

# African Cuisine

Accompaniment	Something which goes well together with other foods and drinks.
Cross-contamination	How bacteria can spread. It happens when liquid from raw meats or germs from unclean objects touch cooked or ready-to-eat foods.
Cuisine	A style or method of cooking, especially as characteristic of a particular country or region.
Equipment	Items and objects which are needed to complete a task.
Flavour	How food or drink tastes (e.g. sour, sweet, bitter, salty)
Hygiene	The practice of keeping clean to stay healthy and prevent disease.
Imperative verb	Tell you what to do; put them at the beginning of a command or action (e.g. bake, grill, add, heat, mix).
Ingredients	Items that make up a mixture e.g. foods that make a recipe.
Method	A way of carrying out a certain process; following a list of instructions.
Nationality	Belonging to a certain group of people in a particular country.
Preparation	The process of getting ready to make something.
Processed	When foods are passed through multiple processes in a factory to change or preserve it so it keeps for longer.
Recipe	A set of instructions for making or preparing a food item or dish.
Traditional	A long-established custom or belief that has been passed on from one generation to another.
Unit of measurement	The unit which you use to measure a quantity (e.g. grams).

## Did you know?

'Black-eyed Beans' and 'Injera' are two types of traditional African savoury dishes. Injera is sometimes used instead of cutlery to scoop up the accompanying dish.

Food must be stored at the right temperatures to prevent bacterial growth which could lead to food poisoning. You should not mix raw meat with other ingredients; it is not safe. Remember to wash your hands between handling different food types to avoid cross-contamination.

## Key Facts

The five different food groups are:

- 1) Carbohydrates
- 2) Fruit and vegetables
- 3) Protein
- 4) Dairy
- 5) Foods high in fat and sugar



Many countries have traditional dishes. For example:

- India is known for hot curries;
- Whilst England is known for the fish'n'chips which were historically served in newspaper.

## Key Learning: Design, make and evaluate a variety of savoury dishes.

- 1 Food and diet in different cultures.**

Discuss their initial responses to the following: What sorts of food do you think people eat in Africa? Does anyone know of any traditional African dishes? Is their diet similar or different to ours? How? How do you think they got their food? Read extract from: <https://www.sos-usa.org/get-involved/recipes/africa> Discuss, linking back to previous questions.
- 2 Understand and apply the principles of a healthy and varied diet.**

Retrieve knowledge from prior learning: What do we need for a healthy diet? Why do we need a healthy diet? Ensure all food groups, variety and wholesome foods are covered. Explain not just diet but exercise and sleep are required to keep use healthy too (read article, watch video clip). Design a healthy packed lunch and annotate with notes about food groups and health benefits. Add notes to explain what each food group is needed for (e.g. protein = growing cells, calcium = bones, fats and sugar = energy, vitamins = C iron absorption, D skin). Use iPads to research as needed.
- 3 & 4 Prepare and cook a variety of savoury dishes.**

Retrieve knowledge of safe food preparation from prior learning (e.g. wash hands, clean surface, chopping boards, knife safety, correct storage, cross-contamination, food hygiene). Hand out a copy of the African dish recipes. Use 'book-talk' to discuss. Address any unfamiliar vocabulary. What are our initial impressions? Working in groups, prepare and cook two African dishes: Injera and Black-eyed peas.
- 5 Product evaluation.**

Taste produce then discuss: Do we like each dish? Which food groups did we include? Do we think these are healthy and balanced dishes? What went well? What would we improve next time? Would we adapt the recipe in any way? If so, how and why?