

## Year 3/ 4 Geography Home Learning

### Lesson 7

So far, we've learnt lots of information about Botswana. For example: where it is in the world, what the landscape is like, what the climate is like and about the animals that live there.

**This lesson, we are going to learn more about the **culture** in Botswana by learning about traditional foods.**

**Do you remember what **culture** means?**

**It means the ideas, customs and social behaviour of a particular group of people.**

#### **Task 1: Google 'traditional foods in Botswana'.**

Many websites will come up. All of these have interesting information about traditional food in Botswana. Here is one I found:

[http://www.botswana.co.za/Cultural\\_Issues-travel/food-of-botswana.html](http://www.botswana.co.za/Cultural_Issues-travel/food-of-botswana.html)

*You may need to an adult to help you find and read information from other websites.*

**Make notes** about all of the foods that you find. Look at my example: I write **what the food is called** and then **what it actually is** in brackets after it.

This is going to be useful for making a menu in task 2.

## Traditional Food Notes

**seswaa** (meat stew)

**pap** (porridge)

**morogo** (side dish of green leafy vegetables)

**ditloo** (beans)

**Task 2:** *Design and make a menu* for a restaurant that serves traditional food from Botswana. Use your notes to create a menu.

There is an example of a menu on the next page.

**Task 3:** Make a traditional food from Botswana if an adult at home agrees and helps you to make it! (I want to have a go at making malva pudding – the cake that Justice and Precious were eating at the end of my story).

As always, we would really like to see your menus and traditional food from Botswana. Please share with us at [lower.school/pocklingtonjuniors.co.uk](http://lower.school/pocklingtonjuniors.co.uk)

# Pedra Cafe

## WEEKLY SPECIALS

### Monday



**Turkey Pot Pie 10**  
made with all bread crust  
meats, potatoes, peas and green  
beans in a flaky crust

**Homemade Meatloaf 12**  
topped with mushrooms and  
sauce, served with steamed fresh  
vegetables

### Thursday



**Fish and Chips 10**  
Alaskan halibut battered and  
fried, with homemade tartar  
sauce

**Pork Chops 15**  
basted in honey glaze, served  
served with baked washed  
potatoes

### Tuesday



**Grilled Salmon 14**  
wild Alaskan salmon with honey  
mustard sauce

**Pepper Steak 15**  
spiced strip steak seasoned with  
peppers and onion sauce, served on  
mashed potatoes

### Friday



**Hawaiian Pizza 12**  
diced ham, fresh pineapple and  
mozzarella

**Veggie Pizza 11**  
onions, bell peppers, mushrooms  
and olives with garlic or mushroom

### Wednesday



**Braised Boneless Short  
Ribs 18**  
with garlic roasted potatoes,  
mashed carrots, zucchini &  
chopale sauce

**Sauteed Chicken and  
Shrimp 17**  
organic chicken breast and bay  
dressing in a pan of flour with eggs  
& mushrooms

### Saturday



**Lobster Macaroni and  
Cheese 18**  
bay shrimp and chunks of Maine  
lobster baked with cheese,  
cheddar, and onion

**Grilled Beef Tenderloin 19**  
with baked roasted potatoes  
grilled vegetables

### Sunday



**Pico de Gallo 12**  
with fresh heavy onion, wild rice, potato cake & roasted soup peas

**Pot Roast 18**  
slow-cooked beef roast with potatoes, carrots, and onions

**Vegetarian Lasagna 16**  
layered with spinach, onions, mushrooms, and our mushroom sauce