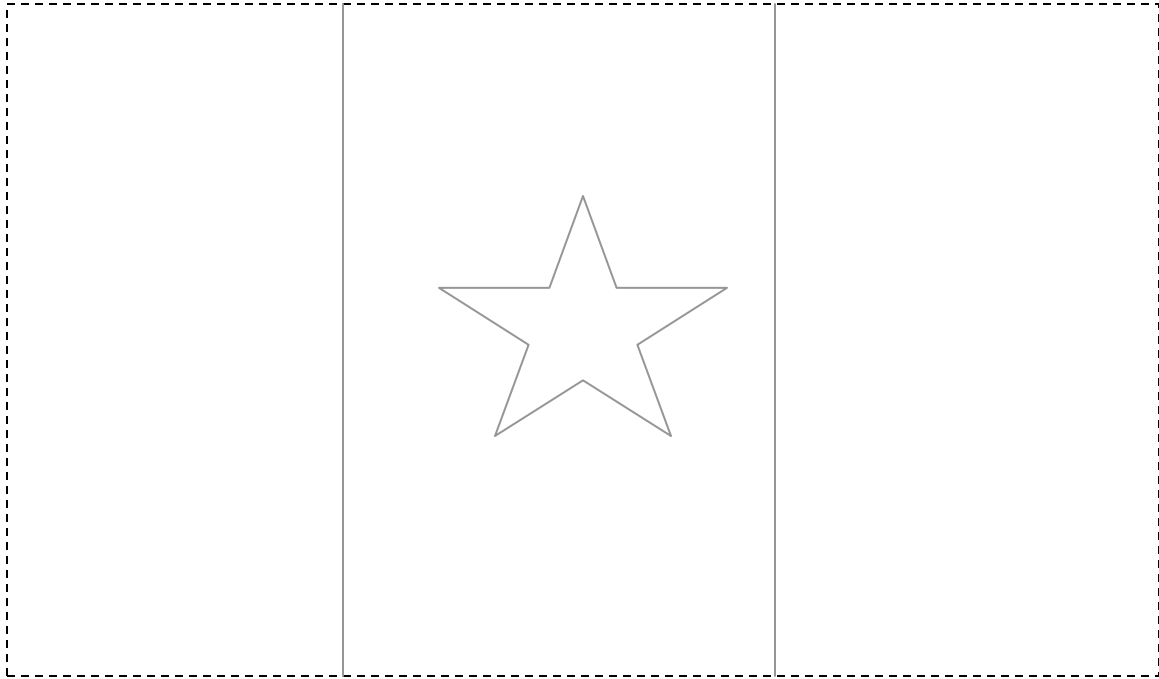






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Senegal 

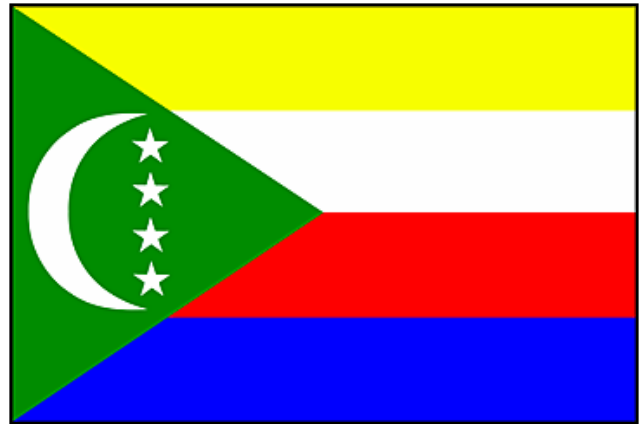


Sierra Leone 



Lesson 23: East Africa-Comoros

In this lesson we will move to East Africa and the tiny islands of Comoros. Comoros is located on the eastern side of Africa close to Madagascar. East Africa has many Muslim countries but there are many non-Muslim countries as well. Find Comoros on your globe. Comoros is a set of 4 tiny islands in the Indian Ocean between Mozambique to the west, Madagascar to the east. Once you have found it let's find out more about the Muslims of Comoros!



Comoran Flag

Facts about Comoros:

1. Comoros is 98% Muslim.
2. Comoros has four islands (that is why they have four stars on their flag).
3. The Comoros Islands used to be called the Perfume Islands because they grew Ylang Ylang (a plant that makes perfume smell nice).
4. Now the people of Comoros grow vanilla beans, cinnamon, nutmeg, cardamom and other nice smelling spices.
5. The Comorians speak French and Arabic (both official languages) and Comorian the native dialect.



Comoran Currency (Comoran Franc)



*The Friday Mosque
Moroni, Comoros*

Daily Activities:

Day 1: Use the map that follows and the list of countries below to review the Muslim countries of East Africa (only those countries with a Muslim population of 50% or more are included).

Comoros	98%	Ethiopia	50%
Djibouti	94%	Somalia	100%
Eritrea	50%	Tanzania	50%

Source: IslamicPopulation.com

Day 2: Try the Comoran recipe that follows the map.

Day 3: Do a search on the Internet for Comoros to see photos of the landscape, the people, mosques, and cities. Here is an excellent site to visit and find out more about Comoros that offers a variety of info on climate, culture, and history. <http://www.ksu.edu/sasw/comoros/comoros.html>

Day 4: Study the other countries in East Africa through books and/or videos from the library.

Day 5: Make an African Flag Chain, like the one below, for all the countries in East Africa. Use the flag pictures on pages 28-30.



East Africa

Student Name: _____ Date: _____

Directions: Color the Comoros Islands (red) and all other Muslim majority* countries in East African green (see list on previous page). Use your globe to help identify each of the countries.



**There are other countries in "East Africa" but we are concentrating on the countries where 50% or more of the population is Muslim.*

Comoros Dinner Recipe

Name: Poulet au coco (chicken and coconut milk)

Ingredients:

2 lbs chicken meat
6 tbsp butter
2 medium cooking onions
4 cloves garlic
2 tsp curry powder
4 oz. coconut milk
1 tsp thyme
6 spring onions
1 bunch fresh parsley



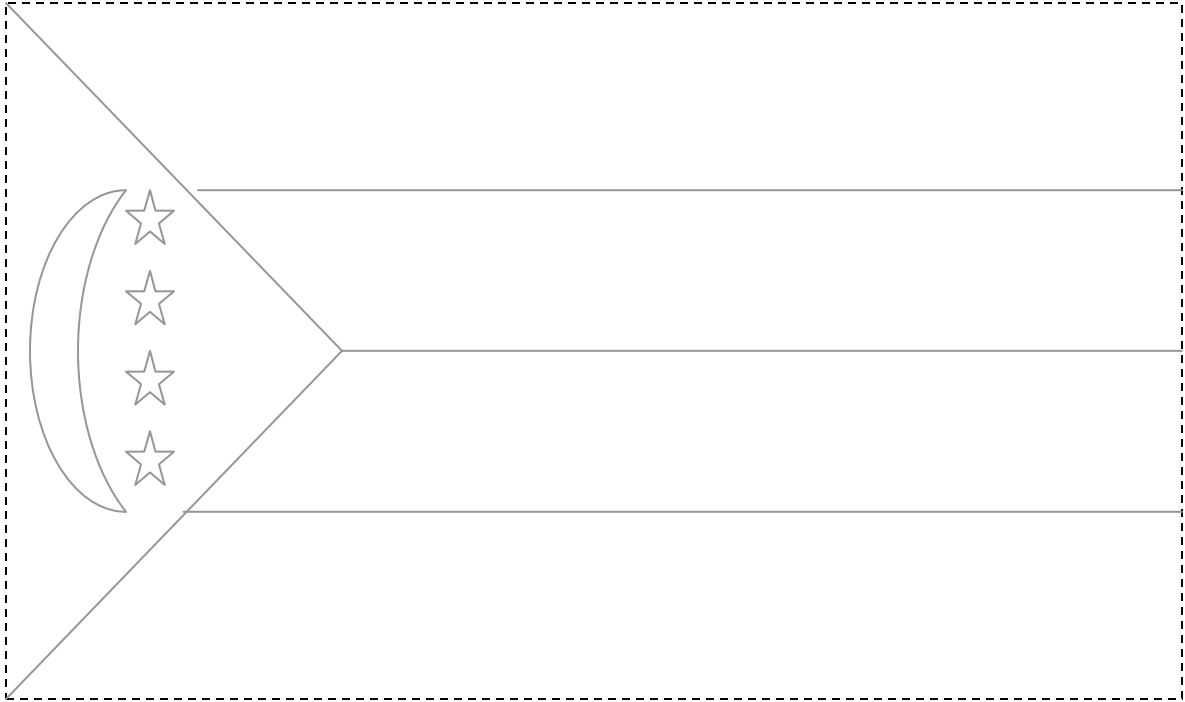
Directions:

1. Cube the chicken.
2. Skin and chop the onions and garlic.
3. Trim and chop the spring onions.
4. Chop the parsley.
5. Fry the chicken in the butter until golden brown on all sides.
6. Add the onion, garlic and curry powder. Stir-fry for 5 minutes until everything is well coated with spices.
7. Add the coconut milk, thyme, green onions, parsley, salt and pepper. Stir well and simmer for 20 minutes.
8. Serve with white rice and slice of lemon.

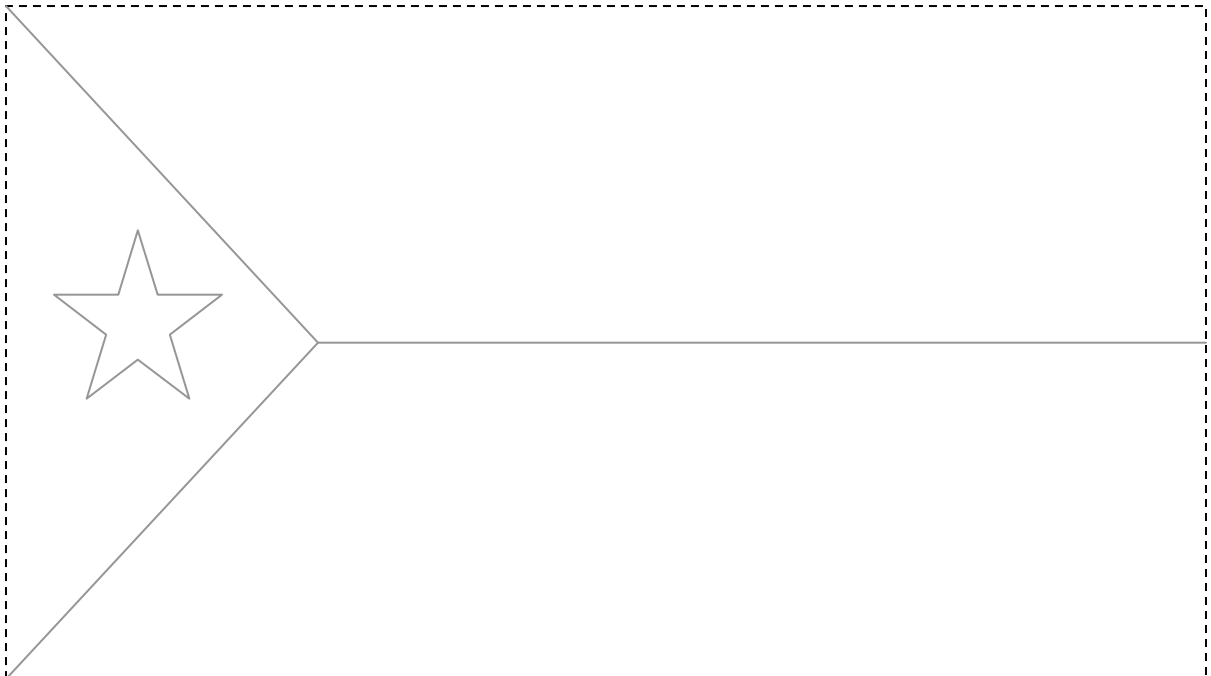
Source: www.fairtradecookbook.org.uk

Flags of East Africa

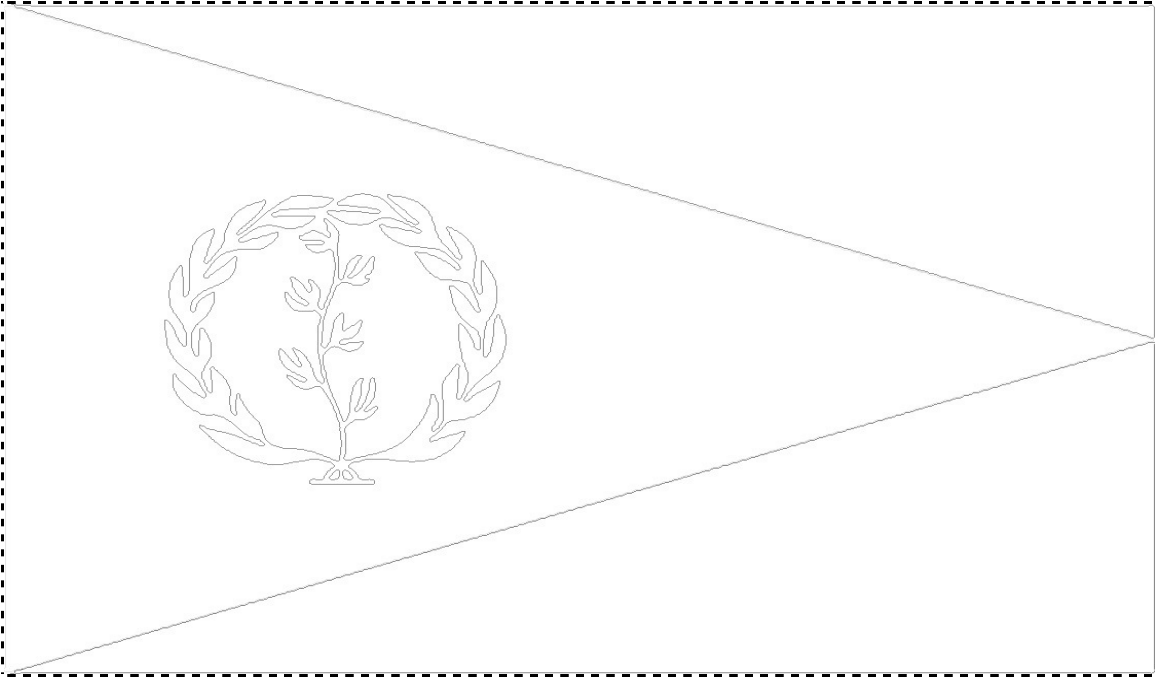
Comoros 



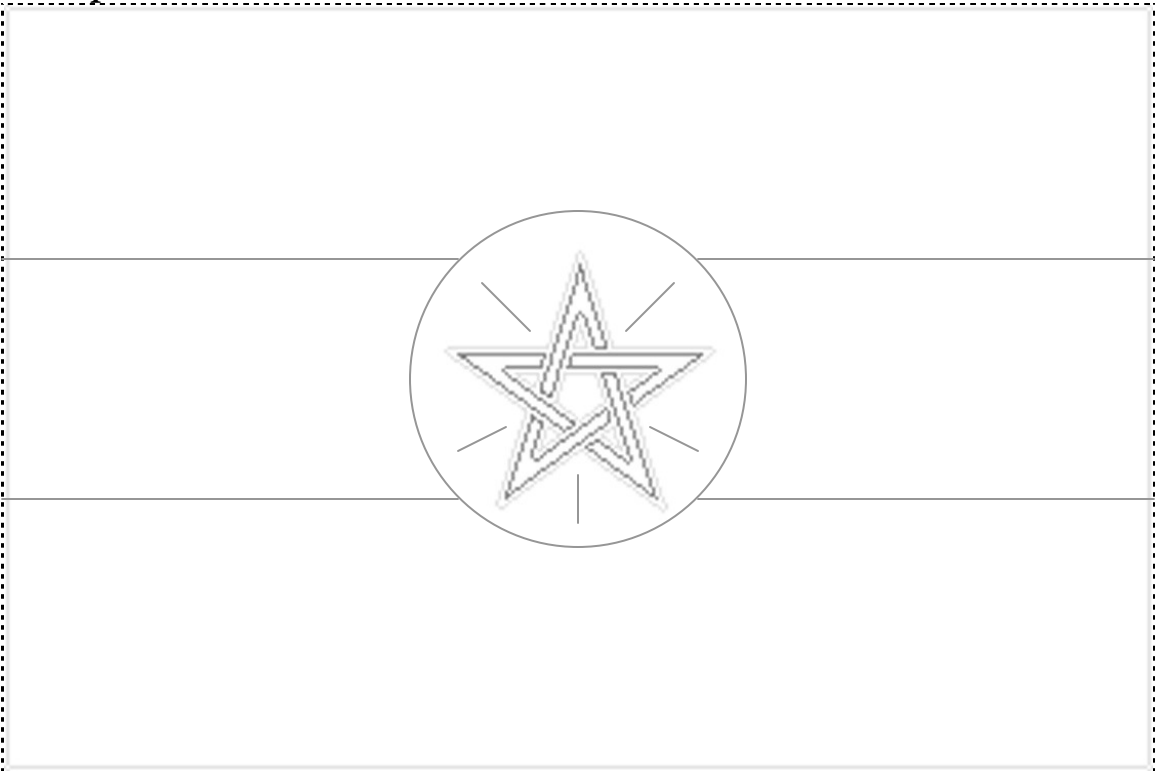
Djibouti 



Eritrea



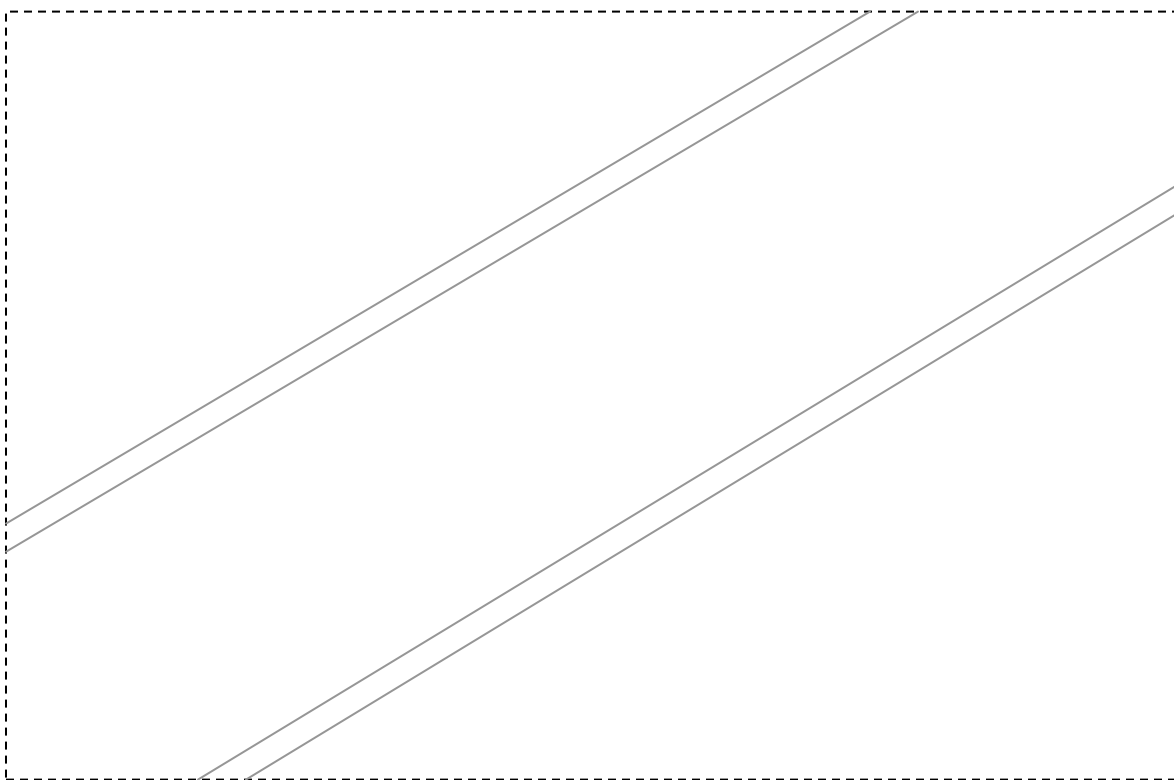
Ethiopia



Somalia

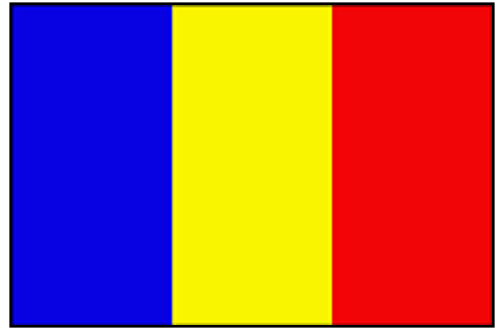


Tanzania



Lesson 24: Middle & Southern Africa-Chad

In this lesson we will move to Middle and Southern Africa. None of the countries in this area are Muslim. However, Chad has the largest Muslim population of any country in Middle and Southern Africa. Find Chad on your globe. Chad has Libya to the north, Central African Republic to the south, Sudan to the east and Niger, Nigeria and Cameroon to the west. Once you have found it let's learn more about the Muslims of Chad!



Chadian Flag

Facts about Chad:

1. Chad is 51% Muslim (some say as much as 85%).
2. The people of Chad speak Arabic, French, and 120 other languages and dialects.
3. Chad is desert in the north (where most the Muslims live) and tropical to the south (where most Christians live).
4. Most of the government is Muslim.
5. Muslim and non-Muslim holidays are celebrated.
6. The people of Chad are very poor but they found oil in their land several years ago and started selling it in 2004.
7. The Chadians do not want to be unjust to each other by taking the money from the oil for themselves, so they have made a law that most of the money (80%) from selling the oil will go to help make Chad a better place to live (for example building roads, schools, hospitals, etc.)
8. The Muslims and Christians in Chad get along well with each other.



Chadian Currency (Francs)



*Grand Mosque
N'Djamena, Chad*

Daily Activities:

Day 1: Use the map that follows and the list of countries below to review the countries of Middle and Southern Africa. These are not Muslim countries but each country has a significant Muslim minority. (Only those countries with a Muslim population of 10% or more are included).

Cameroon	22%
Central African Rep.	15%
Chad	50%
Congo	10%
Swaziland	10%
Zambia	15%

Source: IslamicPopulation.com

Day 2: Try the Middle and Southern African recipe that follows the map.

Day 3: Do a search on the Internet for Chad to see photos of the landscape, the people, mosques, and cities. A good place to find pictures and information about life in this country is <http://www.virtualtourist.com>.

Day 4: Study the other countries in Middle and Southern Africa through books and/or videos from the library.

Day 5: Make an African Flag Chain, like the one below, for all the countries in Southern Africa. Use the flag pictures on pages 36-38.



Middle & Southern Africa

Student Name: _____ Date: _____

Directions: Color Chad (red) and all the other Middle/Southern African countries* that have a Muslim population above 10% in green (see list on previous page). Use your globe to help find each of the countries.



**There are other countries in this region but we are focusing on areas where there are significant numbers of Muslims.*

Middle & Southern African Recipe

Name: Cornmeal Mush (known locally as FuFu, Nshima, and other names)

Ingredients:

4 Cups Water

2 Cups plain corn meal



Directions:

Pour 4 cups of water into a medium size cooking pot. Heat the water for 3 - 4 minutes or until luke warm. Using one tablespoonful at a time, slowly sprinkle $\frac{3}{4}$ cup of the corn meal into the pot while stirring continuously with a cooking stick. Keep stirring slowly until the mixture begins to thicken and boil. Turn the heat to medium, cover the pot, and let simmer for 3 to 5 minutes.

Cautiously remove the top. Slowly, a little at a time, pour into the pot 1 and a quarter cups of corn meal and briskly stir with the cooking stick until smooth and thick. Stir vigorously. Sprinkle a little more corn meal and stir if you desire the nshima to be thicker or less if you want softer texture. Cover, turn the heat off and let mixture sit on the stove for another 2 to 3 minutes. Serves 4 people. Serve with stew (see recipe that follows).

Source: www.bridgewater.edu

Middle & Southern Africa Recipe

Name: Vegetable Stew

Ingredients:

7 cups or 1 lb. chopped collard greens
1 Large size chopped tomato
1 and a half cups raw peanut powder
2 cups water
1/2 tsp Arm and Hammer Pure Baking Soda
1/4 tsp salt



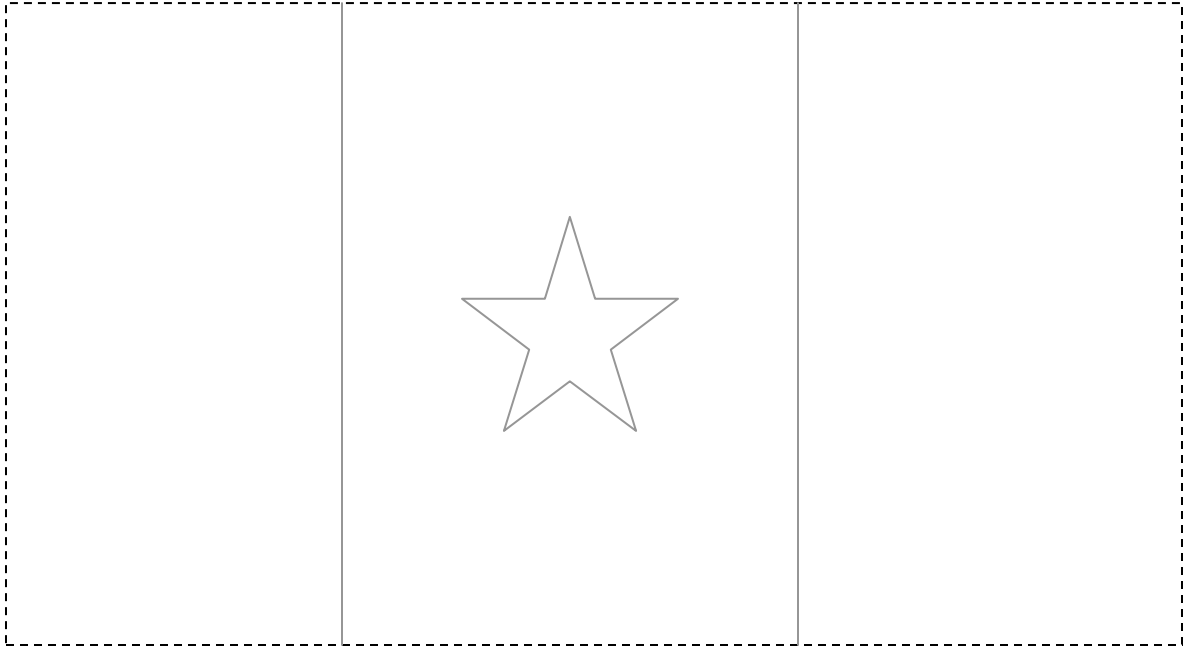
Directions:

Pour 1 cup of water into medium size cooking pot. Add half a teaspoon of pure baking soda and stir until thoroughly dissolved. Place pot on burner on medium heat. Add 7 cups of chopped collard greens and the 1 chopped tomato. Cook on medium to high heat for 5 to 8 minutes. Add 1 and a half cups raw peanut powder, 1/4 teaspoon salt, and 1 cup of water. Stir thoroughly and lower the heat to below medium. Cover and simmer for 15 to 20 minutes stirring every 2 to 3 minutes to prevent bottom from burning. Serve hot with cornmeal mush.

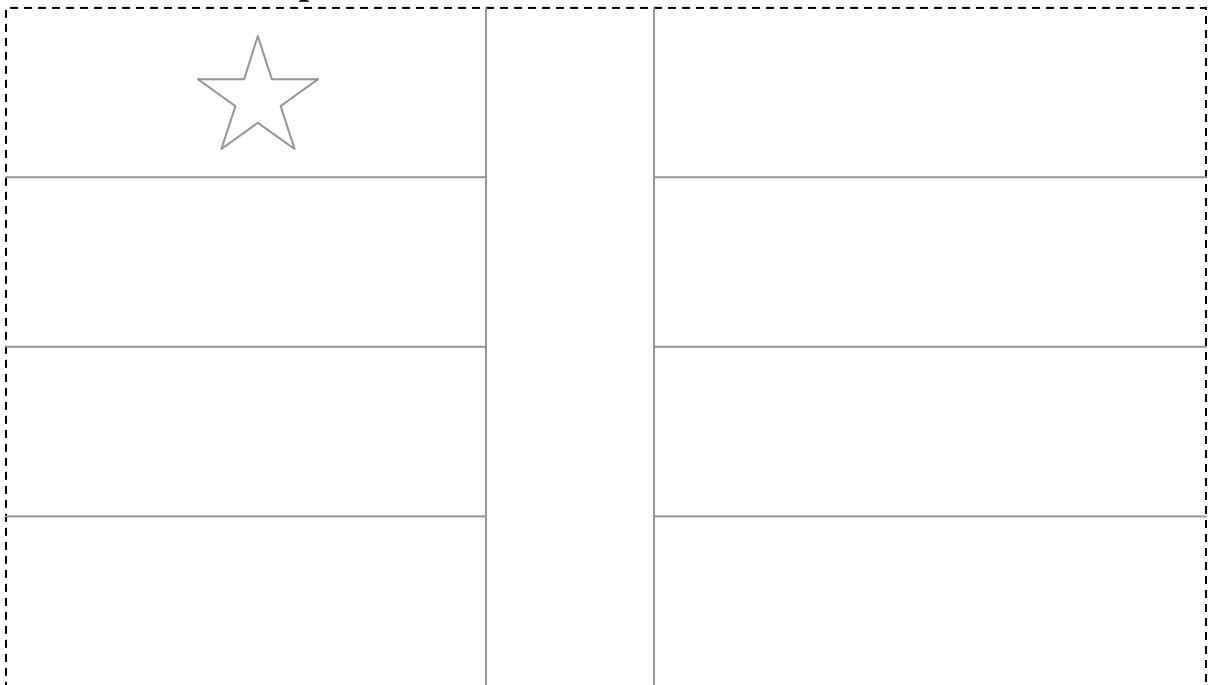
Source: www.bridgewater.edu

Flags of Middle & Southern Africa

Cameroon 



Central African Rep. 



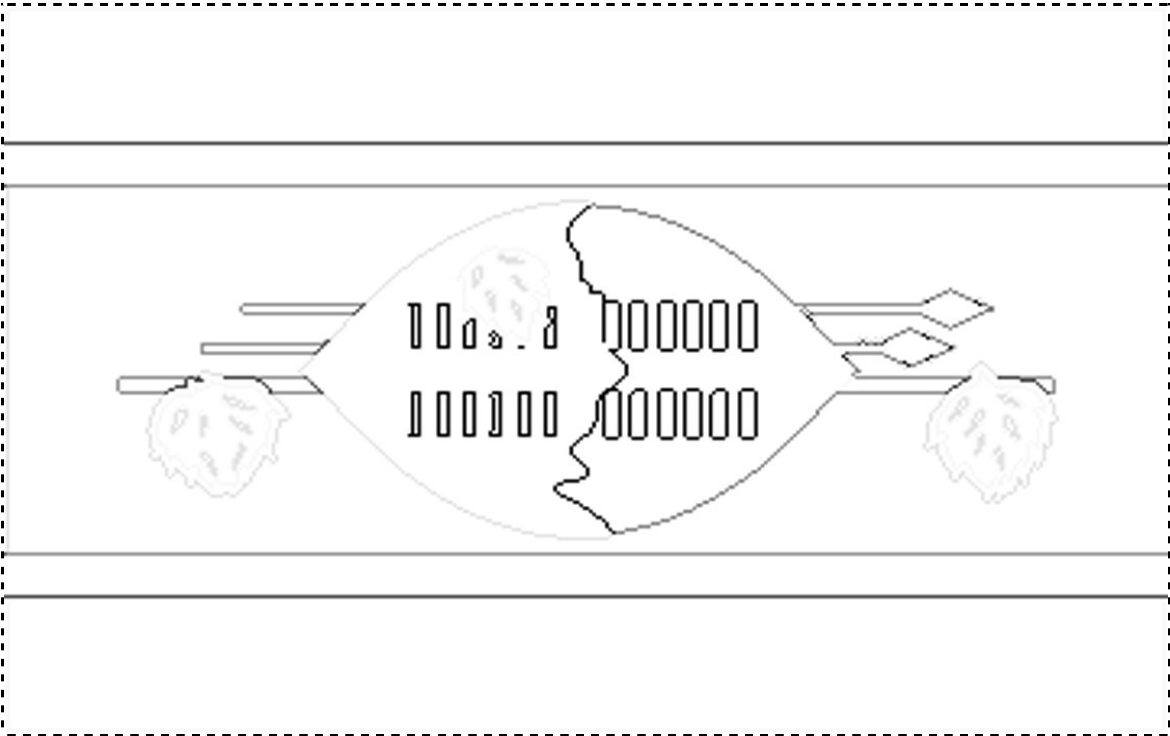
Chad 

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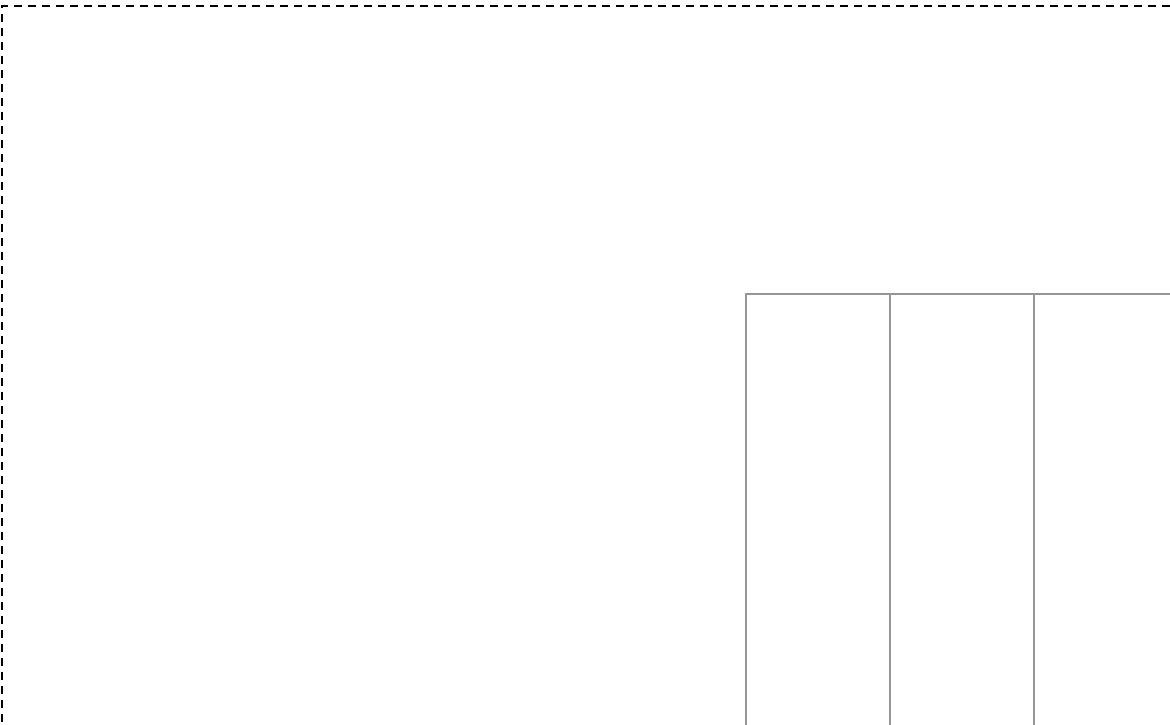
Congo 

     	
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Swaziland



Zambia



Lesson 25: Asia-Muslim Population

Most of the Muslims in the world live in Asia. We will spend some time on this continent because there are so many Muslim countries and so many Muslims to learn about. Find Asia on your globe and then let's learn more about the Muslims of this continent.



Facts about Asia:

1. Most the Muslims in the world live in Asia (approx. 1,700,000,000 people).
2. Most of the countries in Asia are Muslim countries.
3. The climate of Asia ranges between freezing ice and tundra in the north to hot, humid tropical islands in the south.
4. Asia also has modern cities and small towns and villages.
5. The people of Asia speak thousands of different languages.
6. Asia is the largest continent in the world.
7. Asia is where most the people on earth live.

Daily Activities:

Day 1: Color in the map on the following page. Use your globe to learn some of the names of the countries in Asia like China, Japan, Malaysia, and India.

Day 2: Search for an Asian recipe online.

Day 3: Do a search on the Internet for Asia to see photos of the landscape, the people, mosques, and cities.

Day 4: Study the countries in Asia using books and/or videos from the library.

Day 5: Make a collage of pictures from the Internet or copies from library books of places, food, houses, mosques, or any other item from Asia that interest you.

Asia

Student Name: _____ Date: _____

Directions: Color in the map of Asia using your globe to help identify the countries. Try to memorize the names of as many countries as you can. Note: Turn map horizontally before coloring.



Lesson 26: West Asia-Saudi Arabia

We will start our study of Asia in the west with Saudi Arabia. Saudi Arabia is the birthplace of Islam. This country is located in Western Asia and is where the Prophet Muhammad ﷺ was born and lived. Saudi Arabia and the other countries in Western Asia that speak Arabic are often called the “Middle East”. Find Saudi Arabia on your globe. Saudi Arabia has Iraq to the north, Yemen to the south, Oman to the east and the Red Sea to the west. Once you find it lets learn more about the Muslims of Saudi Arabia.



Saudi Arabian Flag

Facts about Saudi Arabia:

1. Saudi Arabia is 100% Muslim.
2. Makkah and Medina (the two holiest cities for Muslims) are in Saudi Arabia.
3. Muslims go to Saudi Arabia when we make Hajj.
4. Saudi Arabians speak Arabic
5. Saudi Arabia is mostly desert.
6. Saudis love to eat dates and foods like Mishwi (roasted lamb with rice).
7. Saudi Arabia is a very important country because of Islam and also because Saudi provides oil (this makes cars and machines work) to most of the world.



*Masjid Al-Haram
Mecca, Saudi Arabia*



*Masjid An-Nabawi
Medina, Saudi Arabia*



Saudi Money

Daily Activities:

Day 1: Use the map that follows and the list of countries below to review the Muslim countries of Western Asia. Most West Asian countries are Muslim.

Azerbaijan	93%
Bahrain	100%
Iraq	97%
Jordan	94%
Kuwait	100%
Lebanon	70%
Oman	99%
Palestine	98%
Qatar	95%
Saudi Arabia	100%
Syria	90%
Turkey	99%
United Arab Emirates	96%
Yemen	100%

Source: IslamicPopulation.com

Day 2: Try the Saudi Arabian recipe that follows the map.

Day 3: Do a search on the Internet for Saudi Arabia to see photos of the landscape, the people, mosques, and cities.

Day 4: Study the other countries in Western Asia through books and/or videos from the library.

Day 5: Make a West Asian Flag Chain, like the one below, for half of the countries in Western Asia (you will do the other half in the next lesson). Use the flag pictures on pages 46-48 for this activity.



West Asia

Student Name: _____ Date: _____

Directions: Color Saudi Arabia (red) and all the other Western Asia countries* that have a majority Muslim population in green (see list on previous page). Use your globe to help identify each of the countries.



Saudi Arabian Dinner Recipe

Name: Kabsa (savory red rice and chicken)

Ingredients:

- 2 lbs. Chopped chicken legs and thighs
- 1 stick butter
- 3 cups chicken bouillon
- 2 tsp cloves
- 1 stick cinnamon
- 6 cardamom seeds
- Salt to taste
- 4 oz. tomato paste
- 2 medium carrots grated
- ½ cup raisins
- ½ cup toasted almonds or pine nuts

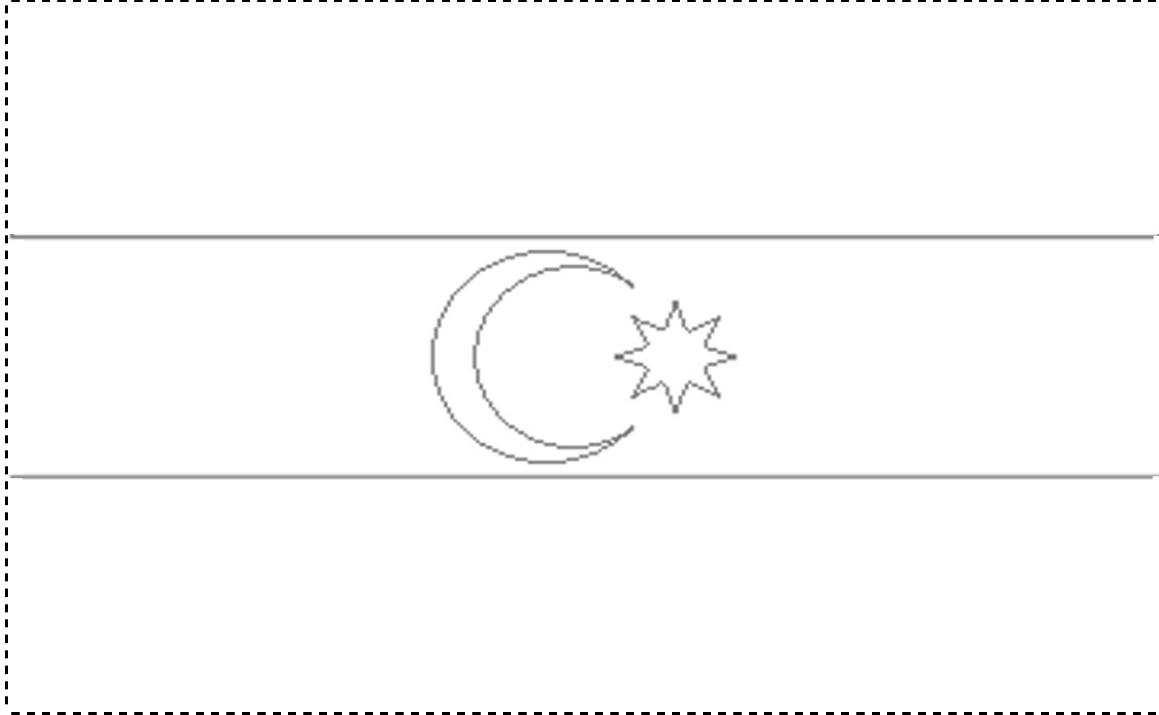


Directions:

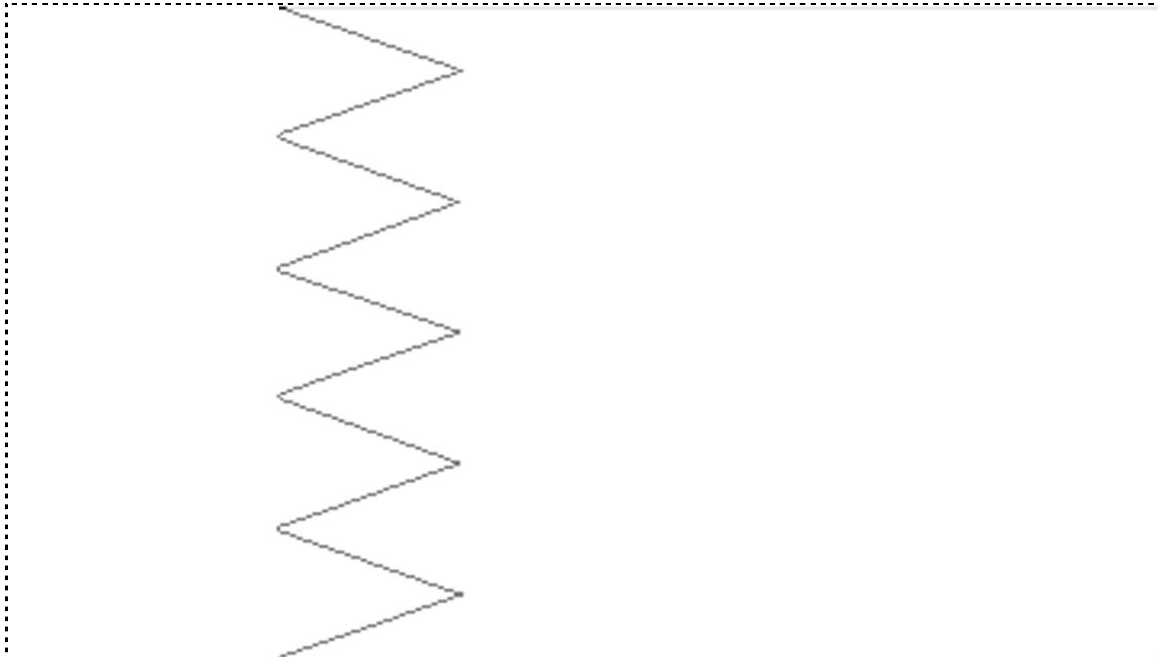
1. In large stockpot melt butter and place chicken pieces in the pot to brown on med-high fire.
2. When browned add the chicken stock, spices, tomato paste and salt to taste. Cook covered on medium heat until chicken is tender and starting to pull away from the bones (30-40 minutes).
3. Soak 3-4 cups of rice in water while chicken cooks.
4. In a separate pan place 2 tablespoons of oil and the nuts. Roast the nuts on high heat till they turn golden brown. Remove from pan to avoid burning.
5. Drain rice and add to the chicken DO NOT STIR. For every cup of rice you should have two cups of liquid. Add additional water or remove extra liquid if necessary.
6. Add shredded carrot, cover and bring to a boil. Once boiling turn heat down to low and simmer for 20 minutes (until rice is tender).
7. Serve with raisins and nuts sprinkled on top of the rice and chicken mixture.

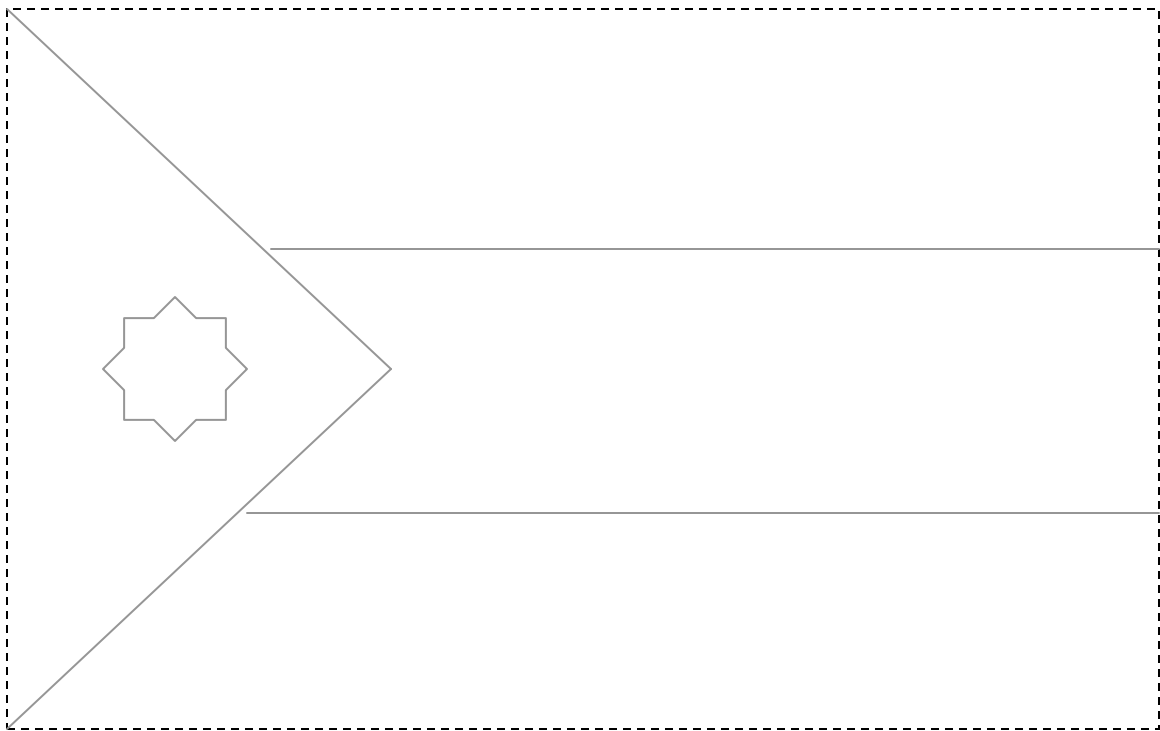
Flags of Western Asia

Azerbaijan 



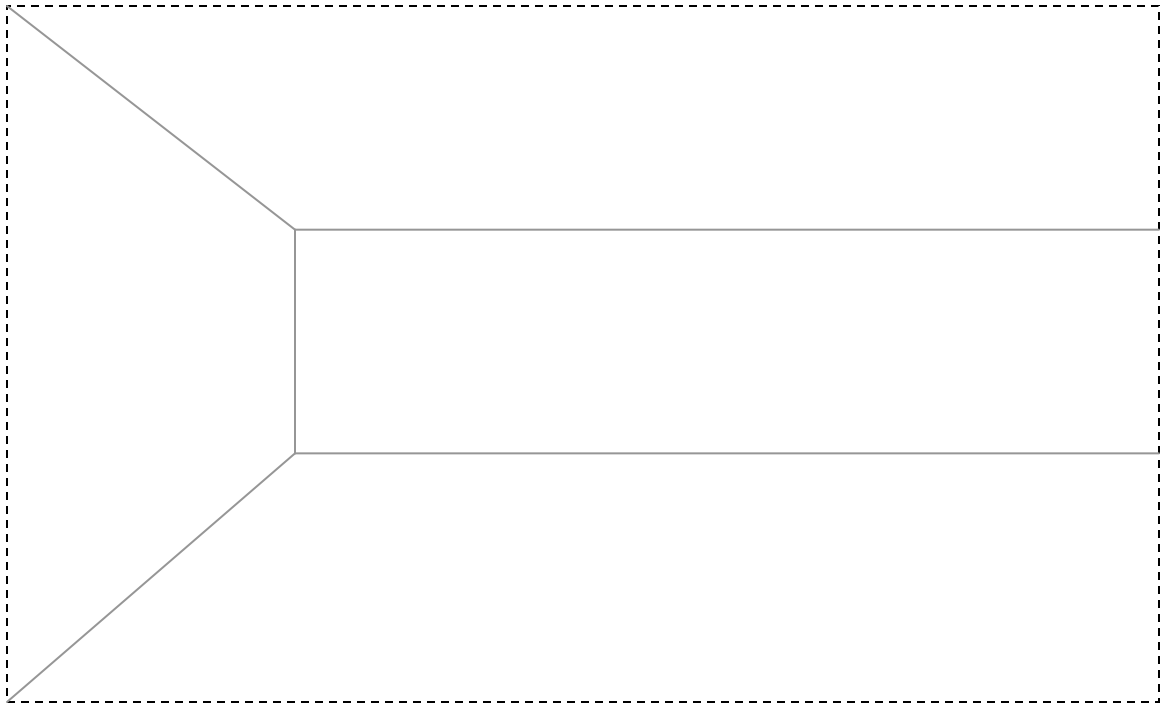
Bahrain 



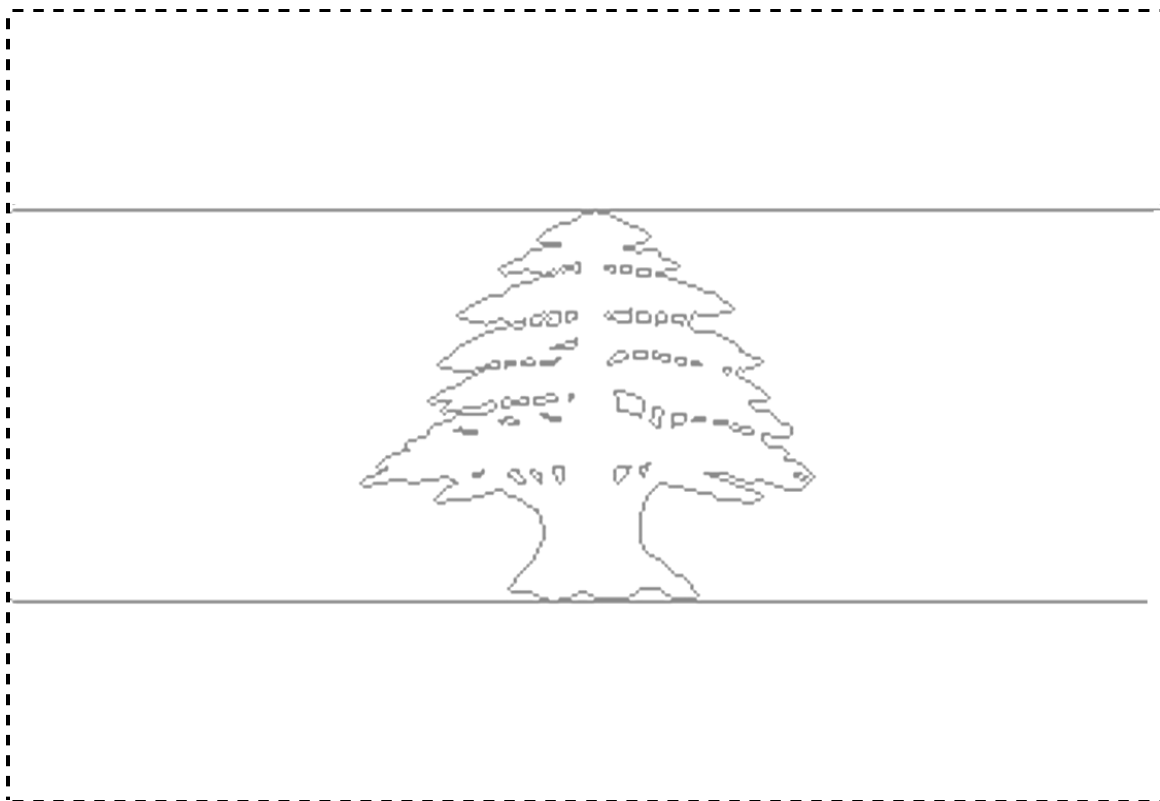




Kuwait



Lebanon



Lesson 27: West Asia-Turkey

Another country in Western Asia that has one of the largest Muslim populations (even more Muslims than Saudi Arabia) is Turkey. Find Turkey on your globe. Turkey has the Black Sea to the north, the Mediterranean Sea to the south, Iran to the east and Greece to the west. Once you have found it lets learn more about the Muslims of Turkey!



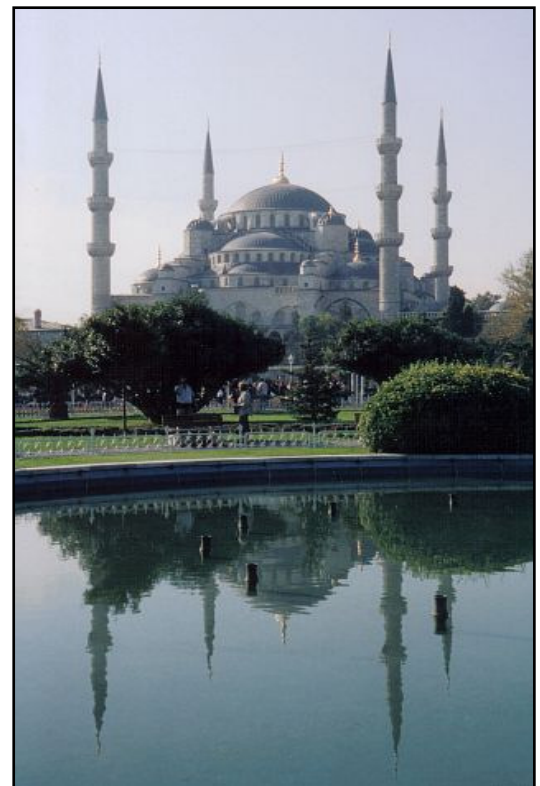
Turkish Flag

Facts about Turkey:

1. Turkey is 99% Muslim.
2. The people of Turkey speak Turkish and over 20 other native dialects.
3. Turkey has hot dry summers and mild wet winters.
4. Turkey was once part of the great Muslim Empire that spanned from Spain in the west to China in the east.
5. Although most everyone in Turkey is Muslim, the government does not practice the Qur'an and Sunnah.
6. Many Turkish people get in trouble when they try to be good Muslims (like women wearing Hijab).



Turkish Currency (Turkish Lira)



Blue Mosque, Turkey

Daily Activities:

Day 1: Review the countries of Western Asia using the map from the last lesson and the following list of West Asian countries.

Azerbaijan	93%
Bahrain	100%
Iraq	97%
Jordan	94%
Kuwait	100%
Lebanon	70%
Oman	99%
Palestine	98%
Qatar	95%
Saudi Arabia	100%
Syria	90%
Turkey	99%
United Arab Emirates	96%
Yemen	100%

Source: IslamicPopulation.com

Day 2: Try the Turkish recipe that follows.

Day 3: Do a search on the Internet for Turkey to see photos of the landscape, the people, mosques, and cities.

Day 4: Study the other countries in West Asia through books and/or videos from the library.

Day 5: Complete your West Asian flag chain (started in the last lesson) by coloring the remaining West Asian flags on pages 52-55.



Turkish Dinner Recipe

Name: Dolma (rice and meat stuffed grape leaves)

Ingredients:

1 lb. Ground lamb or beef	1 cup of minced parsley
4-5 small onions	2 tsp
1/3 cup olive oil	1/3 cup of boiled water
1 Tbsp of pine nuts	16oz. jar of pickled grape leaves
2 cups of rice	2 spoons of olive oil
1 Tbsp of dry mint	2 cups of boiled water
1 tsp black pepper	
1 tsp cinnamon	
1/2 cup lemon	

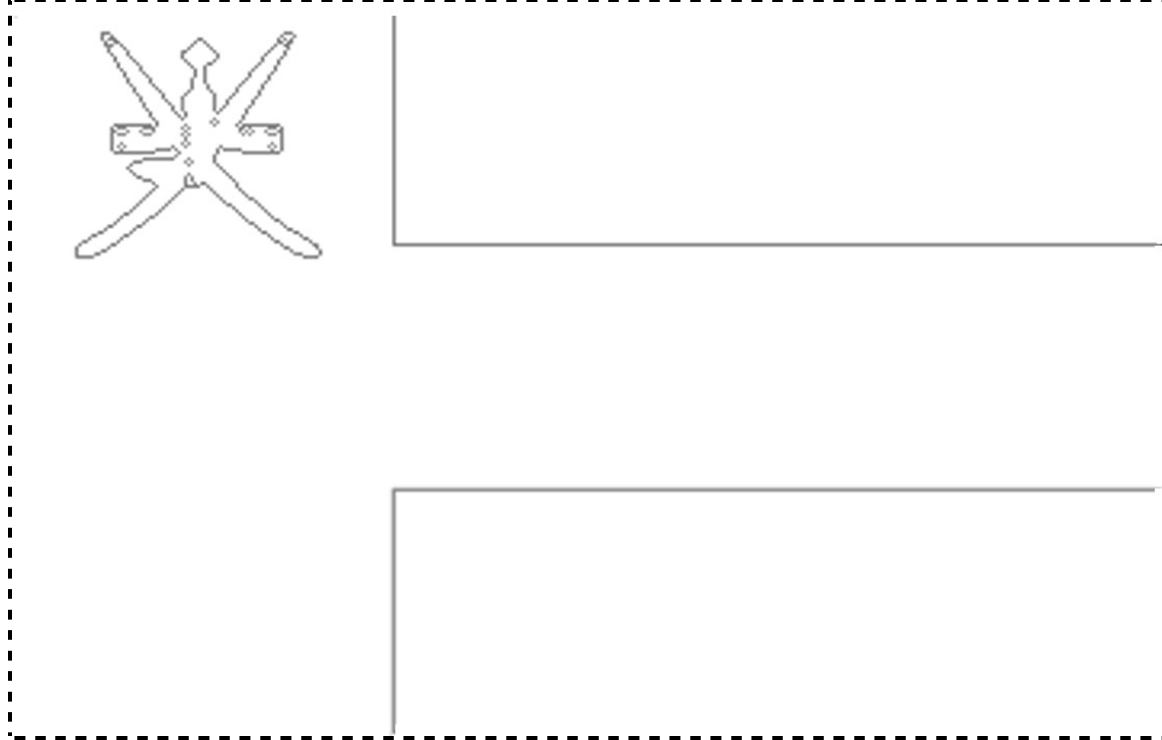


Directions:

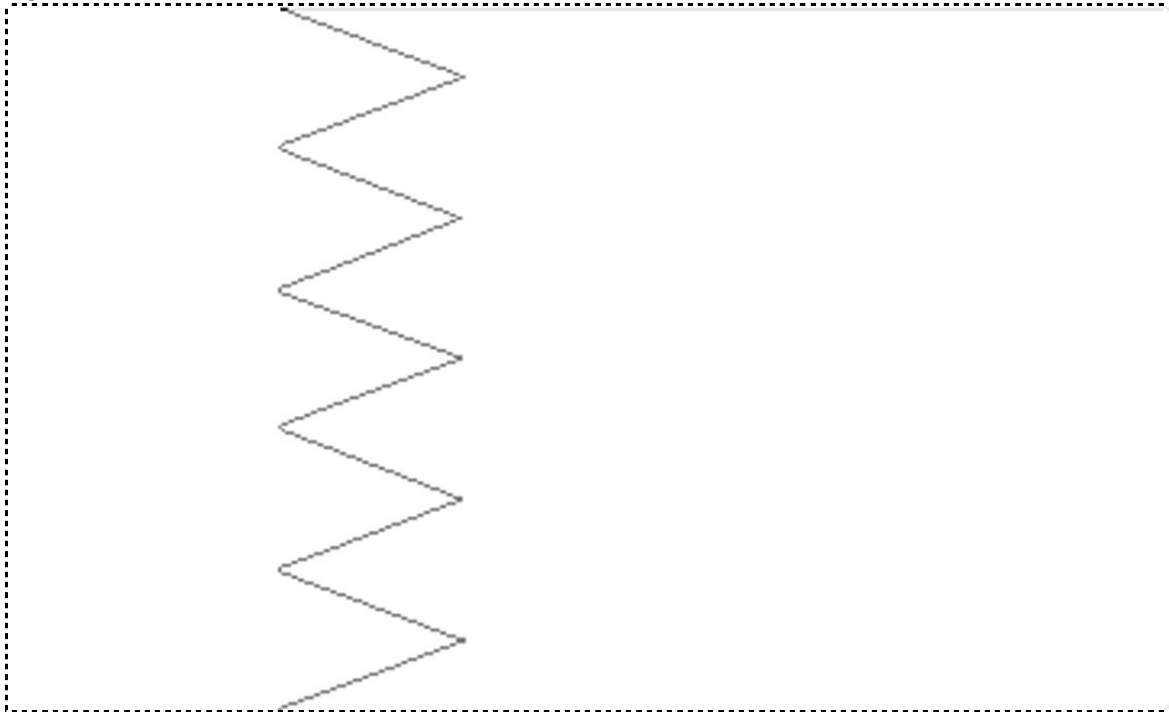
1. Cut into pieces 4-5 small onions, and roast with 1/3 cup of olive oil and pine nut (till the pine nuts turn golden).
2. Wash 2 cups of rice and add the onions. Roast 1-2 more minutes. Then add into the saucepan turn in order; mint, black pepper, cinnamon, and 1 cup of minced parsley and mix them. Add in the salt and 1/3 cup of boiled water. Steep on very low fire till the rice absorbs the water. When the rice absorb the water turn off the fire and cool. When cool add the ground lamb or beef (uncooked).
3. On the side, wash the grape leaves with warm water - changing water 4-5 times. Take out the leaves from water pressing between palms of your hands. Take each leaf and remove the stem carefully (do not tear the leaf). Place 1 teaspoon of rice mixture in the center of each leaf and roll into a cylinder style. (Fold the sides of the leaf in as you roll so the filling will not come out of the ends of the roll).
4. Spread some leaves on the bottom of the pot that you use for cooking (so that the pot's bottom will not burn). Arrange the stuffed grape leaves tightly in rows on the bottom of the pot. Keep adding layers till the ingredients are finished. Remember to pack the rolls closely together so they do not unroll while cooking. When finished, pour 2 spoons of olive oil and lemon juice on top.
5. Place a heavy plate over the grape leaves (it should place pressure on the rolls so they do not unroll) and then add 2 cups of boiled water. Put the pot on the fire. When water starts boiling, reduce the heat and cook 30 minutes. After cooking, let the pot cool and then serve grape leaves on a plate with lemon slices and parsley leaves.

Source: www.portakalagaci.com

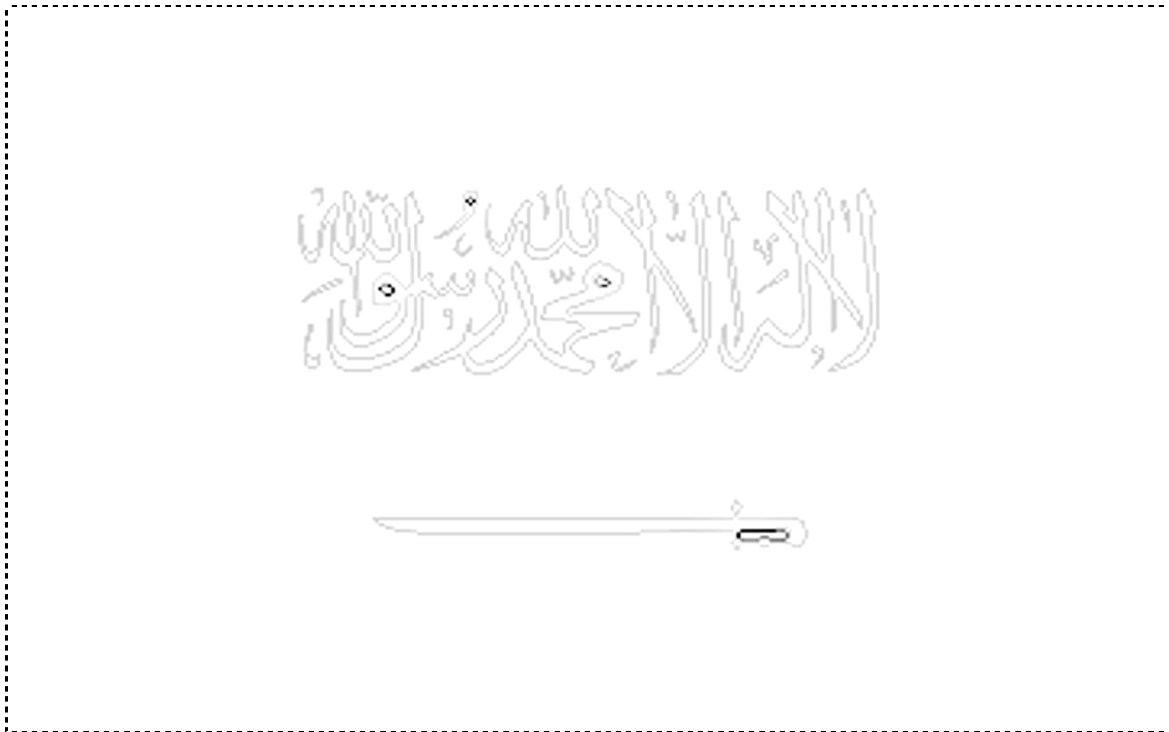
Flags of Western Asia



Qatar



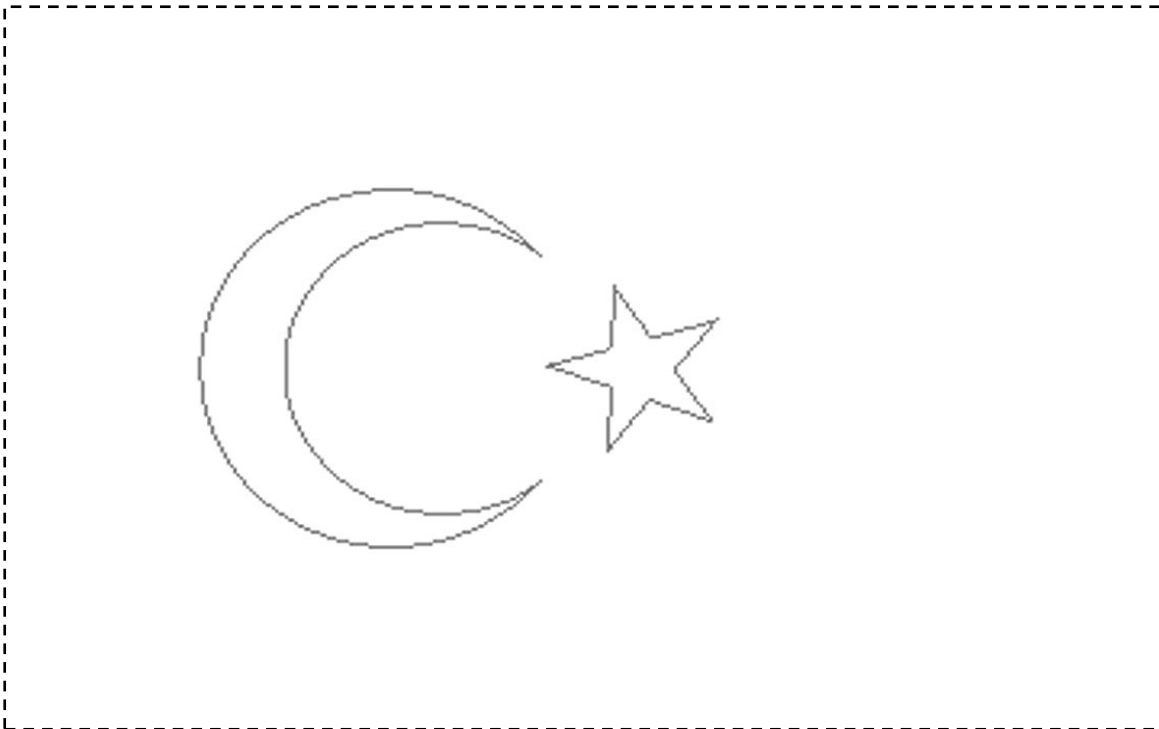
Saudi Arabia



Syria



Turkey



United Arab Emirates

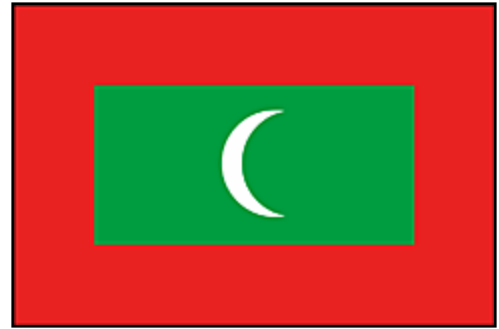


Yemen



Lesson 28: South Central Asia-Maldives

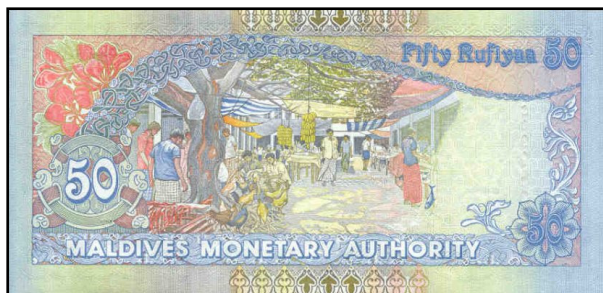
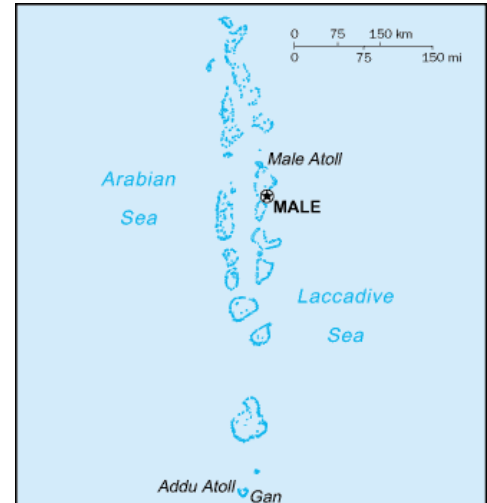
Now we will move to South Central Asia. Most of the countries in this area are Muslim. The Maldives (pronounced Mal-deevs) is one of these countries. The Maldives is a set of atolls in the Arabian Sea. Find the Maldives on your globe. The Maldives has India to the north, the Indian Ocean to the south, Sri Lanka to the east and Somalia to the west. Once you find it let's learn more about the Muslims of the Maldives!



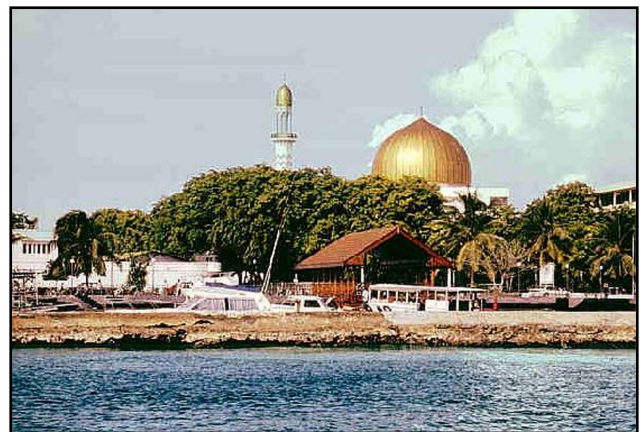
Maldivian Flag

Facts about the Maldives:

1. The Maldives is 100% Muslim.
2. The Maldivians speak Dhivehi and most people also speak English.
3. The Maldives has a rainy season but most of the year it is hot and humid.
4. All of the Maldives atolls put together are only about twice as big as Washington, D.C. (the capital of the US).
5. Tourism is how people make money in the Maldives so in order to make sure Muslims can practice Islam without bad influences, certain atolls are for Muslims only (no tourists) and others are open for anybody.
6. Maldivians are very young; half of the population is under 15!
7. Maldivians divorce a lot. The average person has been married three times by the age of 30.



Maldivian Money (Rufiyaa)



*The Friday Mosque
Male, Maldives*

Daily Activities:

Day 1: Use the map that follows and the list of countries below to review the Muslim countries of South Central Asia.

Afghanistan	99%
Bangladesh	88%
India*	14%
Iran	99%
Kazakhstan*	47%
Kyrgystan	75%
Maldives	100%
Pakistan	97%
Tajikistan	90%
Turkmenistan	89%
Uzbekistan	88%

**Although India is not a Muslim Majority country it has the largest minority population of Muslims in the world (150 million). Kazakhstan has a large Muslim minority so it has been included as well.*

Source: IslamicPopulation.com

Day 2: Try the Maldivian recipe that follows the map.

Day 3: Do a search on the Internet for Maldives to see photos of the landscape, the people, mosques, and cities.

Day 4: Study the other countries in South Central Asia through books and/or videos from the library.

Day 5: Make an Asian Flag Chain, like the one below, for half the countries in South Central Asia (you will do the other half in the next lesson). Use the flag pictures on pages 60-62.



South Central Asia

Student Name: _____ Date: _____

Directions: Color the Maldives (red) and all the other South Central Asian countries* that have a majority Muslim population in green (see list on previous page). Use your globe to help identify each of the countries.



**There are other countries in this region but we are focusing on areas where there are significant numbers of Muslims.*

Maldivian Dinner Recipe

Name: Pineapple Curry

Ingredients:

1 can (16 oz) Pineapple chunks (drained: keep the drained juice separately) or 1 small pineapple cut into bite size pieces.

1 small onion sliced

1-2 hot green peppers sliced

8 oz. fish chopped into pieces (any variety will do)

1-2 tsp. raw curry powder

1/4 tsp. turmeric

1/2 tsp. ground black mustard

1-2 inch piece cinnamon

few curry leaves

2 large cloves of garlic crushed

1 tsp crushed ginger root

1/4 cup coconut milk (or fresh milk)

2-3 tbs. vegetable oil

1-2 tbs. sugar (adjust according to taste and the pineapple used)

Salt to taste



Directions:

1. Heat oil in saucepan.
2. Add crushed ginger, garlic, curry leaves, cinnamon, sliced onions and green peppers.
3. Keep mixing the ingredients until the onions are soft.
4. Add salt, turmeric, raw curry powder, ground mustard and fish.
5. Mix all the ingredients well and add pineapple pieces.
6. Keep mixing the pineapple pieces until well coated with the spices.
7. Reduce heat and allow to simmer for few minutes.
8. If using canned pineapple add 1/2 of the drained juice.
9. Allow to simmer for few more minutes longer.
10. Add the sugar, mix well and adjust salt.
11. Taste and if necessary add a little lime juice (depends on the pineapple used).
12. Add 1/4 cup coconut milk (or fresh milk).
13. Let simmer for a little while and take off heat.

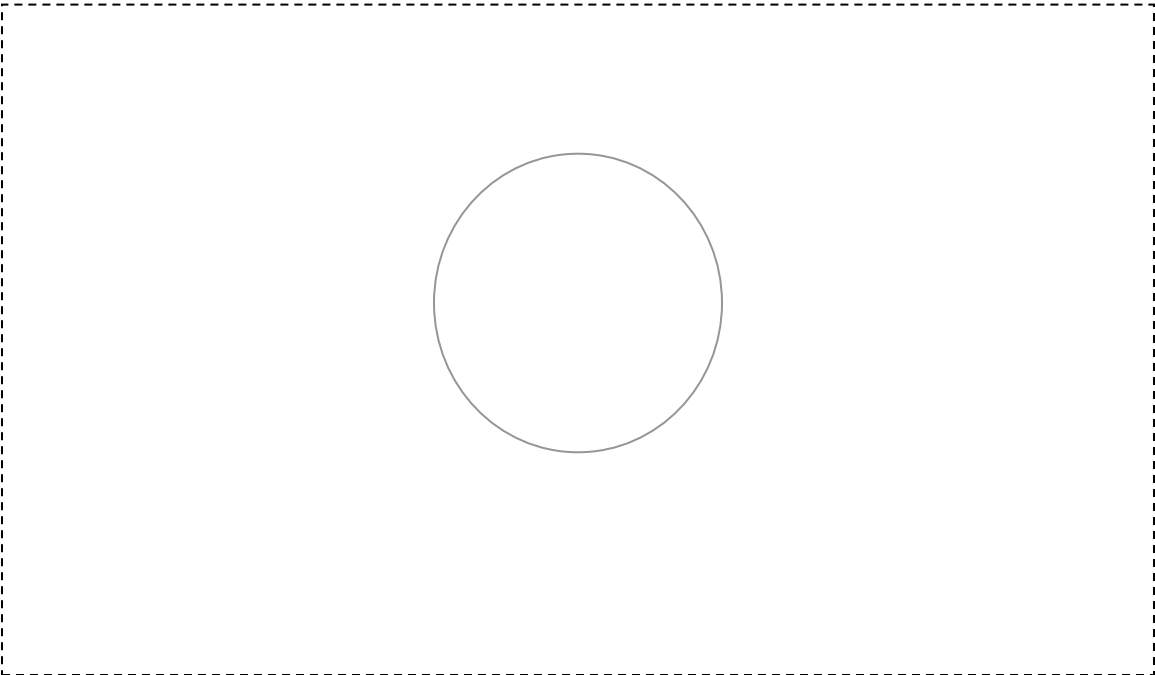
Source: www.asiarecipe.com

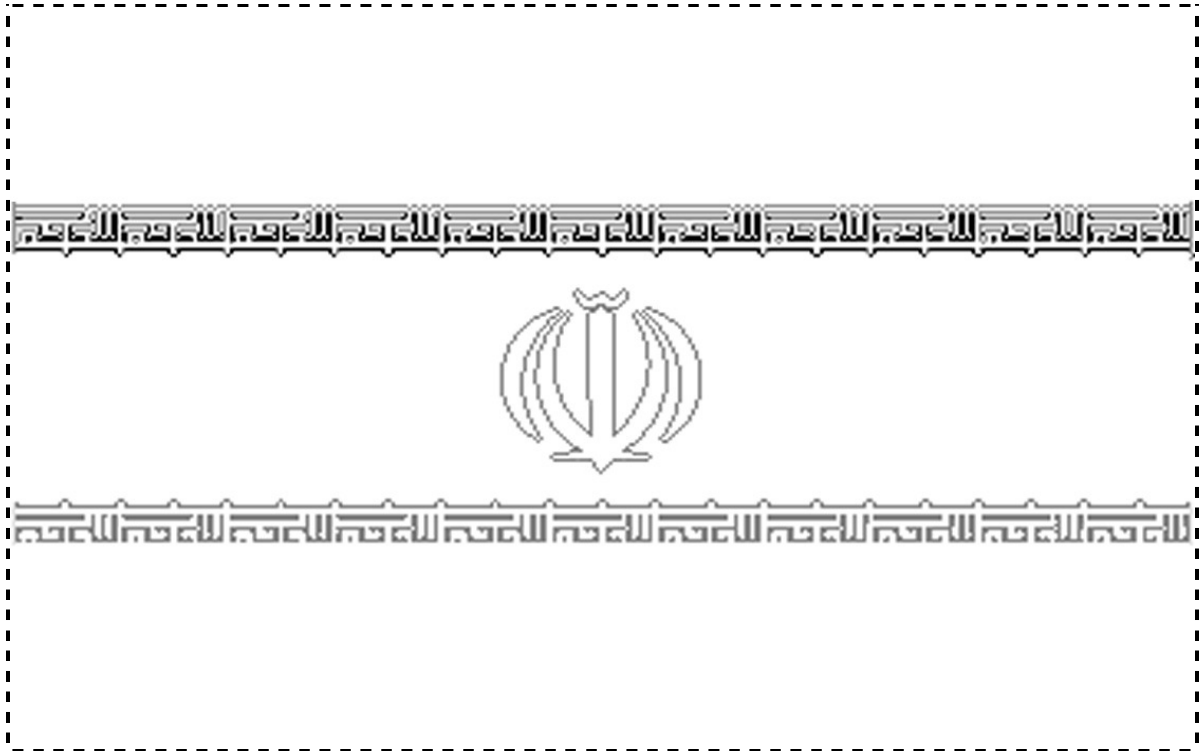
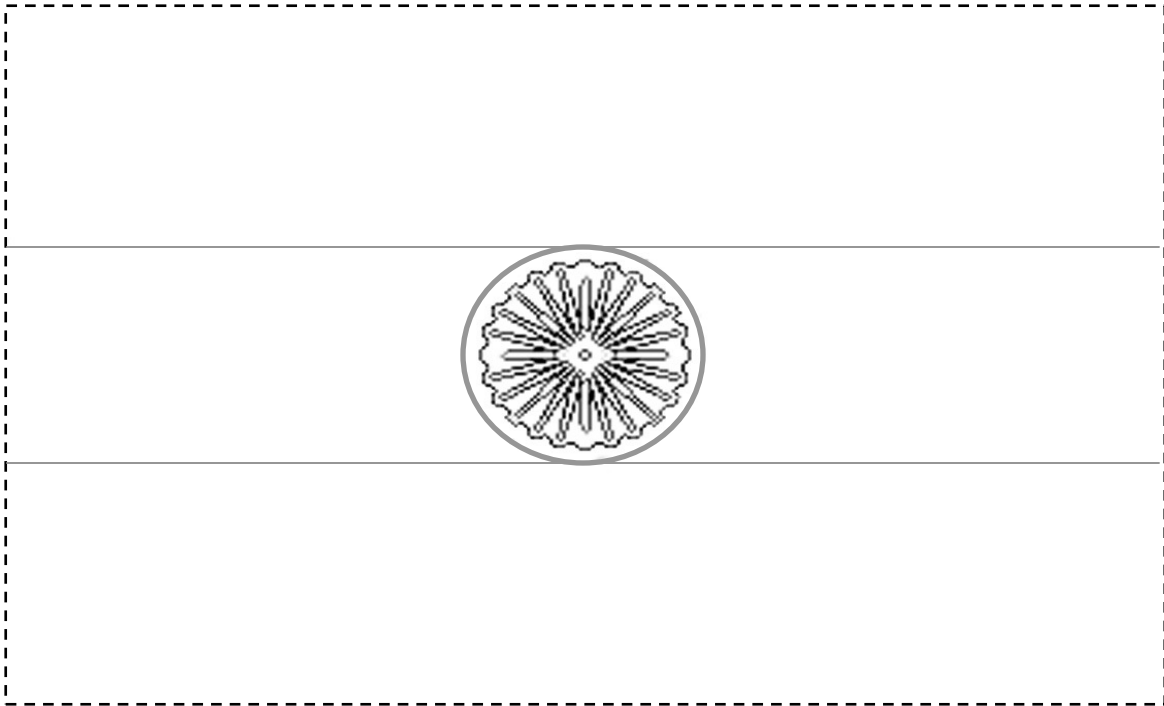
Flags of South Central Asia

Afghanistan 



Bangladesh 

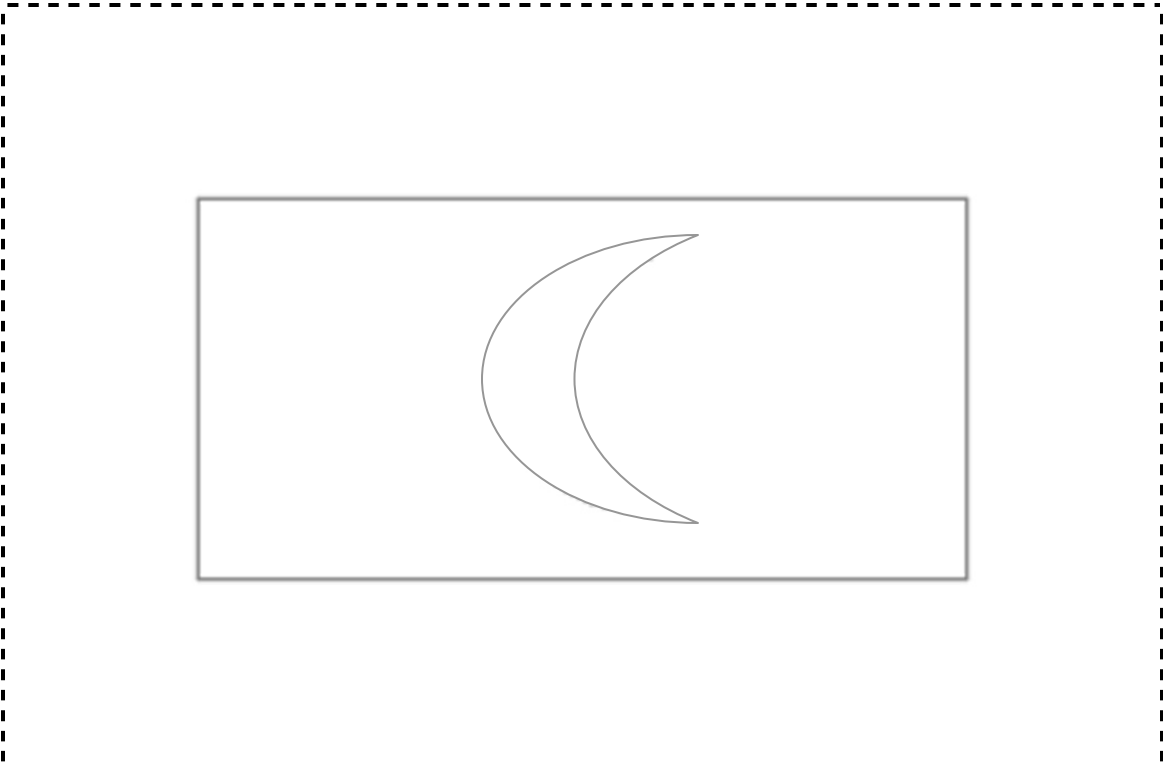




Kazakhstan



Maldives



Lesson 29: South Central Asia-Kyrgyzstan

Kyrgyzstan is a small country located in Central Asia. Most people have not even heard of this country. Find Kyrgyzstan on your globe. Kyrgyzstan has Kazakhstan to the north, Tajikistan to the south, China to the east and Uzbekistan to the west. Once you have found it lets learn more about the Muslims of Kyrgyzstan!



Kirghiz Flag

Facts about Kyrgyzstan:

1. Kyrgyzstan is 75% Muslim.
2. The Muslims in Kyrgyzstan originally came from China over 100 years ago.
3. The Kirghiz speak Dungan, Russian, and Kirghiz.
4. The Kirghiz love to eat roasted meats (kebobs).
5. Muslims in Kirghiz study Arabic and the Qur'an in special schools.
6. Their government does not treat the Muslims of Kyrgyzstan very well. The government does not want them to practice Islam.
7. The Kirghiz Muslims would like to have their own country that would be governed by the Qur'an and Sunnah.



*Kirghiz Currency
(Kyrgyzstani Som)*



Kirghiz Mosque

Daily Activities:

Day 1: Review the Muslim countries of South Central Asia using the map from the last lesson and the list of countries below.

Afghanistan	99%
Bangladesh	88%
India*	14%
Iran	99%
Kazakhstan	47%
Kyrgyzstan	75%
Maldives	100%
Pakistan	97%
Tajikistan	90%
Turkmenistan	89%
Uzbekistan	88%

**Although India is not a Muslim Majority country it has the largest minority population of Muslims in the world (150 million). Kazakhstan has a large Muslim minority so it has been included as well.*

Source: IslamicPopulation.com

Day 2: Try the Central Asian recipe that follows the map.

Day 3: Do a search on the Internet for Kyrgyzstan to see photos of the landscape, the people, mosques, and cities.

Day 4: Study the other countries in South Central Asia through books and/or videos from the library.

Day 5: Make an Asian Flag Chain, like the one below, for the remaining countries in South Central Asia. Use the flag pictures on pages 66-68.



Central Asian Dinner Recipe

Name: Bastuma (roasted lamb)

Ingredients:

2 lbs mutton (leg)
4 onions
6 tbsp vinegar
6-7 tomatoes
5-6 cucumbers

Directions:

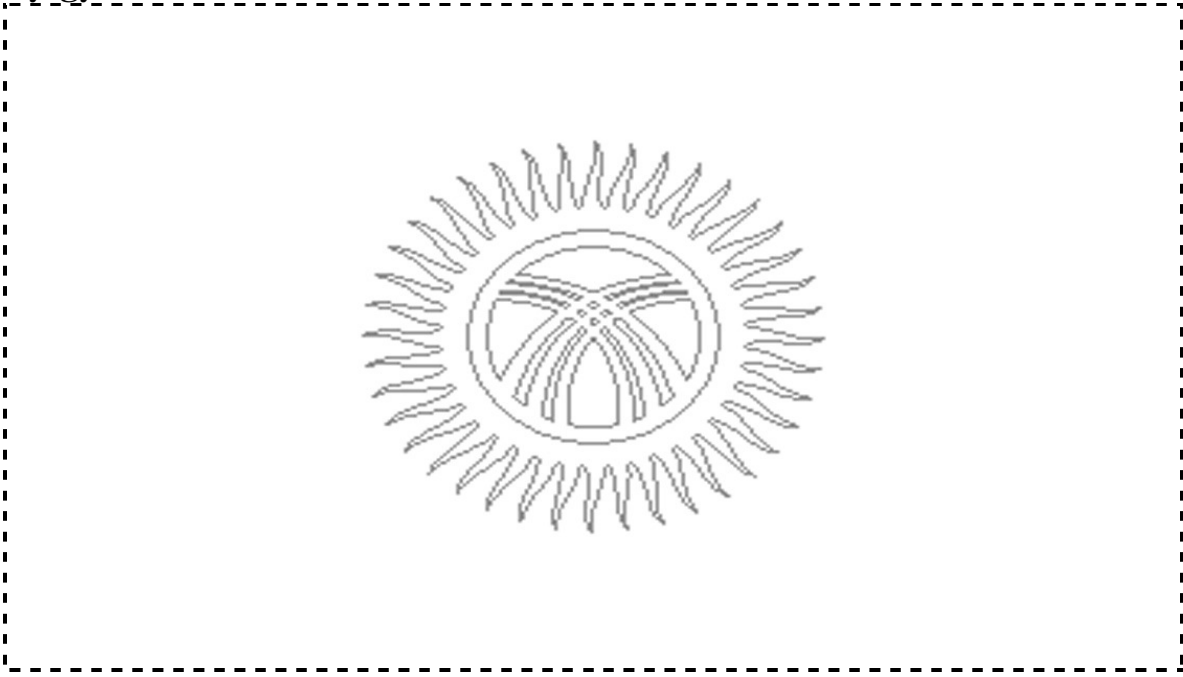
Cut mutton in 5-6 large pieces. Chop onion into rings. Marinate mutton and onion in vinegar and keep cold for 3-4 hours. Broil the meat over hot charcoal (barbeque). Serve with fresh sliced cucumbers, tomatoes and flatbread (naan).

Source: cp.settlement.org

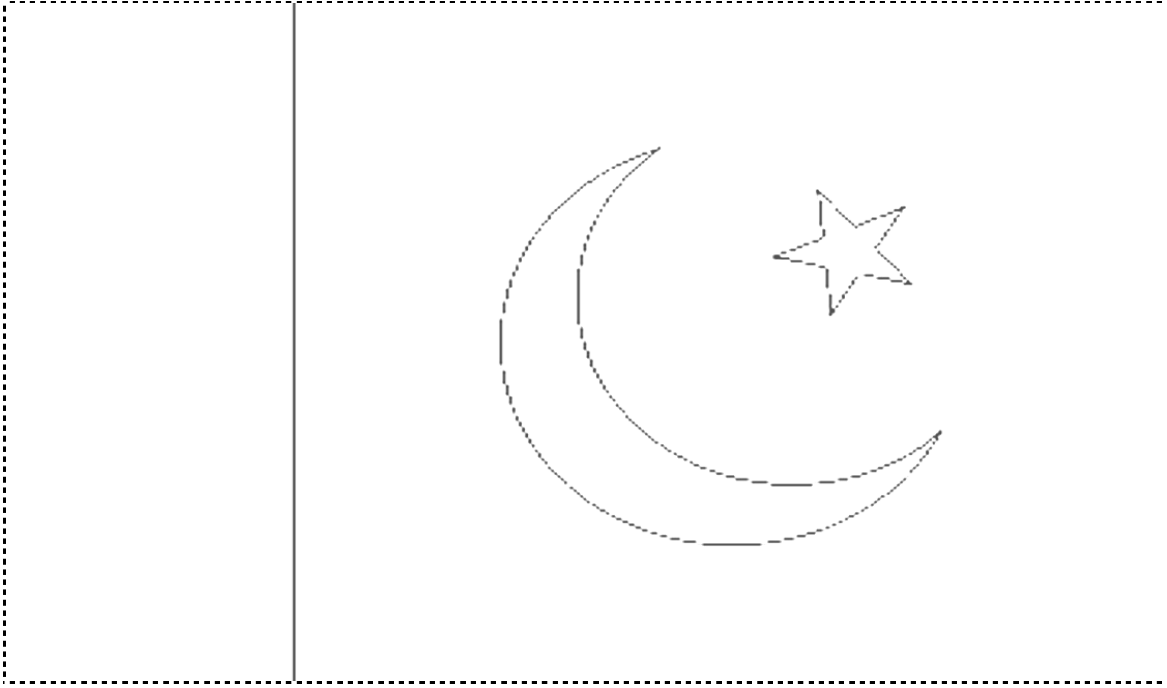


Flags of South Central Asia

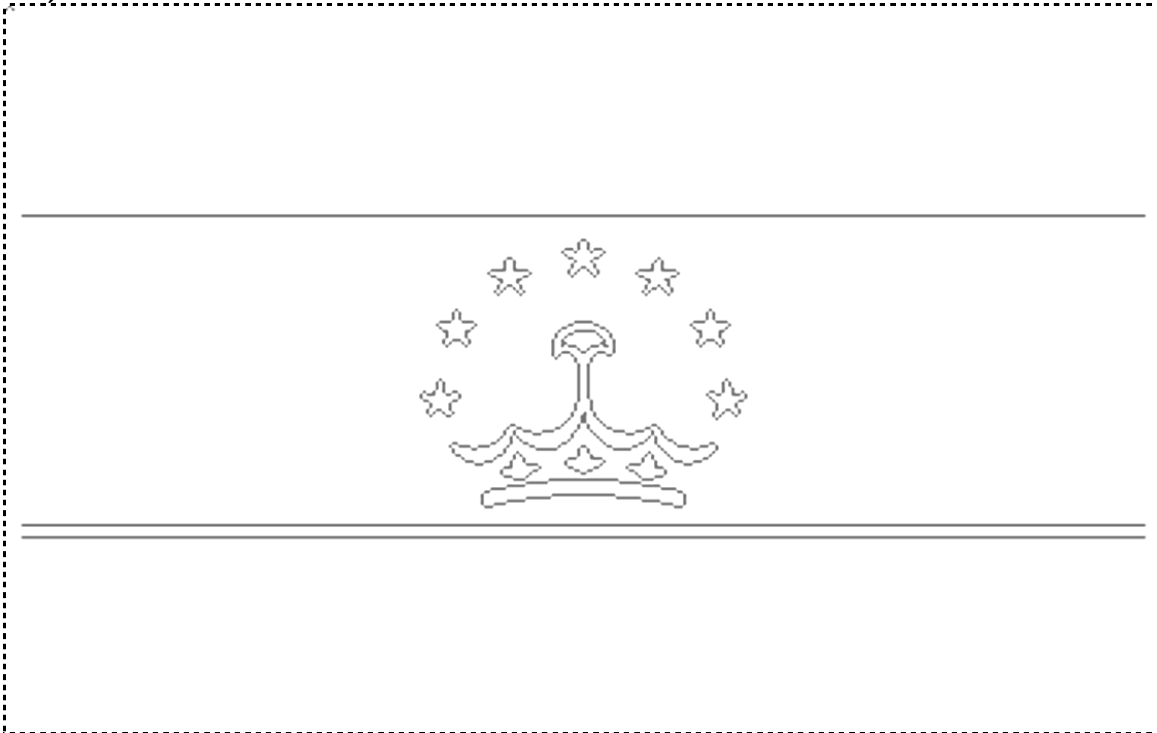
Kyrgyzstan 



Pakistan 



Tajikistan



Turkmenistan



Uzbekistan



Lesson 30: South East Asia-Indonesia

In this lesson we will move to South East Asia. Indonesia is one of the Muslim countries in this area. Find Indonesia on your globe. Indonesia has Malaysia to the north, Australia to the south, Papua New Guinea to the east and the Indian Ocean to the west. Once you have found it lets learn more about the Muslims of Indonesia!



Indonesian Flag

Facts about Indonesia:

1. Indonesia is 88% Muslim.
2. Indonesia is made up of hundreds of large and small islands.
3. Indonesia is the largest Muslim country in the world with a population of over 194 million Muslims.
4. The Indonesians speak Indonesian and over 700 other local languages!
5. Indonesian Muslims are working hard to show the world that Islam is for all places and times. Indonesia is modern but Indonesians have not given up their religion for progress.



*Indonesian Currency
(Indonesian Rupiah)*



*Istiqlal Mosque
Jakarta, Indonesia*

Daily Activities:

Day 1: Use the map that follows and the list of countries below to review the Muslim countries of South East Asia.

Brunei	67%
Indonesia	88%
Malaysia	59%

Source: IslamicPopulation.com

Day 2: Try the Indonesian recipe that follows the map.

Day 3: Do a search on the Internet for Indonesia to see photos of the landscape, the people, mosques, and cities.

Day 4: Study the other countries in South East Asia through books and/or videos from the library.

Day 5: Review your previous lessons to prepare for the upcoming review lessons.

South East Asia

Student Name: _____ Date: _____

Directions: Color Indonesia (red) and all other Muslim majority* countries in South East Asia green (see list on previous page). Use your globe to help identify each of the countries.



**There are other countries in "South East Asia" but we are concentrating on the countries where 50% or more of the population is Muslim.*

Indonesian Dinner Recipe

Name: Sate Ayam Madura (grilled meat)

Ingredients:

7 Shallots	Salt (as needed)
10 pine nuts	2 cups Sweet soy sauce
8 Garlic cloves	2 Red peppers
Bamboo skewers (as needed)	16 Birdseye chilies (optional)
7 lbs. Chicken (cut into 1" cubes)	2 lbs. Roasted peanuts ground to a paste
1 cup Water	1/4 cup Lime juice
1/4 cup Oil	

Directions:

1. Ground shallot, garlic, nuts, red peppers, and Birdseye chilis to a fine paste.
2. Heat oil in a saucepan then sauté the paste until fragrant.
3. Add ground peanuts, 1 cup sweet soy sauce, salt and water.
4. Mix well and slowly bring to a boil.
5. Remove saucepan from heat and add limejuice.
6. Cool to room temperature.
7. Impale chicken pieces on bamboo skewers until 3/4 full.
8. Marinate chicken satay for at least 2 hours with a quarter of the sauce and 1 cup of sweet soy sauce.
9. Sprinkle salt to satay before grilling.
10. Grill satay for 10-15 minutes, turning occasionally.



Tip: Soak bamboo skewers in water for at least 1/2 hour so they don't burn. Use chicken thighs for best flavor and texture.

Serve satay with rice.

Condiments: sliced onions or shallots, Birdseye chilies, limes.

Source: www.indomerchant.com

Lesson 31: South East Asia-Brunei

In this lesson we will learn about one of the smallest and most wealthy Muslim nations in the world-Brunei. Brunei is also called Darussalam (home of peace). Find Brunei on your globe. Brunei has the South China Sea to the north, and is surrounded by Malaysia to the south, east and west. Once you find it lets learn more about the Muslims of Brunei!



Bruneian Flag

Facts about Brunei:

1. Brunei is 67% Muslim.
2. The people of Brunei speak English and Malay in addition to 17 other languages.
3. All children in Brunei (even non-Muslims) are required to learn Arabic and take courses in Islam as part of their standard education.
4. The government in Brunei is strict in applying the Shariah by making sure that Haraam items are not being sold or brought into the country. That includes food, magazines, books, etc.
5. In Brunei non-Muslims can live and work without any problems but they are not allowed to try to ask the Muslims to leave Islam.



Brunei Currency (Bruneian Dollar)



Brunei Mosque

Daily Activities:

Day 1: Review the countries in South East Asia using the map from the last lesson and the list below.

Brunei	67%
Indonesia	88%
Malaysia	59%

Source: IslamicPopulation.com

Day 2: Try the Bruneian recipe that follows the map.

Day 3: Do a search on the Internet for Brunei to see photos of the landscape, the people, mosques, and cities.

Day 4: Study the other countries in South East Asia through books and/or videos from the library.

Day 5: Make an Asian Flag Chain, like the one below, for all the countries in South East Asia. Use the flag pictures on pages 76-77.



Brunei Fruit Salad Recipe

Name: Rujak Brunei

Ingredients:

- 1 small cucumber, sliced thin
- 1 cup thinly sliced jicama
- 1 cup cubed firm ripe papaya
- 1 star apple (carambola), sliced
- 1 to 2 cups cubed fresh or canned ripe pineapple
- 1 firm green pear, cubed
- 1 firm tart apple, cubed



For the sauce:

- 3 tablespoons dry roasted peanuts
- 1 or 2 hot red chilies, sliced and seeded
- 1/2 cup brown sugar
- 1 tablespoon tamarind paste, dissolved in 1/2 cup water and strained
- 1 small green banana, sliced (optional)

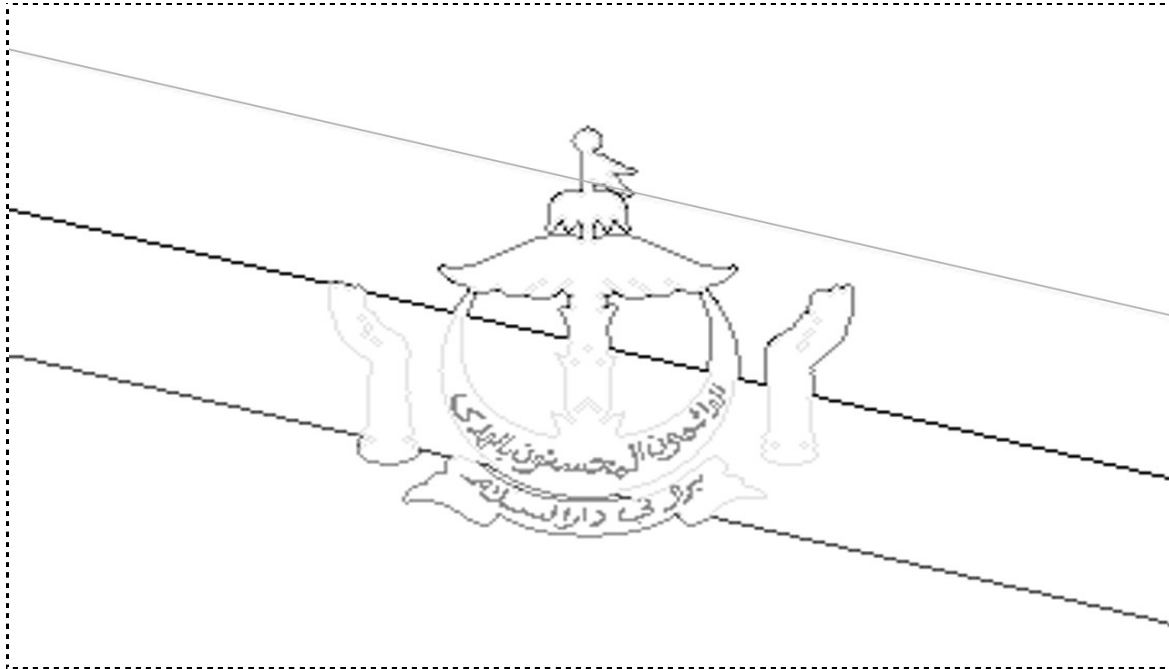
Directions:

Arrange the cucumber and any 3 or more of the fruits in separate heaps on a serving platter.

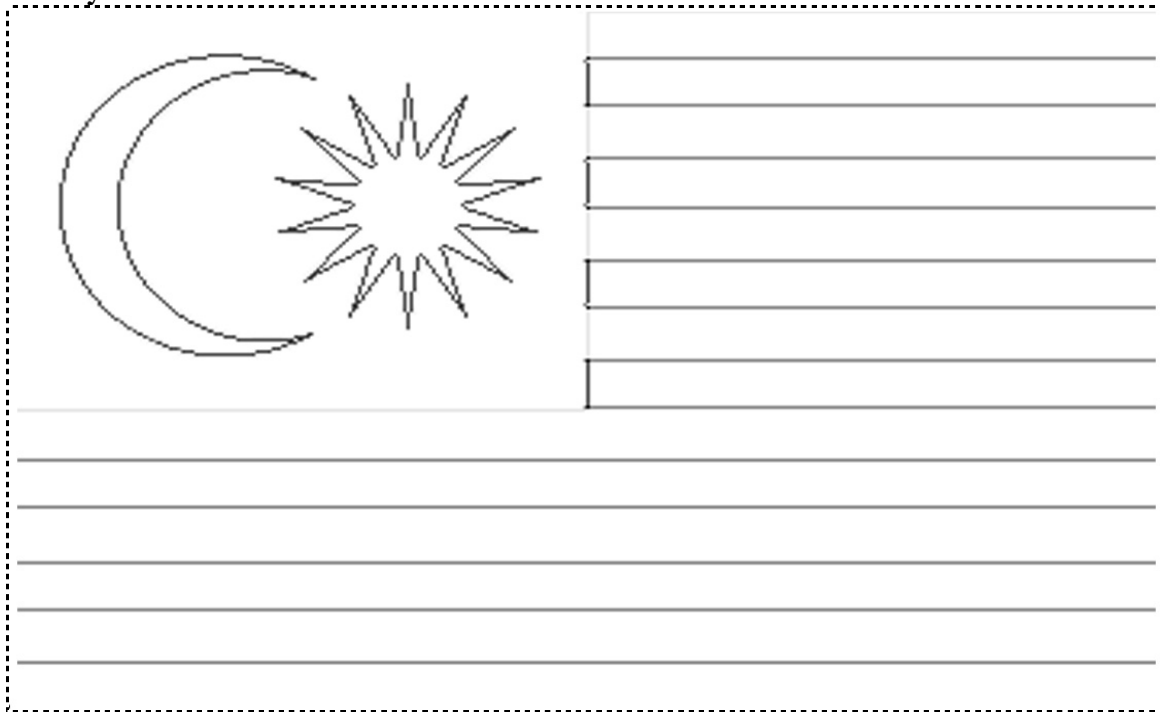
In a food processor chop fine the peanuts, then blend in the chilies, brown sugar, tamarind, liquid, and banana (if used) to form a paste. It is traditional to serve the sauce and fruit separately. Each diner may then select the fruit and dip it into the thick sauce. The modern method is to toss the fruit and sauce together and serve the salad at room temperature.

Source: asiarecipe.com

Flags of South East Asia



Malaysia 



Lesson 32: East Asia-China

In this lesson we will move on to Eastern Asia. The countries in this area are not Muslim but they do have very large number of Muslims living there. We will start with China. Find China on your globe. China has Mongolia to the north, Vietnam to the south, India to the west and Japan to the east. Once you find it lets learn more about the Muslims of China!



Chinese Flag

Facts about China:

1. There are 38 million Muslims living in China. That is more Muslims than live in Saudi Arabia (24m), Iraq (23m) or Afghanistan (28m)!
2. The Chinese speak Mandarin Chinese and over 200 other local languages!
3. China has modern cities, ports and airports but also has small villages and towns.
4. The Chinese love to eat vegetables and rice.
5. Chinese Muslims have Masaajid and schools to teach Arabic and the Qur'an.
6. In China, women and men are encouraged to learn their deen and become scholars.
7. There are also separate masaajid for women where only women teach other women.



Chinese Currency (Yuan)

The Great Mosque in Xian, China

Daily Activities:

Day 1: Use the map that follows and the list of countries below to review the countries with significant Muslim minorities in East Asia. (All countries with a significant Muslim minority have been included).

China	38 million
Japan	150,000

Source: IslamicPopulation.com

Day 2: Try the Chinese recipe that follows the map.

Day 3: Do a search on the Internet for China to see photos of the landscape, the people, mosques, and cities.

Day 4: Study the other countries in East Asia through books and/or videos from the library.

Day 5: Make an Asian Flag Chain, like the one below, for the countries in East Asia. Use the flag pictures on page 82.



East Asia

Student Name: _____ Date: _____

Directions: Color China and Japan (green). Use your globe to help identify each of the countries.



**There are other countries in this region but we are concentrating only the countries where there is a significant Muslim minority.*

Chinese Dinner Recipe

Name: Chicken and Cashew Stir Fry

Ingredients:

1 whole chicken breast skinned, deboned and cut into 1/2 inch cubes
2 chicken thighs skinned & deboned and cut into 1/2 inch cubes
6 oz. cashews
1/4 pound broccoli
1/4 pound snow pea pods
1/4 pound mushrooms cut into small pieces
1 green bell pepper cut into thin strips

1 red bell pepper cut into thin strips
1 small onion cut into small pieces
1 clove garlic crushed
3 Tbsp hoisin sauce
2 Tbsp cornstarch to be mixed with 3 Tbsp water
4 Tbs. peanut oil

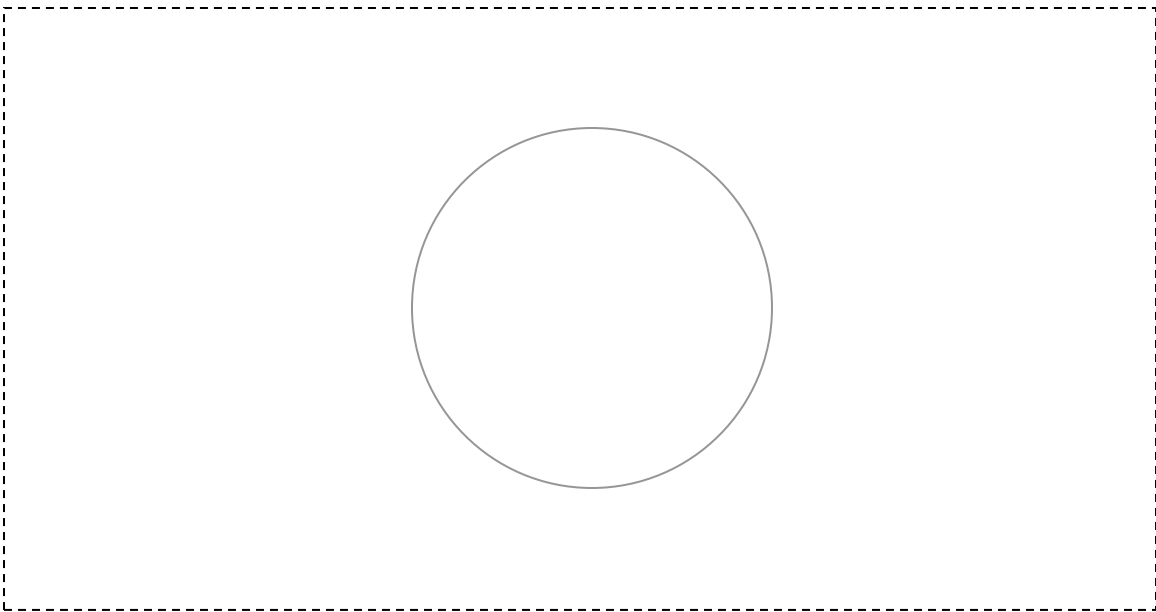
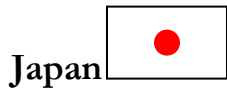
Directions:

1. Heat wok medium-high heat. Pour oil around sides. Drop nuts into wok stir fry till golden brown. Then remove and place on plate.
2. Salt & pepper chicken to taste.
3. Heat wok on high. Put garlic into wok stir-fry 5 seconds. Then place chicken into wok. Stirfry till chicken is done (about 6 minutes). Then remove and place on plate with nuts.
4. Add remaining oil to wok. Then add vegetables. Stir-fry till crisp & tender.
5. Add hoisin sauce.
6. Put chicken and nuts back in.
7. Add cornstarch and water mixture. Stir till thick.
8. Serve over rice.

Source: Stuart's Chinese Recipes

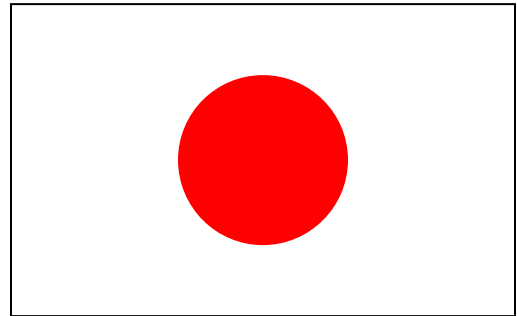


Flags of East Asia



Lesson 33: East Asia-Japan

In this lesson we will study a country that is not Muslim but that has a lot of Muslims living there-Japan. Japan is a set of islands off the coast of China in the North Pacific Ocean. Find Japan on your globe. Once you have found it lets learn more about the Muslims of Japan!



Japanese Flag

Facts about Japan:

1. Japan is not a Muslim country but about 150,000 Muslims live there.
2. The Japanese are well known for technology like cars and computers.
3. The people of Japan speak Japanese and 15 other local languages.
4. The Japanese love to eat fish and seafood.
5. Muslims in Japan have two large mosques one in Tokyo and the other in Kobe.
6. There are no Muslims schools for children right now but the Muslims of Japan are working to set up more masajid and schools to teach people about Islam.
7. Most Japanese (especially the young) are not very religious at all (85% say they do not believe in God), so Muslims have to work hard to do Dawah and spread Islam in Japan.



Japanese Currency (Yen)



Tokyo Mosque

Daily Activities:

Day 1: Review the countries of East Asia with a significant Muslim minority using the map from the last lesson and the list below.

China	38 million
Japan	150,000

Source: IslamicPopulation.com

Day 2: Try the Japanese recipe that follows the map.

Day 3: Do a search on the Internet for Japan to see photos of the landscape, the people, mosques, and cities.

Day 4: Study the other countries in East Asia through books and/or videos from the library.

Day 5: Return to previous lessons to prepare for the review lessons in the last unit.

Japanese Appetizer

Name: Tuna Tataki

Ingredients:

4 Tuna steaks

¼ cup Black peppercorns, coarsely cracked

Dipping Sauce:

1/2 cup Peanut oil

1 ounce Sesame oil

2 ounces Soy sauce

1/2 ounce Garlic -- grated

1/2 ounce Ginger -- grated

5 spice powder to taste (available at Asian grocery stores)



Directions:

Roll tuna in cracked black pepper then sear it in a very hot pan without oil. Let cool slightly, and then slice thinly. Serve with dipping sauce. (The fish is supposed to be browned on the outside and rare on the inside.)

Sauce: 1/2 cup peanut oil, 1 oz. sesame oil, 2 oz. soy sauce, 1/2 oz grated garlic, 1/2 oz grated ginger, 5 spice powder to taste.

Source: asiarecipe.com

Lesson 34: Australia

We have finished all the continents of the world now except one-Australia. Australia has Indonesia to the north, the Tazman Sea to the south, the Coral Sea to the east and the Indian Ocean to the West. Find Australia on your globe. Once you have found it lets learn more about the Muslims of Australia!



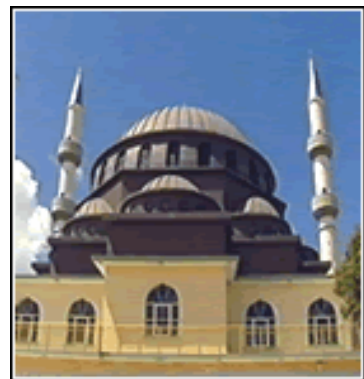
Australian Flag

Facts about Australia:

1. Australia is not a Muslim country but there are about 350,000 Muslims that live there.
2. Australians speak English and over 200 other local languages.
3. There are more than 100 mosques in Australia. And around 20 schools for children.
4. Muslims in Australia are very organized. They have councils from each part of Australia that get together each year in a big meeting (called the Australian Federation of Islamic Councils) to talk about things that are important to Muslims.
5. Most Australian Muslims can practice Islam without any problems
6. Australian Muslims are doing Dawah to teach others about Islam too.
7. Most Australian Muslims live in Victoria and South Wales (two provinces in Australia).



Australian Money (Dollar)



Sydney Mosque

Daily Activities:

Day 1: Color the map of Australia that follows.

Day 2: Try the Australian recipe that follows the map.

Day 3: Do a search on the Internet for Australia to see photos of the landscape, the people, mosques, and cities.

Day 4: Study Australia in more depth through books and/or videos from the library.

Day 5: Make an Australian Flag using the flag picture on pages 127.

Australia

Student Name: _____ Date: _____

Directions: Color Australia (green) and color the provinces of Victoria and South Wales in red (these are the two provinces where most Australian Muslims live).



Australian Bread Recipe

Name: Cheese and Sage Damper

Ingredients:

2 cups Flour (Wholemeal Self Raising)
3/4 cup Cheese (Low Fat Cheddar)
1/2 tsp Paprika
1/4 tsp Pepper (Black)
1 tsp Sage Leaves (Dried)
2 Tbsp Butter
1 cup Evaporated Milk
3 tsp Skim Milk
2 tsp Parmesan Cheese, grated
2 tsp Poppy Seed

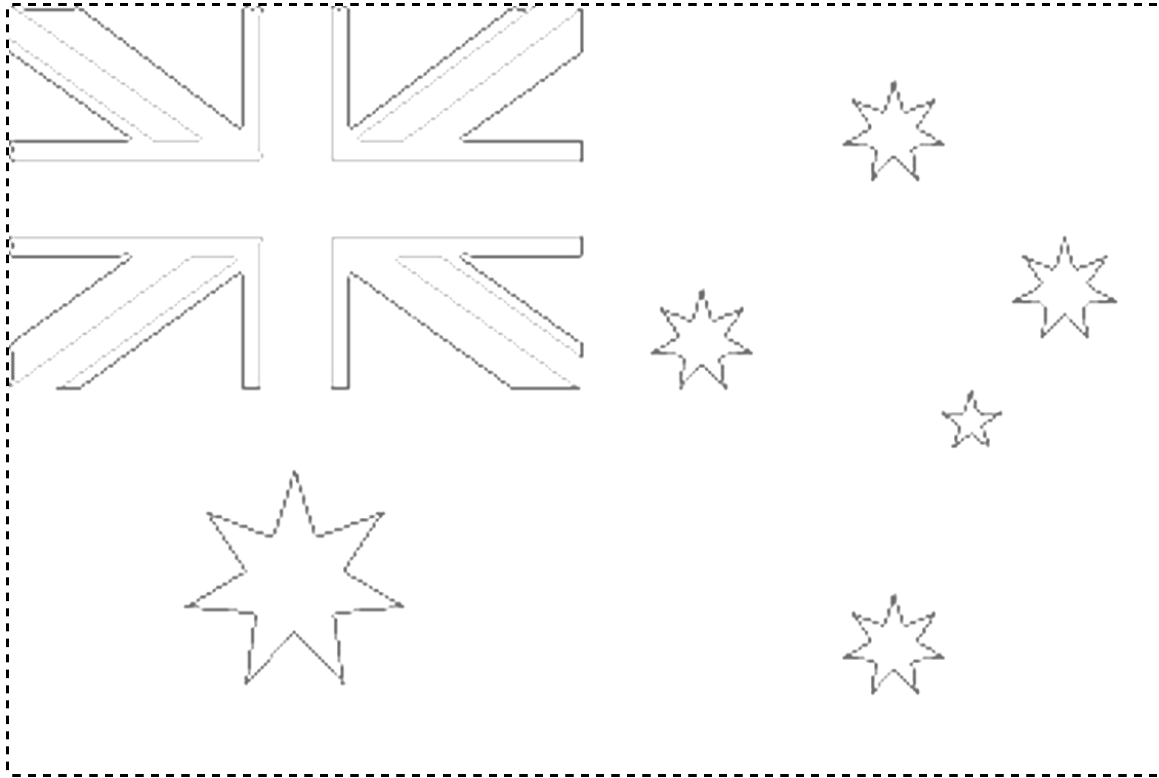


Directions:

Using a food processor, grate cheese. Mix in flour, paprika, pepper and sage. Add butter, or margarine, and process until crumbly. Add evaporated milk and mix to a soft dough. On a lightly floured surface, knead dough and shape into a round shape. Using a sharp knife, cut almost through the dough into 8 wedges. Brush top with milk and sprinkle with Parmesan and poppy seeds. Bake at 350 F for 25-30 minutes. When slightly cooled, cut into wedges and serve.

Source: meltingpot.fortunecity.com

Australian Flag



Lessons 35-36: Review-Maps of the Muslim Ummah

Use the maps on the following pages in order to review the countries studied in this course. Color all the Muslim majority countries (50% or more Muslims) in red, countries that have a significant Muslim minority (below 10-50%) orange, and countries with small but growing Muslim communities (10% and below) yellow. Hang all the maps on one wall to make a world map of the Muslim Ummah.











