

A FAMILY MEAL IN



COOK & EAT

Work together as a family to prepare a traditional African meal (recipes on back). While you eat, try out some customs shared among many African cultures:

- Wash your hands before and after the meal.
- Serve the food in a communal bowl on a mat, rug, or low table.
- Sit around the food and eat with your right hand only (your left is reserved for personal hygiene).

LEARN ABOUT AFRICA

Africa is a continent that includes 54 countries, with even more unique cultures (ways of life). It's also not a small place. Africa is bigger in size than China, India, the United States, and Europe combined.

There are more than 1,000 languages and dialects in Africa. One of those is Swahili. Try out a few words:

- Hello: *jambo*
- How are you?: *habari gani*
- Fine: *nzuri*
- See you later: *tutaonana*

The main religions of Africa are Christianity, Islam, traditional tribal and animist beliefs, and small percentages of Judaism, Hinduism, and other religions. Many countries protect religious freedom, but in some Muslim countries Christians are severely persecuted.

The primary climates include desert, semi-arid, coastal, riverine, and tropical.

Some African traditions include:

- Breakfast often consists of bread and tea or leftovers from the day before.
- Families may eat one to three times a day, depending on their tradition, income, or availability of food.
- Muslims are forbidden to eat pork or drink alcohol.
- Men and women sometimes eat separately. Boys may eat with the men, or children will eat with the women.

READ THE BIBLE AND PRAY

Elijah the prophet lived through difficult times. While the entire country experienced a famine, he had to trust God to provide food and water. Let's look at how God challenged a woman and provided for Elijah through her.

Read 1 Kings 17:1-16. Talk about how God takes care of His people. Pray together.



AFRICAN RECIPES



YELLOW RICE

- 2 C uncooked saffron rice (If you don't have this on hand, add ½ tsp turmeric and 1 tsp paprika to whatever rice you have)
- 4 C water or broth
- 1 tbsp. sugar
- 1 tsp. salt
- 2 tbsp. butter or olive oil
- 1 C raisins

Bring water to a boil in a medium-large saucepan. Add rice, sugar, salt, and butter. Cover and simmer for approximately 15 minutes. Stir in raisins and simmer until the liquid is absorbed. Serve warm.

Yields approximately 7 1-cup servings.

AFRICAN VEGETABLE

Choose a vegetable from this list of commonly enjoyed African vegetables. Some of these are probably not in your pantry, but one or two might be.

Baobab leaf, cabbage, carrots, casava, cauliflower, cucumber, eggplant, garbanzo beans, green beans, peanuts, lettuce, okra, onion, palmtree pulp, peas, potato, squash, sweet potato, tomato, yam

MOROCCAN COOKIES

- ½ C butter, softened
- ½ C powdered sugar
- ½ C all purpose flour
- ½ C cornstarch
- ½ tsp. Baking powder

Combine all ingredients and stir well. Roll dough into 1-inch balls and place on a greased baking sheet.

Bake at 350° for 13–15 minutes or until done. Flatten cookies slightly after removing from the oven.

Yields approximately 20 small cookies.

