



## Plants and Foods

The aim of this project is to look at the foods grown and eaten in Uganda and compare and contrast with those grown and eaten in the UK.

A Lesson from our teacher in Uganda

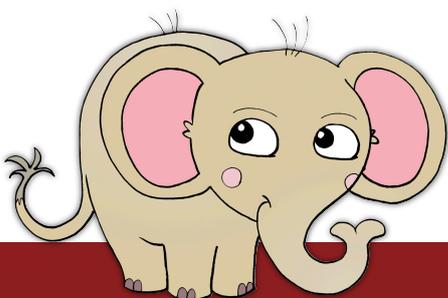
### How food is cooked/ Some recipes

Food from the gardens is dug up, collected taken home and then cooked in a saucepan. Some cultures in Uganda sun dry cassava pieces; it is ground and mingled like posho and then it is eaten. When preparing sauce for a given type of food, some of these recipes are used: onions, cooking oil, curry powder (royco), green peppers, garlic, tomatoes etc.

A mix of different foods, such as Cassava, beans and sweet potato is called katogo".

To make Matooke - you need green banana, which are boiled and then mashed and served with groundnut/peanut sauce.  
Plantain is also eaten with the groundnut/peanut sauce.

To make Posho - this is like a stiff porridge like polenta. It is made from maize flour and water in a very large pot and is stirred until it is a very thick consistency. Children across Uganda, even those in the richest private schools eat Posho.  
Maize this - is very common and served like mashed potato.



idea

It may be your school could have an African/Ugandan themed day and you could be served an African meal.

This would be really nice if you could have African music to enjoy whilst you are eating the meal.

or

There may be the opportunity to try food from lots of different countries and cultures. There are lots of exciting ways to bring another country into your classroom.

### A sample lesson Plan on Plants and Foods in Uganda

Date	Class	Strand	No. of Pupils	Time
10th May,2011	P.2	English	40	8:30am-9:00am

Theme: Plants and Foods.

Sub- Theme: Foods eaten

Competences Learners should be able to;

-Read words

-Pronounce words

-Constructing sentences

- Draw pictures

-Name foods

-Match foods to words

Content: Foods we eat

### Structures

What is this/ that? This is a .....

Is this a.....? Yes, No, it is a.....

Show me a..... This, that is a.....

Methods: Explanation, Discussion, Discovery, Story telling, Demonstration

Teaching/ Learning aids: - Real objects Mangoes, Onions, Cassava, Sweet Potatoes.

-Wall chart showing picture of foods we eat

Life Skills and Values: Love, care, respect, appreciation and self awareness

Fluency, confidence.

Activity: - Reading words, sentences

-Drawing pictures

-Naming pictures

-Matching pictures to words

References: Thematic curriculum P.2 page 23

Teacher's guide P.2 page 131

Self evaluation. (It is done by the teacher about the lesson. Whether successful or not)



The children in Uganda eat Posho,-look at the picture above. Matooke and Maize, you have seen the recipes above.

Perhaps you can tell your teacher about the food you eat in your home and at your school.

Your teacher may show you what a Mango, Cassava and Sweet Potato look like and how they taste.

