

CultureTalk Arab Levant Video Transcripts: <http://langmedia.fivecolleges.edu>  
**A Palestinian Breakfast**

**Levantine Arabic transcript:**

الفطور. في فلسطين أغلب الناس بتفطر زيت، جبنة، بتفطر زعتر مع شاي. كمان البيض، وشغللات يعني خفيفه  
بفطروها الصبح، لأنو بتوفر الحليب فش شكل منيح بالصفة. فالناس في فلسطين بحاولوا إنهم يوكلوا الصبح أو أغلب  
الوقت بوكلوا جبنة بشربوا حليب، لبن...

**English translation:**

Anas: In Palestine, most people have cheese, olive oil, *za'atar*,<sup>1</sup> and tea for breakfast. They also have eggs and other light foods for breakfast. Milk keeps pretty well in the West Bank, so people in Palestine try to eat cheese, and drink milk and yogurt<sup>2</sup>.

**About CultureTalk:** CultureTalk is produced by the Five College Center for the Study of World Languages and housed on the LangMedia Website. The project provides students of language and culture with samples of people talking about their lives in the languages they use everyday. The participants in CultureTalk interviews and discussions are of many different ages and walks of life. They are free to express themselves as they wish. The ideas and opinions presented here are those of the participants. Inclusion in CultureTalk does not represent endorsement of these ideas or opinions by the Five College Center for the Study of World Languages, Five Colleges, Incorporated, or any of its member institutions:

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<sup>1</sup> *Za'atar* is a blend of thyme, sesame seeds, and sometimes paprika and other herbs, eaten with pita bread dipped in olive oil.

<sup>2</sup> The *laban* Anas refers to is thinner than what most Americans think of as yogurt.

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