

Shall we make some pancakes?

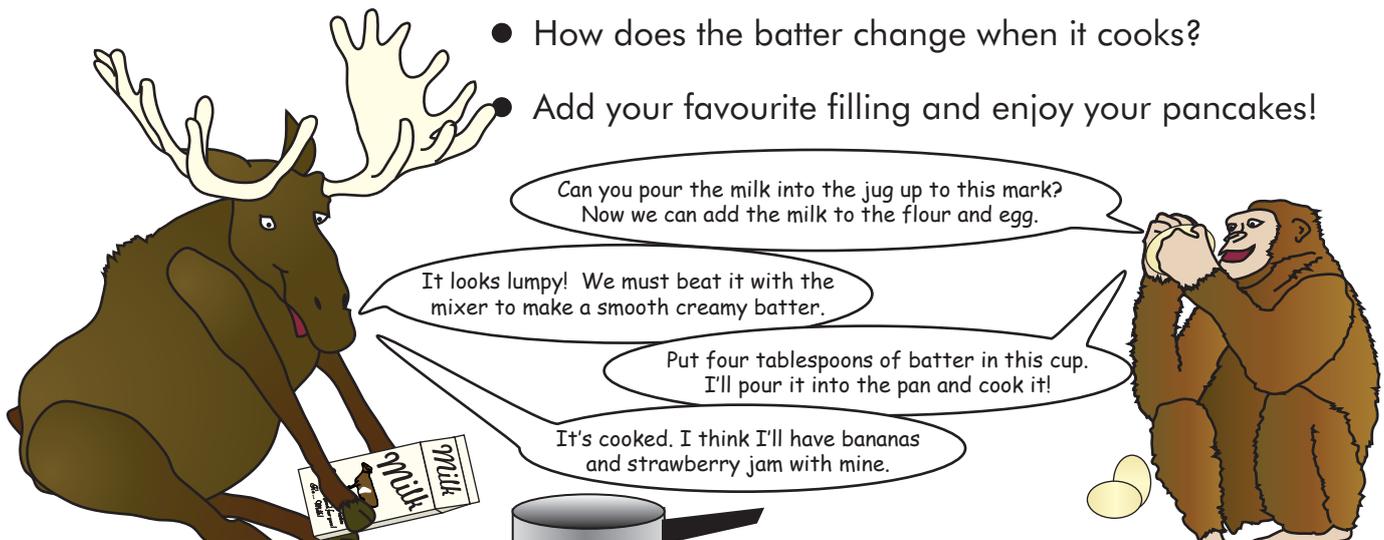
There is a popular children's storybook about Mama Panya, who makes pancakes for the whole of the village, when her son invites all of their friends to join them for dinner! Everyone wants to come, but Mama Panya worries how she will be able to afford to make so many pancakes for so many people. But thanks to the kindness of their friends she is able to serve up a feast!

You will need: Fact sheet, atlas or globe if possible, recipe, ingredients and equipment for making pancakes.

What to do:

- What would it be like to live in Kenya? Look at the sheet and talk about village life in Kenya.

- Let's make some pancakes just like Mama Panya made for her friends.
- Look at the pancake recipe. What do we need?
- Carefully weigh out the ingredients and follow the recipe to make your own pancakes. Spoon the flour into the bowl and count the number of spoonfuls.
- Watch and describe what happens to the flour when the egg and milk are added and mixed in.



This activity helps your child to start to understand the concepts of 'greater', 'smaller', 'heavier' and 'lighter'. Encourage your child to measure out the ingredients and to talk about the changes they see as the mixture cooks. The activity also helps explore what it is like to live in another country. If possible show your child where Kenya is on a map or globe.

Foundation Curriculum areas covered:

Personal, Social and Emotional Development; Knowledge and Understanding of the World; and Mathematical Development.



Life in Kenya

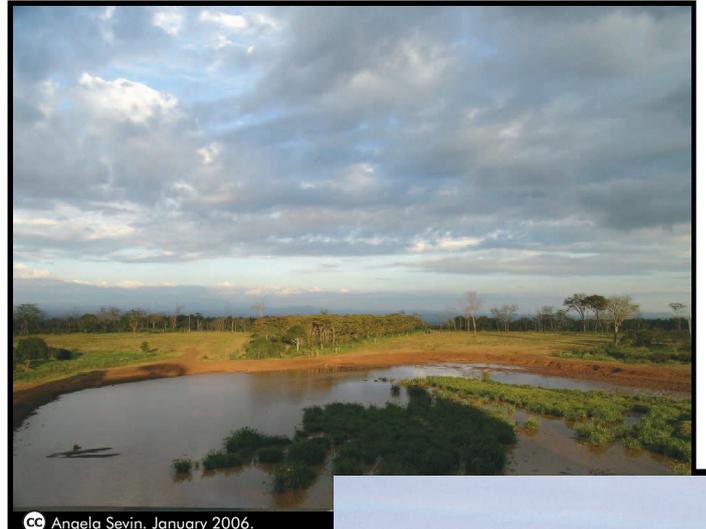


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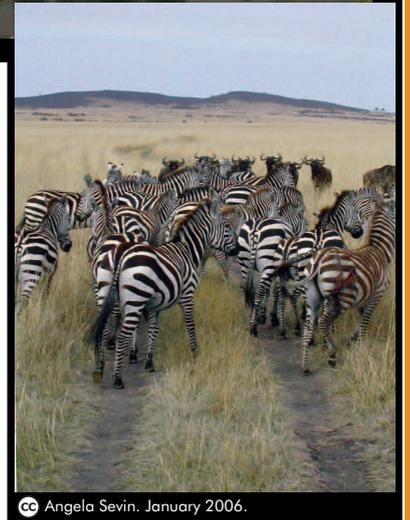
Kenya is a beautiful country in Africa with a long history and a vibrant culture. It has modern and exciting cities and wonderful countryside and scenery, including the Great Rift Valley and Lake Victoria. People go on expeditions to climb Mount Kenya or on safari holidays to see the lions, elephants, giraffes and other wild animals.

Village life

Although many people who live in Kenya live in cities, some still live in small villages in rural areas. Some village people work on tea or coffee plantations, but most villagers farm and have cows, goats and chickens. Children go to school, but they have to walk a very long way to their classroom. When there isn't a school close by, villages set up their own classes. These are called Harambee (har-ram-bay), which means 'pulling together'. After school, older children help with chores. They collect firewood or take care of their younger brothers and sisters. They also play games. Football is very popular! When their work is done families sit under the stars and tell stories and listen to music played on a mbira (mm-beer-ah, also known as a board piano).



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Food and cooking



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Most cooking is done over a stone fire. The fire also provides heat and light.

The main foods eaten are Ugali (a cornmeal porridge), rice, bread, chicken, eggs, goat, fish and vegetables.

Pancakes are cheap to make. Villagers grow their own wheat, which they grind into flour using two big flat stones. They get milk from their cows or goats and eggs from their chickens.



Pancakes

People all around the world eat a variety of pancakes. They have different names in different countries, e.g. crêpes in France, chapatti in India, blinis in Russia, tortillas in Mexico and bao bing in China.

What you need:

For pancakes:

- 100g plain flour
- 1 egg
- 1/2 teaspoon salt
- 250ml milk
- oil for frying

For fillings choose from:

- Jam
- Lemon and sugar
- Bananas and maple syrup
- Grated cheese and ham
- Or another filling you like



What you need to do:

1. Sift the flour and salt into a large bowl. Make a well in the centre.
2. Crack the egg into a cup and put in the flour well.
3. Stir in half the milk, taking care to work in the flour.
4. Beat well until the mixture is smooth and bubbly with a wooden spoon or electric mixer.
5. Stir in the remaining milk.
6. Heat a little oil in a frying pan. Pour in just enough batter to cover the base of the pan thinly.
7. Cook for about a minute until the pancake is set and golden brown on the bottom. Then either flip your pancake over or turn with a palette knife or fish slice and cook on the other side.
8. Turn out onto a plate, add your favourite filling, roll up and enjoy.

