



## History of Egypt

**1** Egypt is a well-known country with a rich history. Its official name is the Arab Republic of Egypt. The Nile River that flows through the country is a big reason for Egypt's history. The river gave life to the people. It allowed them to grow crops and have water to drink. The Nile River made it possible for people to live in Egypt a long time ago. Without this important river, Egypt would be a desert. Only about one inch of rain falls there each year. In the summer, heavy rains from Ethiopia flood the Nile River. Egypt is hot and dry, but Ethiopia is not. The rain flowing from Ethiopia makes the soil rich and good for planting seeds, which gives crops for food to the people of Egypt.

**2** Some scholars believe that people first lived in Egypt over 8,000 years ago. The people split Egypt into two parts. The parts were called Upper and Lower Egypt. They were ruled by a pharaoh. The pharaoh was an ancient ruler who had control of the land. The first ancient ruler

was named Narmar. He named the parts of Egypt in a very odd way. Upper Egypt is actually in the south and Lower Egypt is in the north. He named them this way because the Nile River flows from south to north. There was a time when Egypt was taken over by Rome. During this time, Cairo was made the capital, and it is still the capital today.

**3** The first people to live along the Nile River hunted and fished for food. They started out building small villages. In time, these grew and became towns. People traded for what they needed, learned to sail, and worked with other towns nearby. Children were very important to Egyptian families because they helped around the house and farm while the parents were working. They were also responsible for helping care for their families. Today, Egypt makes most of its money through tourism. People go there to see the exciting sights such as the Great Pyramid and the Valley of the Tombs.

*"History of Egypt" written for educational purposes.*



## Visit Egypt!

**4** Are you planning a trip? Do you want to see the world? If so, you should consider visiting Egypt. There are many interesting sights to see if you travel there. Egypt makes most of its money from people taking tours, so it is kept clean and ready for visitors.

**5** Some places in Egypt are more popular than others. The country's capital is Cairo. People go to Cairo to see the Giza pyramid complex. There is actually a total of three pyramids. Together, they are called the Great Pyramids. There is a large sphinx by the pyramids. The Great Pyramid of Giza is one of the Seven Wonders of the Ancient World. It is also the oldest of the seven. It is where Queen Khentkaus I was buried. The purpose of all three pyramids is to keep bodies of important pharaohs and queens who have died.

**6** Another place to visit is Abu Simbel. There are two large temples there. Not many people visit these temples, so it is not as crowded as the pyramids. Both temples sit next to Lake Nasser. These structures were carved out of the side of a mountain. The great Pharaoh Ramesses II had them made for himself. He won a battle and asked for the temples to be made in his honor. The large statues on the outside of the temples have become very famous.

**7** Luxor is another exciting place to visit in Egypt. Luxor is on the east side of the Nile River. Another city, Thebes, is on the west side. Thebes was the capital of Egypt before Cairo. This is where most of the old ruins, tombs, and other sights are located. The best way to move around the city is on a bike. Some people also take taxis or walk. There are also buses that tourists can take.

**8** If you are planning a trip, you should think about visiting Egypt. They have many great sights, and there are lots of interesting places to see!

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## All About Vitamins

**1** Everyone has heard their parents say, "Don't forget to take your vitamins." Maybe you have heard them say, "Eat your salad; it's packed with vitamins!" But what exactly are vitamins?

**2** Vitamins, along with minerals, are ingredients that are found in the foods we eat. Vitamins help your body grow and develop. When it comes to vitamins, each one has a special role to play.

**3** Your body is one amazing machine. It has the ability to do all sorts of things by itself, but when it comes to vitamins, it could use some help. That's where food comes in. Your body is able to get the vitamins it needs from the foods you eat because different foods contain different vitamins. The key is to

eat different foods to get an assortment of vitamins. Though some kids take a daily vitamin, most kids don't need one if they're eating a variety of healthy foods.

### **For example:**

- Vitamin D in milk helps your bones.
- Vitamin A in carrots helps you see at night.
- Vitamin C in oranges helps your body heal if you get a cut.
- B vitamins in whole grains help your body make energy from food.

**4** Your best bet for getting the vitamins you need is to eat a wide variety of healthy foods. You can also take a vitamin, pills, drinks, and other supplements. You'll feel better overall!

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## Be a Fit Kid

**5** Saying that you are fit is a way of saying you eat well and exercise. Being fit also means that you get a lot of physical activity (exercise) and have a healthy diet. If you're fit, your body works well, feels good, and can do all the things you want to do, like run around with your friends.

**6** Your parents can only do so much for you. They can serve healthy meals or create healthy activities for the family. When it comes to your health, you can take charge too.

**7** One thing you can do is exercise. Exercise is good for your heart and lungs. Which of these activities is your favorite: biking, walking, swimming, or dancing? Did you know you can even burn calories while sleeping?

**8** If you're a kid who wants to be fit, you need to follow these rules most of the time. However, some days, like your birthday, might call for a little cake and ice cream.

## Eat a Variety of Foods

**9** Everyone has a favorite food! The best choice though is to eat a variety of foods. If you eat different foods, you're more likely to get the nutrients your body needs. Taste new foods and old ones you haven't tried for a while. Try to eat at least five total servings of fruits and vegetables every day.

**10** When you're really thirsty, milk is a great choice. There's a reason your school cafeteria offers cartons of milk. Kids need calcium to build strong bones. Milk is a great source of this mineral. Yogurt and cheese are too. How much milk do kids need? If you are younger than nine years old, drink two cups of milk a day, or its equivalent. If you're older than nine years old, aim for three cups of milk per day, or its equivalent. You can mix it up by having milk and some other calcium-rich dairy foods.



**11** You probably will want something other than milk or water once in a while. It's okay to have 100% juice, but try to limit sugary drinks like sodas, juice cocktails, and fruit punches. They contain a lot of added sugar. Sugar just adds calories instead of important nutrients.

### **Listen to Your Body**

**12** What does it feel like to be full? When you're eating, notice how your body feels and when your stomach feels completely full. Sometimes people eat too much because they don't notice when they need to stop eating. Eating too much can make you feel uncomfortable and over a period of time, can lead to unhealthy weight gain.

*"Be a Fit Kid" written for educational purposes.*

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