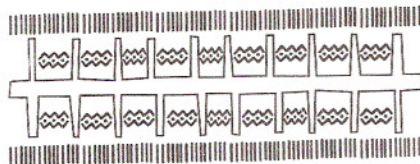


African Cooking

Traditional tribal custom is to eat only one large meal a day, with light snacks throughout the day. The main meal is a time for socializing with relatives and neighbors, although the men and boys usually eat separately from the women and girls. In many households, the people gather around a large bowl of food set on the ground and scoop up the food with their fingers or pieces of bread.

Although foods differ from region to region, some are common throughout most of Africa; corn, cassava (a starchy root used as a base for tapioca), yams, and bananas are typical foods.



For the Teacher

Project

Work in cooperative groups to cook and eat a meal with foods adapted from authentic African recipes.

Materials

- ingredients as listed in recipes
- cooking utensils and pans
- stove or cooktop

- individual serving bowls
- bread
- materials for cleanup

Directions

1. Divide students into three cooperative groups.
2. Reproduce and cut apart the Recipe Project Page (page 17). Give each group a recipe to prepare for a classroom meal.
3. Divide food into individual portions in serving bowls and give each student a slice of bread.
4. Spread a large sheet on the ground for seating and enjoying the meal. Remember to scoop the food with the bread instead of eating utensils.

