

Mummy!

Ancient Egyptians of long ago
liked to look after their dead.
They wrapped the body in bandages,
from feet right to their head.

Before all this they had to hook
the brain from up the nose.
They bashed and whisked and stirred it
into a goo that runs and flows.

They cut the body to get inside;
to rip out liver and lung;
the stomach, the guts; the nasty bits -
in canopic jars they slung.

The heart they left: Egyptians thought
the core of mind and soul.
It stayed in there, the kidneys too,
and washed the body whole.

It then was cleaned with wine and spice
and stuffed to seem like real
they dried it out with natron salt -
that's not the end of the deal.

That's the time for bandages;
wrapping the mummy up tight
with amulets, gifts and goods,
and jewels that sparkle bright.

The mummy was laid in a sarcophagus:
a coffin that's rather grand,
set for the afterlife; weighing the heart;
they're judged for the promised land.

Met by Osiris, the underworld God,
the heart was weighed for sin -
the heavy ones were eaten up,
but good ones made it in!

1. What verbs describe what the Egyptians did to the brain?

2. Which parts of the body were left inside before the mummy was washed?

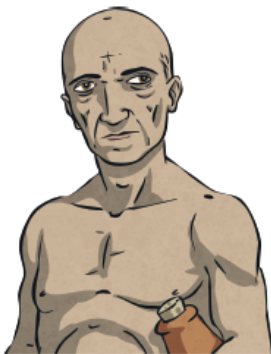
3. 'A coffin that's rather grand'. What does 'grand' mean here?

4. Look at the final line: 'but the good ones made it in!' What do you think this means?

Reading - Non-fiction

Ancient Egyptian Dentists

Not everyone enjoys a visit to the dentist but imagine you lived 3000-5000 years ago during the age of the ancient Egyptians. Treating toothache was handled slightly differently than it is today...



Dentist! Dentist!

Here's what an Ancient Egyptian dentist might say:

"Toothache? Let's have a look... Ah yes, you've got mouth worms."

"What? Never heard of mouth worms? They're the cause of all tooth decay!"

"Need something to take the pain away? Dangle a dead mouse on your tooth. That should do the trick!"

"Still aches? Hmm... well, try praying to the Gods, and if that doesn't work stop being naughty because that's probably what's caused the problem in the first place!"

Dental Hygiene

Toothpaste – this could be a mixture of egg shells and horses' hooves, or sometimes a delicate blend of crushed rocks, mint, salt, pepper and dried iris flowers!

Mouthwash – bran and celery.

Antiseptic paste – incense and onion.

Pain relief – opium (an illegal drug today!).

Main Problems

- Poor diet! Egyptians didn't eat enough vitamins and minerals to keep their teeth and gums healthy!
- Gritty bread! A lot of sand and grit found their way into Egyptian food – especially bread. This wore down the enamel in people's teeth.
- No money! Lots of people couldn't afford to see a dentist so their teeth simply fell out!

1. According to the ancient Egyptians, what do mouth worms cause?

2. Imagine you were an ancient Egyptian dentist. Using the text, what two things could you suggest if someone had toothache?

3. Look at the ingredients for toothpaste. Why might some of these ingredients be bad for keeping your teeth and gums healthy?

4. Look at the main problems section. Pretend you are Dharaah and come up with one way to improve the health of people's teeth:
