

Domain: Hygiene
Subjects: Food hygiene, eating safe food

Age group: 8-11 years

1.5 Mad mandazis

Learning goals:

Knowledge:

- Children understand the importance of safe food protection and handling.
- They recognise that germs are not visible and obvious but are very dangerous.

Attitude:

- They want to eat only safe food.

Practical skills:

- They learn new words, practise literacy and grammar, story writing.

Psychosocial life skills:

- They learn to listen actively, they learn analytical skills, creative skills, being critical, seeing consequences, how to speak up and withstand pressures.

Participatory methods:

Story without an ending, storytelling and song.

Materials:

A story about food vendors which contains new words.

Activities:

The teacher tells a story about food vendors such as the one from East Africa below. S/he asks the children to listen carefully as they will get some questions at the end.

On a dusty afternoon Mangezi, a flamboyant mandazi vendor, stood under a shaded bamboo tree. "Mandazis!" he crooned, "Buy Mangezi's sweet, sweet mandazis!" He was an eye-catching figure wearing flared, polka-dotted trousers, large, dark sunglasses and a bright red scarf tied around his neck. For some unknown reason he had a sheen of sweat on his brow and every once in a while this would accumulate into a droplet which he would casually brush away with his fingertips. The mandazis stood before him in a high pile. They were smooth, round, golden brown pancakes which had attracted the attention of numerous flies that swarmed madly and energetically around them. A family passed by with a mother, father and two little girls.

"Buy me a mandazi, mama," said the older girl. "I'm hungry."

"We are almost home," responded mother gently. "Wait until we reach home."

"Why do you refuse her food?" asked the father. "In fact I too will have one."

Mother looked doubtfully at Mangezi, who suddenly turned around and disappeared into a latrine on the other side of the bamboo tree. After a while he reappeared, wiping sweat from across his brow and hastily explained that he had a problem with his tummy. Clutching two large mandazis at the top of the pile he handed them to the father and daughter. The family walked away happily, two of them eating the mandazis.

- Ask the children to describe the choices made by Mangezi in handling the food.
- Ask what they would have done in the same situation.
- Make copies of the story, dictate it or ask the children to write it down from memory.
- Ask them to write an end for the story in not more than ten lines, imagining what may have happened after the father and daughter ate the mandazis.
- Invite the children to share the ending of their stories in the group.
- Ask the children to explain the meaning of the new words introduced in the first part of the story.

Application:

Facilitate a discussion about food vending near the school. Is this food always safe? If not, why not? What can happen? What can be done?

Learning indicators:

- Children can name three ways in which food can be contaminated.
- They can explain what may happen when eating contaminated food; older children can name diseases.
- They can name at least three ways to avoid eating contaminated food.
- They can give examples of avoiding risky food/eating safe food at school and at home.

Competence:

Safe eating of food



Food hygiene (Photo: Mariëlle Snel)