

Thinking about Food

Food stories from Kenya

Teacher's Notes

- Summary** Two short interviews (less than 3 minutes each).
Jemima is a 9 year old girl. She describes her daily diet, how her food is bought and prepared.
Kenya market describes buying food in a typical African market.
Questions are supplied below but the main activity is to then discuss their food and the food in Kenya.
- Activities** Children listen to one or both interviews. Interviews can be paused or 'rewound' as required.
Questions can be used to develop listening skills and give focus for discussions.
Discuss the differences between the food as described in the interviews and their own experiences of food in the UK.
- Teacher info** Most of the food comes from local sources. It is bought on a more-or-less daily basis because only a small percentage of houses in Kenya have mains electricity and refrigeration.
There is little, if any, pre-prepared food. So all food is bought fresh and prepared at home.
In more rural areas, people will often grow food in their gardens or if they have small plots of land.
- Timing** 20 minutes in class
- Resources** Worksheets with questions.
- Curriculum links** English – listening, group discussion.
- Differentiation** Questions are provided to aid children to listen for specific points.
More able children can be asked to summarise the main points without guidance.