



LET'S LEARN ABOUT LEBANON



Our Lady of Lebanon is a 15-ton bronze statue. The Maronite church (caretaker) celebrates their feast day on the first Sunday in May.

Learn about Lebanon as your family celebrates diversity and global culture with this grab-and-go community meal. Immerse yourselves and learn about what it's like to be a family in Lebanon.



Baatara Gorge Waterfall

The water from Baatara Gorge Waterfall plummets for 840ft into the Baatara Pothole, a cave formed out of Jurassic-era limestone. Inside the labyrinth of cliffs, the waterfall and confusing stretches of cavernous tunnels are only illuminated in patches by the sunlight. Photograph by Ralph Azar and Jack Seikaly.



Lebanon is located in the Middle East, bordering the Mediterranean Sea, between Israel and Syria. There are 8 governorates. Watch the video!



WHAT IS THEIR CULTURE LIKE?

Families in Lebanon ride bicycles, visit historical sites, play football (soccer), go fishing, and dance the dabke!

HOW DO FAMILIES HAVE FUN?
WHAT ARE LEBANESE KIDS LIKE?
HOW DOES LEBANESE FOOD TASTE?
HOW CAN WE FIND OUT MORE?

LET'S MAKE SOME LEBANESE FOOD!



Sfouf is a traditional Lebanese dessert cake made with almonds and semolina, and flavored with turmeric, tahini, anise, and pine nuts. Visit this website to learn how to make sfouf and other traditional Lebanese recipes.



WHAT KIND OF INGREDIENTS?

In Lebanon, people eat foods like lamb, chicken, fish, sesame seeds, chickpeas (hummus), eggplant, yogurt, and burghul (cracked wheat).

NURSERY RHYMES



Listen to the Lebanese version of "The Incy Wincy Spider" in Arabic. Don't forget the hand movements!

BOOKS CONNECTED TO LEBANON

The Arabian Nights by Wafa' Townarska is a collection of folk tales from the region. Available through Traverse Area District Library.

LEARN HOW TO "DABKE"!



Dabke is a traditional Lebanese dance practiced at weddings, ceremonies, and parties. It's very much a part of Lebanon's folklore and communities.

GRAB YOUR PASSPORT!



Bring your passport to every meal to earn prizes for participating.



United Way of Northwest Michigan

