

What's Cooking in Africa?
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Abstract:

This unit is designed for a Life Skills classroom of high school students with special needs. In addition to introducing students to a variety of African foods which can be purchased in local markets and prepared in cooking classes, this unit uses maps and photos to introduce teachers and students to the variety of African staples grown in different ecological zones on the continent; to the cycle of planting, harvesting, marketing, and cooking of African foodstuffs; to the etiquette of eating (and sharing) in African households; and to the interesting history of African food crops that moved across the Atlantic to form a part of modern American cuisine.