

Name: _____

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Africa Study Sheet

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1. Why does Africa not have a typical cuisine?

Africa does not have a typical cuisine because the continent has a varied geography and is in a state of political, economic and cultural development. Each nation has unique foods.

2. What is the climate like in both the northern and southern extremes and what type of grains grow well there?

The climate is sub tropical. The types of grains are millet, teff, and sorghum.

3. Where are the tropical areas located and what crops are grown there?

The tropical areas are located along the equator in central and western Africa.

4. The majority of the people in Africa live on the ___savannas___ or ___grasslands___.

5. Who are the people who live on the deserts north and south of the savannahs?

These people are nomads.

6. Native Africans make up over ___70___ percent of Africa's population. Over ___5___ million people of European descent live in Africa.

7. More than ___800___ languages are spoken in Africa. Most people speak the language of their own village. When they want to communicate with people outside their village, they will also speak an interchange language.

8. ___Fifty___ percent of Africa's populations does not attend school. Why is this a problem?

It is a problem because half the Africans cannot or write. As a result it is hard to communicate modern ideas to the people.

9. What are the two major religions of Africa?

Muslim and Christian

10. Each African country has unique dishes. Describe the following African foods:

A. Akla- a snack from Ghana made of cowpeas which are cooked, mashed and formed into balls and fried.

B. Papaya- a small melon like fruit

C. Plantain- it looks like a banana but is much larger and has a bland flavor; usually fried

D. Cassava- a root vegetable much like a sweet potato

E. Okra- a green pod shaped vegetable that grows in the US, which was brought to US by African slaves

F. Kesra- round bread made in mountain villages

G. Brik- a pastry filled and deep fried

H. Pita Bread- flat, round bread which when cut in half forms a pocket to be filled with meat or vegetables

I. Mechoui- lamb that is smoldered and cooked over a fire for many hours

J. Fufu- starchy vegetable such as, yams, cassavas, or plantains that is boiled and pounded. Similar to dumplings.

11. Why is the food in Liberia similar to soul food in the United States of America?

Freed slaves from US founded Liberia in 1800's and their food is a combination of American and African cooking.

12. Why does Ethiopia have a different cuisine than the rest of Africa?

Christianity is the prominent religion and they don't conform to the Muslim religion's dietary restrictions.

13. Describe *injera* and with that it is served and how it is eaten.

It is a large sourdough pancake made from teff. Teff is a millet like grain grown only in Africa and the Middle East. It is served with wat, a spicy sauce or stew. They tear the *injera* into pieces, roll it around wat and eat it with their fingers.

14. What countries formed colonies in South Africa?

The people who colonized South Africa are: Dutch, French, German, British and the Portuguese.

15. Describe how most African meals are served and eaten.

The meals are served on low tables with pillows, folded carpets, or the floor used as seats. The food is served in the brass or earthenware vessels in which it was cooked. The food is arranged on a large tray and placed in the center of the table. Each person takes their share. They do not use forks or knives; may use a spoon. Usually eat with the fingers of the right hand. Use flat breads to scoop stews and soups.

16. Why would a hand washing ritual take place before and after eating a meal in Africa?

It is a ritual before meals because most foods are eaten with their fingers. Sometimes it is repeated after a meal.