

# African Cuisines

**Unit:** Preparing Foods

**Problem Area:** Regional and International Cuisine

**Lesson:** African Cuisines

- **Student Learning Objectives.** Instruction in this lesson should result in students achieving the following objectives:

- 1 Summarize African cuisine and its influences.**
- 2 Describe Africa's most common food ingredients, staples, and classic cuisine.**

- **Resources.** The following resources may be useful in teaching this lesson:

E-unit(s) corresponding to this lesson plan. CAERT, Inc. <http://www.mycaert.com>.

"Africa: Physical Geography," *National Geographic*. Accessed May 21, 2019.

<http://www.nationalgeographic.org/encyclopedia/africa-physical-geography/>.

"Africa: Resources," *National Geographic*. Accessed May 21, 2019.

<http://www.nationalgeographic.org/encyclopedia/africa-resources/>.

"African Cuisine," *Africa Facts*. Accessed May 21, 2019. <http://africa-facts.org/african-cuisine/>.

"African Food Spices: Popular African Spice Blends," *WikiSpices.com*. Accessed May 21, 2019. <http://www.wikispices.com/african-food-spices.html>.

Crawford-Adiletta, Laura. "Food Eaten in West Africa," *USA TODAY*. Accessed May 21, 2019. <https://traveltips.usatoday.com/food-eaten-west-africa-17230.html>.

"The Culinary Regions of African Cuisine," *SpicesInc.com*. Accessed May 21, 2019. <http://www.spicesinc.com/p-3808-the-culinary-regions-of-african-cuisine.aspx/>.



## ■ **Equipment, Tools, Supplies, and Facilities**

- ✓ Overhead or PowerPoint projector
- ✓ Visual(s) from accompanying master(s)
- ✓ Copies of sample test, lab sheet(s), and/or other items designed for duplication
- ✓ Materials listed on duplicated items
- ✓ Computers with printers and Internet access
- ✓ Classroom resource and reference materials

## ■ **Key Terms.** The following terms are presented in this lesson (shown in bold italics):

- African cuisine
- Bambara stew
- bobotie
- bunny chow
- Cape Dutch
- cassava
- couscous
- eguisi soup
- fufu
- groundnut stew
- injera
- jollof rice
- klouiklou
- koeksisters
- matoke
- pap
- plantain
- staple
- tajine
- ugali

## ■ **Interest Approach.** Use an interest approach that will prepare the students for the lesson. Teachers often develop approaches for their unique class and student situations. A possible approach is included here.

*Start the lesson by telling students, “There is no such thing as one African cuisine.” Write this on the board or start a class discussion. Have the class brainstorm why this statement is true. Hand out or display a map of the African continent on the board, showing the countries that make up the continent. [See VM–A.] Ask students to locate a series of countries on the map (e.g., Congo, Egypt, Ethiopia, Ghana, Kenya, Mozambique, Somalia, South Africa, Uganda, etc.). As they find each country, have them note the geographic locations of*

these countries. Then, have them predict how the country's location on the map would influence its cuisine. Give hints: bodies of water in and surrounding the continent, location of Africa on a world map, and climates that may affect the food resources. Add more visuals as needed for this lesson.

## CONTENT SUMMARY AND TEACHING STRATEGIES

**Objective 1:** Summarize African cuisine and its influences.

**Anticipated Problem:** What is African cuisine? How do history, geography, and culture influence Africa's cuisines?

### I. African cuisine influences

A. **African cuisine** is a very general term that combines and implies all cuisines from the various regions of Africa. African cuisine is based on locally available fruits, cereal grains, vegetables, milk, and meats. The continent's diverse demographic makeup is reflected in the many different eating and drinking habits, dishes, and preparation techniques of its peoples. Africa is the second largest continent in the world and its diversity includes its cuisines.

### B. History

1. **LOCATION:** To learn more about the history and culture of an African region, all one needs to do is sample its food! Depending on the region of this continent, there are quite significant differences in the drinking and eating habits. Each region has special preparation techniques, distinctive dishes, and eating habits. The regions that make up the continent of Africa and foods associated with each are:
  - a. North Africa (seafood, goat, lamb, dates, olives, almonds, vegetables, and fruits)
  - b. Central Africa (cassava, peanuts, chili peppers, plantains, and stews)
  - c. East Africa (grains and vegetables)
  - d. West Africa (rice, black eyed peas, brown beans, root vegetables, goat, chicken, and beef)
  - e. Southern Africa (grain crops, beef, lamb and mutton, goat, pumpkins, beans, and leafy green vegetables)
2. **North Africa:** North Africa has had several centuries of traders, invaders, migrants, and immigrants, all of whom have influenced the local cuisine. Before the arrival of the Romans olives and olive oil were introduced.
  - a. Phoenicians brought sausages in the 1st century.
  - b. Carthaginians brought wheat and semolina (a by-product).

- c. Berbers adapted semolina into couscous, one of the main staple foods in North Africa.
  - d. Arabs (beginning in the 7th century) introduced a variety of spices: saffron, nutmeg, cinnamon, ginger, and cloves. These spices contributed to and influenced the culinary culture of North Africa.
  - e. Turks brought sweet potatoes and other bakery products.
  - f. From the New World, North Africa received potatoes, tomatoes, zucchini, and chili peppers.
3. Central Africa: Central Africa was largely free from culinary influences of the outside world until the late 19th century. An exception is the widespread adaptation of cassava, peanut, and chili pepper plants, which arrived along with the slave trade during the 16th century. These food items have had a large influence on the local cuisine. Central African cooking has remained traditional.
  4. East Africa: East African nations have many influences from the Middle East, because merchants settled on the Swahili Coast about a century ago. Steamed or cooked rice with spices in Persian style; saffron, cloves, cinnamon, and several other spices of the Swahili cuisine are common along the eastern coastline. Several centuries later, the British and the Indians brought foods with them: Indian spiced vegetable curries, lentil soups, and a variety of pickles that have influenced various local dishes.
  5. West Africa: West African cuisine is very diverse—it's as different as the numerous Chinese or European cuisines. Many West African nations produce the vast amount of their diet themselves: farming, hunting, and fishing. The basic diets contain yams, cassava (yuca), and plantains. Influences are noted from the Arabs, the Portuguese, and Europeans primarily through ships landing along the Atlantic coast. The Portuguese and Europeans brought tomatoes, peanuts, and some new cooking techniques. West African food uses lots of bold spices that produce exceptionally hot dishes and they use a great deal of umami.
  6. Southern Africa: About 2000 years ago, native Africans of South Africa arrived in the region, bringing crop cultivation and cattle farming. They grew grain crops and raised cattle, sheep, and goats. They also grew and continue to grow pumpkins, beans, and leafy greens vegetables.
- C. Geography
1. TOPOGRAPHY: Africa has eight major physical regions: the Sahara, the Sahel, the Ethiopian Highlands, the savanna, the Swahili Coast, the rain forest, the African Great Lakes, and Southern Africa. Some regions cover large portions of the continent, while others are very isolated. Each region has unique animals and plants that produce great culinary dishes using lots of fresh ingredients.
    - a. Sahara: The Sahara is the world's largest hot desert covering 25 percent of the African continent. The physical features include sand dunes, plateaus, plains, springs, wells, and mountains. The animals and plants in the region have adapted to the extremely dry conditions.

- b. Sahel: Sahel is a narrow band of semi-dry flat plain landforms that create a transition zone between the Sahara and the savannas. Animals here constantly scavenge little water and vegetation sources. Green vegetation is only an option during the rainy season and is quickly harvested by farmers or consumed by animals.
  - c. Ethiopian Highlands: This region is home to about 80 percent of Africa's tallest mountains.
  - d. Savanna: The savannas are the African grasslands that cover almost half of the African continent. The Serengeti is the most well known plain and is home to large mammals: lions, hyenas, zebras, giraffes, and elephants. These animals graze that encourages more grass to grow and their waste helps fertilize the soil.
  - e. Swahili Coast: This is the African coastline that stretches along the Indian Ocean. It has many coral reefs and barrier islands that help protect the coast from severe weather. Along the coast, the mangrove forests (small shrubs or trees) are the most common vegetation.
  - f. Rainforest: Most of Africa's rain forests were destroyed by development, agriculture, and forestry. Today, 80 percent of Africa's rainforest is concentrated in central Africa, along the Congo River basin. Rainforests support many varieties of animal and plant life: the majority of the plants are unidentified.
  - g. African Great Lakes: The African Great Lakes are located in 9 countries and are some of the largest and deepest lakes in the world. The lakes support a range of water and land animals and a majority of the plant types from nearby rainforests and savannas.
  - h. Southern Africa: The rocky features of Southern Africa include plateaus and mountains. However, the Cape Floral area is home to one of the richest collections of plants in the world.
2. **THE COASTS**: The African continent is surrounded by water: the Mediterranean Sea, the Red Sea, the Indian Ocean, and the Atlantic Ocean. Africa has fisheries on all of its marine coasts, as well as inland, that serve more than 10 million people. Marine fisheries are important to these coastal countries. Small fish, especially herring and sardines, are the most common catch on the coastlines. The more profitable fishes are larger: tuna, cod, and haddock.
  3. **INLAND**: The Great Lakes support the continent's largest inland fisheries with more than 3,000 fish species and two-thirds of the globe's inland fish production. Inland fish species are consumed locally and coastline fisheries export much of their catch.
  4. **CLIMATE**: Climate greatly influences Africa's agriculture. Climatic regions include tropical wet, savanna, desert, Mediterranean, and highland.
    - a. Tropical Wet: Tropical wet conditions occur across the continent: along the Equator, the Gulf of Guinea, and the east Madagascar coast. Tropical temperatures are about 80°F and precipitation is about 60 inches annually. Important crops are plantain, pineapple, coffee, tea, cocoa, and oil palms (source of the primary cooking oil in Africa).

- b. Savanna: Temperatures in the savanna are cooler than in the tropical wet and a larger variety of crops are available: cassava, peanuts, peppers, okra, eggplant, cucumber, and watermelon. Africa's important grain crops, millet and sorghum, are also grown here.
- c. Mediterranean: Temperatures in the Mediterranean area is mild with dry summers and moderately rainy winters. Important crops include figs, olives, oranges, tomatoes, onions, and large vegetables, such as cabbage and cauliflower.
- d. Highland: Temperatures in the Highland is cool to cold and rainfall depends on the mountain in relation to the winds. Important crops in this region include alfalfa, potatoes, and wheat.

**Teaching Strategy:** Many techniques can be used to help students master this objective. Use VM-A to share a map of Africa. This visual master can be used to facilitate the Interest Approach activity.

**Objective 2:** Describe Africa's most common food ingredients, staples, and classic cuisine.

**Anticipated Problem:** What are Africa's most commonly used food ingredients? What are Africa's classic cuisines?

## II. African staple ingredients and cuisine

- A. A **staple** is a food or dish that is basic to a region's diet and eaten regularly in large quantities. The diet and nutritional health of a region is often dependent upon these staple foods: the staff of life. African cuisines combine locally available fruits, cereal grains, and vegetables, as well as milk and meat products to create their regional dishes. In some parts of the continent, the staple foods are milk, curd, and whey products and in others, fruits, vegetables, and grains are the staples. Eating and drinking habits, dishes, and preparation techniques can be very unique to a region.
- 1. **NORTH AFRICA:** North Africa is diverse geographically, politically, socially, economically, and culturally. The cuisine and the culinary style are equally diverse.
  - a. Ingredients: The most important ingredients in North African cuisine is seafood, goat, lamb, beef, dates, olives, almonds, and a variety of fruits and vegetables. The most popular spices used in the region are cumin, ginger, paprika, cinnamon, peppermint, parsley, coriander, saffron, turmeric, dried chilies, dried mint, and sesame seeds. [NOTE: Pork is not an important ingredient in this cuisine due to the number of Muslims who live in the north.]
  - b. Dishes: A staple food in North African cuisine is couscous. **Couscous** is steamed semolina typically served with stews and meat dishes. It's made with semolina, flour, boiling water, and spices (including saffron and cinnamon). It is a national dish in Algeria, and is a popular accompaniment



in traditional Berber dishes. [NOTE: Ready-to-eat couscous is available in most of our Western supermarkets, however, authentic couscous always tastes better.] Many North African countries have dishes that share the same name but they differ significantly from one another, for example tajine. In Morocco, **tajine** is a slow cooked stew made with various meats or fish and vegetables stewed with spices and dried fruit. In Tunisia, tajine is similar to frittata or quiche. Tajine gets its name from the conical baking dish in which it is cooked. A tajine is often served with couscous and bread.

- c. Cooking Styles: There are noticeable differences between the cooking styles of different nations within this region: Moroccan cooking is sophisticated with full-bodied flavors and Tunisian cuisine is fiery, while Egyptian and Algerian cooking styles are simple.
2. **CENTRAL AFRICA**: Central African cooking remains very traditional and close to its roots while still providing a wide variety of dishes. This fact is due in part to their geographic location: many food trends have been unable to penetrate their culture and cooking habits. A daily diet consists primarily of milk, curds and whey, and meats. Beef and chicken are the most common meats consumed, but it is not unheard of to find crocodile, warthog, monkey, or even antelope on the menu. Cassava plants are consumed as cooked greens.
  - a. Ingredients: Staple ingredients include plantains that may be eaten ripe or unripe and are generally starchy. A **plantain** is a banana cultivar (a plant selected and grown for human use) often called a “cooking banana or ogede.” The term cooking banana indicates they are different than most other bananas in that they are usually heated before eating. **Cassava** (AKA yuca or manioc) is an edible starchy tuberous root (a carbohydrate) that produces tapioca. In fact most is consumed as tapioca. **Fufu** is finger food that is formed into a ball and dipped into soup or sauce before eating. Fufu is made by mixing and pounding starchy flours (cassavas, plantains, yams, cocoyams) with water to produce a white, sticky product.
  - b. Dishes: Stews are popular in Central Africa: spinach, peanut, and vegetable stews are common. **Groundnut stew** is peanut stew made with chicken, okra, ginger, and other spices. **Bambara stew** is a porridge of rice, peanut butter, and sugar; another favorite of Central Africa.
  - c. Cooking Styles: The cooking traditions, practices, ingredients, and foods of the Central African Republic are basic: boiling, marinating, deep-frying, drying, and steaming.
3. **EAST AFRICA**: East African nations include Kenya, Mozambique, Ethiopia, Rwanda, Somalia, and Uganda. Foods from this region are typically dishes made from grains, flours (for breads), and sweets with cooked meat and vegetables.
  - a. Ingredients: The inland regions of East Africa consider cattle, sheep, pigs, and goats a form of currency wealth. As a result, meat products are generally absent from the diet. In some areas the milk and blood of the cattle are consumed but rarely the meat. In other areas, farmers grow a

variety of grains and vegetables: maize and green bananas. Butter and milk are also featured ingredients in several authentic East African dishes.

- b. Dishes: **Ugali** is a starchy, cornmeal porridge served with meats or stews. Maize (corn) is the basis of ugali. In Uganda, **matoke** is a dish of steamed green bananas that provides the starch in many meals. In Ethiopian and Eritrean cuisines, **injera** is a pancake-like flatbread often served as an accompaniment to stews. Injera is made with **teff**: a grain that is a healthier substitute for rice, maize, and corn. Teff is widely grown in East Africa. Injera is made by mixing teff flour and water, and letting the mixture sit for up to three days to ferment. Then, the batter is fried in a cast-iron skillet.
  - c. Cooking Styles: East African cooking styles include stewing, marinating, roasting, and frying.
4. **WEST AFRICA**: West Africa, made up of 16 nations situated closely together geographically, is one of the main areas of European colonization on the continent. While the region's flavors have been greatly influenced by the colonizing nations—especially Britain, Portugal—there are examples of distinctive and traditional West African cuisine. Arab cuisine is also an influence here.
- a. Ingredients: The use of starches as the primary filler is fairly common among West African cuisine. Starchy plants are abundant and easy to grow, making them inexpensive: yams, millet, corn, rice, black-eyed peas, and sweet potatoes. These plants provide quick-energy carbohydrates that expand in the stomach and ease hunger. Along the coast, fish and other seafood are the main source of protein. Beef is rare in the region, as cattle are expensive. However, chicken, goat, and pork are popular proteins. Due to West Africa's location and climate, the region produces many tropical fruits. Fresh fruits are purchased from roadside vendors, and dried fruits are common in dessert regions. Fruits and vegetables common to the region are:
    - (1) Avocado
    - (2) Mango
    - (3) Melons
    - (4) Coconuts
    - (5) Pineapple
    - (6) Bell peppers
    - (7) Tomatoes
    - (8) Okra
    - (9) Tough greens (Swiss chard, mustard, and cabbage)
  - b. Dishes: Fresh and dried fruits are cooked in rice dishes, served as a side dish, or blended into a drink. Along with varieties of fruit production, tropical, sun-loving vegetables grow easily in West Africa. Vegetables are main components of cooked stews, rice dishes, and sides. A high level of spice is used in West African dishes: ginger, cayenne, and chilies are common flavorings. Peanuts, other groundnuts, and peanut oils are also



used in many West African dishes. **Egusi soup** is a stew of ground and fried egusi (melon) seeds, dried seafood, leafy vegetables, and beef. The soup is native to Nigeria. **Klouiklou** is ground peanuts (similar to peanut butter) formed into a ring and deep-fried: a favorite dish of Benin. **Jollof rice** is similar to paella made with seafood, chicken, tomatoes, and spices.

- c. Cooking Styles: Common preparation methods include grilling, steaming, stewing, boiling, and deep-frying.
5. SOUTHERN AFRICA: Southern Africa is located at the tip of the continent and includes numerous wine growing regions near the Atlantic and Indian oceans. The cooking of Southern Africa is a blend of many cultures: indigenous peoples (Zulu, Tsonga, Swazi, etc.) and non-indigenous peoples (Europeans, Asians, etc.). Today, South African wines are very popular across the world.
- a. Ingredients: Common ingredients in both the indigenous and non-indigenous dishes are seafood, meats, wild game, poultry, fresh fruits and vegetables, and grains. Due to a general lack of refrigeration, hunting occurred daily in early Southern African homes and villages. Fruits plentiful in the area are: apples, grapes, mangoes, bananas, papaya, oranges, peaches, and apricots.
  - b. Indigenous Cooking Styles and Dishes: Roasting and drying are common ways to prepare meats. In fact, barbecue is very, very popular along with making beer: fermentation is a typical skill of most households. A typical family meal is **pap**: a stiff, fluffy porridge, similar to American grits. Pap is often accompanied by well-seasoned stewed meat gravy. Traditional rural families often ferment pap for a few days to give it a tangier flavor. Pumpkin varieties are an often-served vegetable. [NOTE: Dishes of rice and beans are very popular but are not indigenous fare.]
  - c. Non-Indigenous Cooking Styles and Dishes: Non-indigenous cooking influences include German, British, Italian, Greek, Indian (curries and chutneys), French (wines), and Dutch settlers. **Cape Dutch** is a distinctive regional cooking style characterized by the use of spices, especially nutmeg, allspice, and chili peppers. **Koeksisters** is fried dough infused in syrup or honey, similar to cookies and to deep-fried pastries. **Bobotie** is meatloaf with raisins and often a baked egg on top: it's usually served with yellow rice, coconut, banana slices, and chutney. **Bunny chow** is an Indian-inspired dish of mutton curry served inside a hollowed out bread bowl.

**Teaching Strategy:** Many techniques can be used to help students master this objective. Use VM-B to share an illustration of couscous, a North African dish. Use VM-C to illustrate Central African dishes. Use VM-D to illustrate several East African dishes. Use VM-E to illustrate West African dishes. Use VM-F to illustrate Southern African dishes. Assign LS-A.

- **Review/Summary.** Use the student learning objectives to summarize the lesson. Have students explain the content associated with each objective. Student responses can be used in determining which objectives need to be reviewed or taught from a different angle. If a textbook is being used, questions at the ends of chapters may also be included in the Review/Summary.
- **Application.** Use the included visual master(s) and lab sheet(s) to apply the information presented in the lesson.
- **Evaluation.** Evaluation should focus on student achievement of the objectives for the lesson. Various techniques can be used, such as student performance on the application activities. A sample written test is provided.

## ■ **Answers to Sample Test:**

### **Part One: Matching**

1. f
2. a
3. h
4. b
5. e
6. c
7. g
8. d

### **Part Two: Completion**

1. cassava
2. paella
3. Sahara
4. savanna
5. Cape Dutch
6. plantain

### **Part Three: Short Answer**

A staple is a food or dish that is basic to a region's diet and eaten regularly in large quantities. The diet and nutritional health of a region is often dependent upon these staple foods: the staff of life.

# African Cuisine

## ► Part One: Matching

**Instructions:** Match the term with the correct definition.

- |                   |           |
|-------------------|-----------|
| a. bunny chow     | e. injera |
| b. couscous       | f. matoke |
| c. fufu           | g. pap    |
| d. groundnut stew | h. ugali  |

- \_\_\_\_\_ 1. A dish of steamed green bananas that provides the starch in many meals
- \_\_\_\_\_ 2. Mutton curry served in a hollowed out bread bowl
- \_\_\_\_\_ 3. A starchy, cornmeal porridge served with meats or stews
- \_\_\_\_\_ 4. Steamed semolina typically served with stews and meat dishes
- \_\_\_\_\_ 5. A pancake-like flatbread often served as an accompaniment to stews
- \_\_\_\_\_ 6. Finger food that is formed into a ball and dipped into soup or sauce before eating
- \_\_\_\_\_ 7. A stiff, fluffy porridge, similar to American grits
- \_\_\_\_\_ 8. Peanut stew made with chicken, okra, ginger, and other spices

## ► Part Two: Completion

**Instructions:** Provide the word or words to complete the following statements.

1. An edible starchy tuberous root that produces tapioca is \_\_\_\_\_.
2. Jollof rice is similar to \_\_\_\_\_ made with seafood, chicken, tomatoes, and spices.



3. The world's largest hot desert covering 25 percent of the African continent is called the \_\_\_\_\_.
4. The grasslands that cover almost half of the continent are known as a/an \_\_\_\_\_.
5. A distinctive Southern Africa cooking style characterized by the use of spices, especially nutmeg, allspice, and chili peppers is \_\_\_\_\_.
6. A popular African food often called a "cooking banana," is a/an \_\_\_\_\_.

► **Part Three: Short Answer**

**Instructions:** Answer the following.

What makes staple foods important to Africa's regions?

# WHERE IS AFRICA LOCATED?

Africa is the world's second largest and second most populous continent (Asia is first in both categories). The continent is surrounded by water: the Mediterranean Sea to the north, the Red Sea to the northeast, the Indian Ocean to the southeast, and the Atlantic Ocean to the west. The country is divided into sub regions including north, central, east, west, and southern Africa.





# NORTH AFRICAN CUISINE: COUSCOUS

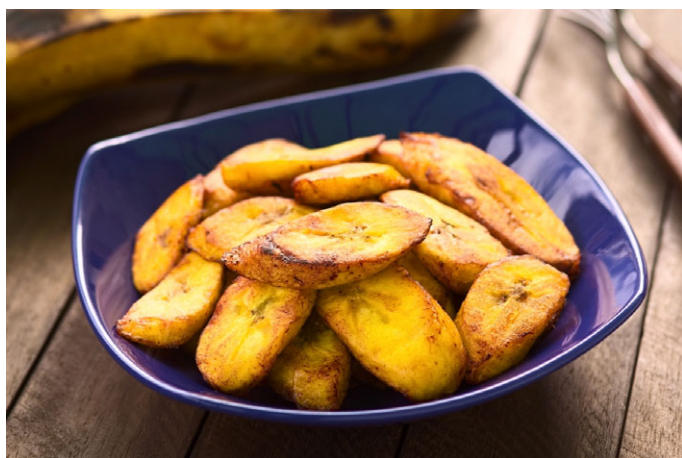
Couscous is steamed semolina typically served with stews and meat dishes. It's made with semolina, flour, boiling water, and spices (including saffron and cinnamon). Couscous is a staple food in North African Cuisine. Other than olive oil, what else is being served with this couscous?





# CENTRAL AFRICAN CUISINE: PLANTAINS, CASSAVA, AND FUFU

Fried slices of plantain (cooking bananas or ogede) are a favorite food of Central Africa. Cassava is prepared in many ways: here it is boiled. Cassava also produces tapioca. Fufu, shown on the red plate, is a finger food that is formed into a ball and dipped into soup or sauce before eating.



# EAST AFRICAN CUISINE: UGALI, MATOKE, AND INJERA

Ugali is a thick porridge/dough served here with fish and greens. Matoke is a starchy variety of banana served here steamed with stewed meats and greens. Injera is a pancake-like flatbread with a slightly spongy texture shown here accompanying a shrimp dish.





# WEST AFRICAN CUISINE: JOLLOF RICE, PEANUT SOUP, AND DEEP-FRIED PLANTAINS

This image of West African foods is of peanut (groundnut) soup, jollof rice, grilled chicken wings, deep-friend plantains, chicken kebabs, and meat pies. Based on their descriptions, can you pick out each West African dish in this image?



# SOUTHERN AFRICAN CUISINE: BUNNY CHOW, PAP, AND BOBOTIE

Bunny chow is mutton curry served in a hollowed out bread bowl. Pap is a stiff, fluffy porridge, similar to American grits. Pap is often accompanied by well-seasoned stewed meat gravy. Bobotie is meatloaf with raisins and often with a baked egg on top: it's usually served with yellow rice, coconut, banana slices, and chutney.





# African Cuisine Research

## Purpose

The purpose of this activity is to research and present information about one African staple dish.

## Objectives

1. Research an African region's staple dish or food.
2. Conduct the research.
3. Create a presentation of the information you collected.
4. Present your food or dish research to the class.
5. OPTIONAL: Prepare the food item and/or variations of the food item for taste testing during the presentation.
6. OPTIONAL: Take pictures of the dish or food item variations for your culinary arts portfolio.

## Materials

- ◆ lab sheet
- ◆ device with Internet access
- ◆ projection device
- ◆ OPTIONAL: ingredients as needed to prepare the dish and/or variations of the food item

## Procedure

1. Work with a partner or small group to complete this lab activity. Review your class notes about African cuisine.



2. Begin by choosing a regional African cuisine to research. Then, select one of the region's staple dishes or food item. [NOTE: A list of African regions is shown below. Each region can only be chosen once.]
  - a. North African cuisine
  - b. Central African cuisine
  - c. East African cuisine
  - d. West African cuisine
  - e. Southern African cuisine
3. Conduct your research to include a minimum of the following topics:
  - a. What is the history of the food or dish (influences of other nations, indigenous, etc.)?
  - b. What are the cultural traditions of the food or dish?
    - (1) Geographic information (coastline, mountains, farming, etc.)
    - (2) Variations of the dish (e.g., groundnut stew types)
    - (3) AKA (also known as) names for the food or dish
    - (4) Associated serving traditions (e.g., served with rice or served at celebrations)
  - c. How did the food or dish become a staple?
4. Create a 3-minute visual presentation of your information. You will instruct the class about your food or dish. Visuals could include:
  - a. Google Slides
  - b. PowerPoint Slides
  - c. Prezi Presentation
  - d. Infographic
5. OPTIONAL:
  - a. Prepare the dish (or a variation) for taste testing during the presentation.
  - b. Take pictures of the dish or food for your presentation and for your culinary arts portfolio.
6. Present your research to the class.
7. Turn your completed lab sheet, research, and a print and/or shared copy of the presentation to your instructor.