

Grade 9 Life Orientation Worksheet

Cultural food/dishes in South Africa

Do you know what these words mean: atchaar, biltong, bobotie, boerewors, chakalaka, chotlo, frikkadel, gherkin, koesister, mala, morogo, mogudu, pap, samoosa, snoek, ting?

If you thought that these were all foods, you were correct. If you thought they were South African foods, then you were doubly correct. South Africa is a 'rainbow nation', made up of people from different cultures who all speak different languages and eat different foods, such as those listed above.

For this task, you are required to bring to school a dish of food that is part of your culture. You will each be given about five to ten minutes to explain to the other learners in the class what the food is called, when it is eaten, what the ingredients are, how it is made and how it is eaten. For example, a Chinese learner might bring a dish of chop suey. After speaking about it, the learner could demonstrate how Chinese people eat, using chopsticks.

After the demonstration, you will all be able to taste the different foods. Your teacher will assess the demonstrations using the following checklist.

Checklist to assess cultural food/dishes

Name of learner:			
Dish demonstrated:			
	Criteria	Yes	No
1	The learner brought a dish of food from his/her culture.		
2	The learner told us what the food was called.		
3	The learner described the ingredients that make up the dish.		
4	The learner told us when this food is eaten.		
5	The learner told us how the food is made.		
6	He/She showed us how the food is eaten – using chopsticks, hands etc.		
7	The learner understood the cultural importance of the food.		
8	The learner understood the cultural background of the food.		
9	The learner spoke clearly, using an appropriate pace.		
10	The learner was well prepared.		

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Suggested Solutions

Question number	Possible marks	Solution
1	10	See checklist below.

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