

## African Snack

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This is an easy but tasty way to introduce the Global Dimension to food and healthy eating to your class. You will need:

Some sliced bananas and apples, honey (runny) and cinnamon, a saucepan, a bowl, and forks for the pupils.

- 1 Gently heat honey up in a saucepan and add cinnamon to taste
- 2 Pour the honey into a bowl and line pupils up to dip their pieces of sliced fruit into it.

Or thinly slice the bananas and place onto greaseproof paper and then place in an oven on a low heat for a whole day. This will mimic the African practice of drying out fruit in the hot sun.

### Discussion

#### Ask pupils:

- *what do they eat for a snack?*
- *how many of them eat fruit each day?*
- *do many of them have fruit growing in their gardens?*
- *how many types of fruit can they name?*
- *do they know where they come from?*

#### Explain that:

- *in a developing country like Uganda, people generally don't eat crisps and chocolate as they can be quite expensive*
- *if they are able to get any snacks it would usually be fruit like bananas, mangoes or apples*
- *most people grow their own food in Uganda and do not have the supermarket foods that we are used to (unless they live in a large city)*
- *some foods that we consume in the UK are grown in African countries and flown here – such as beans, dried fruits, tea and coffee*

### Extension activities

Give out a food diary sheet so that pupils can fill in what food they consume in a week. Give points for fresh fruit and vegetables and ask a parent/carer to sign it to validate it. At the end of the week, the person who ate the most fresh fruit and vegetables could win a 'Happy Healthy Eater' certificate.

Focus on how far their food has to travel to get into their lunchboxes (food miles) and how this is harmful for the environment.

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Find out how far away particular countries are and then get pupils to add up the food miles for each item in their lunchboxes on a record sheet. Often, this will run into thousands of miles! The challenge to pupils is to see who can get the lowest food miles lunchbox. The chances are that for a child in Uganda, much of their lunch will only have a few food miles, if any.

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