

Science Story Adventures



African Food

Learning outcomes

- » Looks at the beliefs, customs, ceremonies, traditions, and social practices of varied cultures, drawing from folklore. (Grade 1)

From: California History-Social Science Content Standards

Books we read

Mamman Panya's Pancakes by Mary and Rich Chamberlin

Bitter Bananas by Isaac Olaleye

Activities we did

- » We tried to match smells with photos of the food they come from. Some of the plants were native to Africa and some were introduced and have since become established.
- » Learned about fruits and vegetables used in Africa by touching and smelling yams, okra, papaya and cow peas and looking at pictures of plantains, marulas, cassava, palm nuts and tamarind.

Today's craft : Woven basket



You will need:

- » Plastic yogurt pot or cup
- » Scissors
- » Yarn cut into 24" lengths

Directions:

1. Cut slits about an inch from the top of the yogurt pot to the bottom. You should ideally have an uneven number of slits.
2. Put a knot in the end of a length of yarn and tuck it through one of the slits, so it is on the inside of the pot.
3. Now weave the yarn in and out of the slits. Leave the end of the yarn inside the pot and start a new piece.
4. As you go along, push the woven yarn down so that it covers the pot.
5. When you reach the top, tuck the last piece of yarn inside and trim off any end.

Want to find out more?

Here is a selection of further resources to explore in the Naturalist Center, in the public library or at home. Please ask if you can't find what you're looking for.

Adapted from http://www.education.com/activity/article/Teach_the_art_basket_weaving/

Books

African Food and Drink by Martin Gibrill

Includes many photos of markets, food production and preparation, as well as recipes by region.

A Good Soup Attracts Chairs: A First African Cookbook for American Kids by Fran Osseo-Asare

Over thirty-five easy-to-follow recipes from the kitchens of West Africa and Ghana and instructions on how to throw an African party.

The Market Lady and the Mango Trees by Pete and Mary Watson

A sly merchant gets rich when she devises a contraption for collecting mangos, but a dream teaches her a lesson about greed.

Websites

African Cooking and Recipes

Recipes and ideas for serving a meal from many different African countries.

<http://www.africaguide.com/cooking.htm>

Early African Food

A brief and broad history of food in Africa..

<http://www.historyforkids.org/learn/africa/food/index.htm>