

Cari insegnanti,

eccoci giunti **alla terza comunicazione del progetto "Link to School"**, intrapreso da voi e dai vostri alunni a fianco di AMREF Health Africa Onlus e della Jilore Primary School. Vi scrivo in quanto **voglio condividere con voi i lavori degli alunni della scuola gemellata**, che descrivono la loro quotidianità, l'ambiente in cui vivono, i loro cibi e le loro tradizioni. Troverete all'interno della busta 2 cartelloni e 4 disegni per ogni classe che partecipa al percorso.

Sono inoltre felice di potervi inviare anche **un diploma per ogni classe (e uno in più in caso lo vogliate appendere nella bacheca della scuola)** per aver partecipato con successo al progetto.

Come sapete, il percorso didattico "Link to school" vuole far conoscere agli studenti italiani la realtà dei coetanei del Kenya. Mi auguro che questi aggiornamenti siano graditi e che aiutino voi e i vostri alunni a conoscere ulteriormente la scuola gemellata.

Un caro saluto a tutti da me e da tutta l'organizzazione Amref Health Africa Onlus.

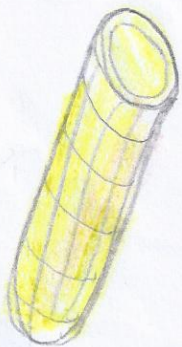
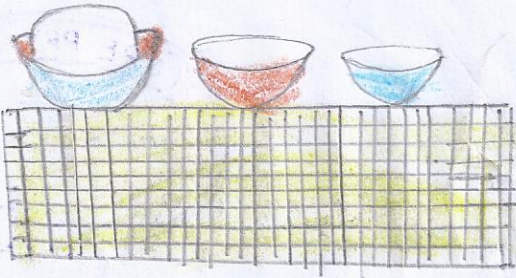
Dearna Sulonjaku

Responsabile Programma "A Scuola con AMREF"

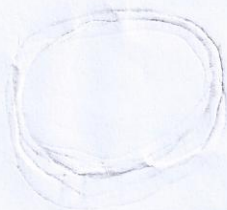
tel. 3291778379

email. dearna.sulonjaku@amref.it

PLACETO FA



SIEVE



UTERO

THE PLACE WE EAT FOOD

We eat food under a tree.



ITEMS USED FOR COOKING FOOD.

STIRING ROD.

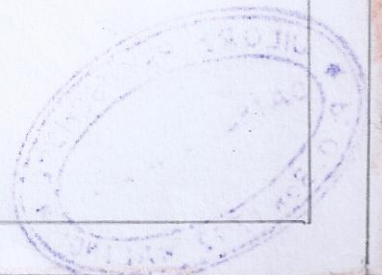


It is used for stirring.

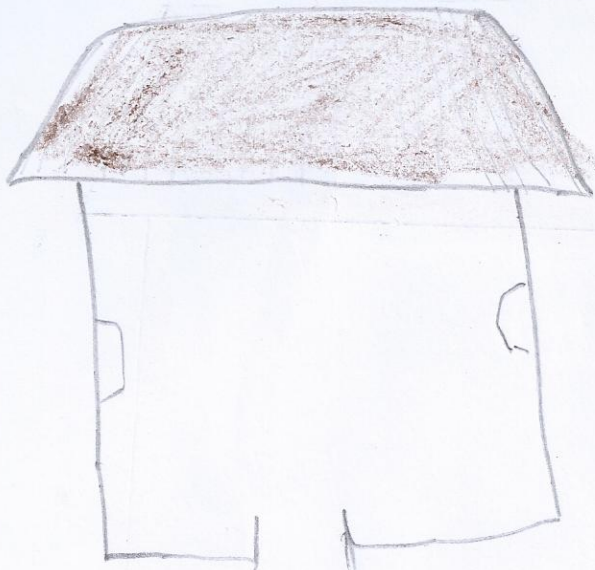
WOODEN SPOON



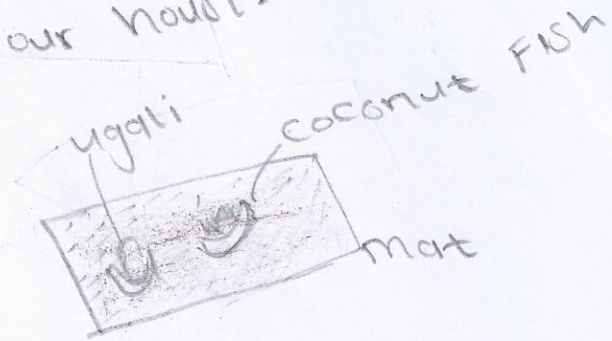
It is used to serve food.



THE PLACE WE EAT FOOD



We put food in front of our house.



UTENSOLS WE WFD FOR COOKING FOOD

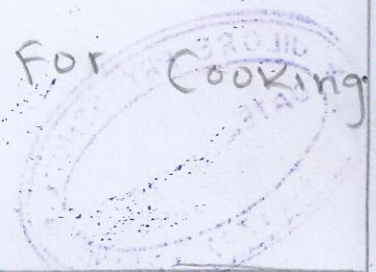


Stiring rod
It used
to stiring

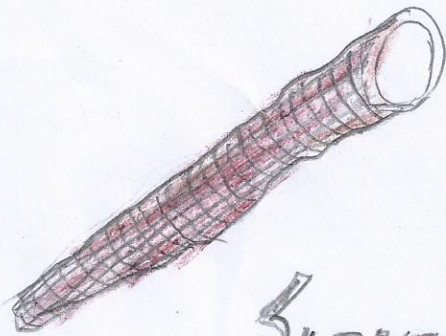
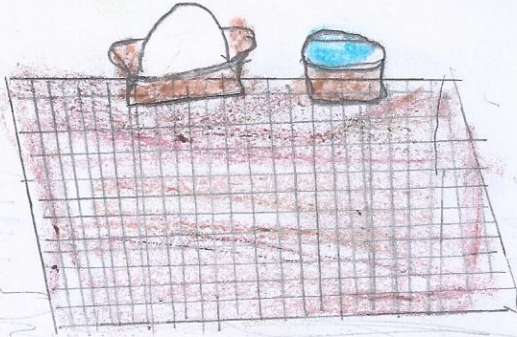
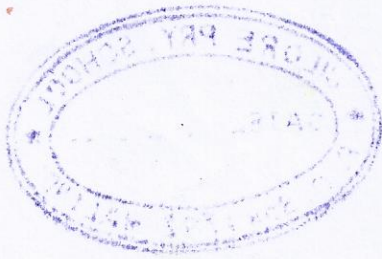


Pot

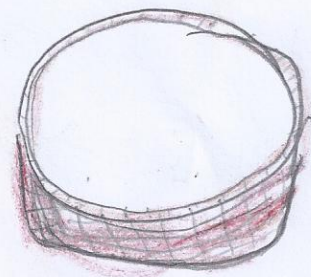
We used for cooking



PLACE TO EAT



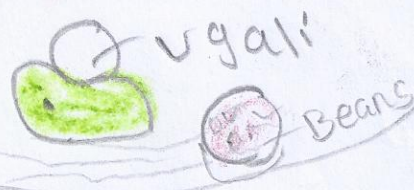
SIEVE



UTEO

THE PLACE WE EAT FOOD.

We eat outside the house on the ground (earthen floor)



UTENSILS FOR COOKING.

wooden cup

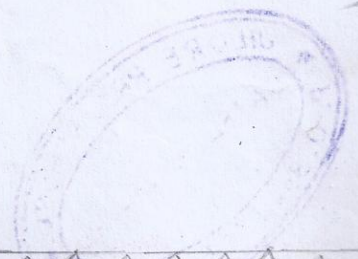


used for drinking water.

POT



It is used for storing water.





SERVING SPOON

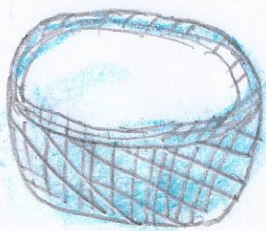


Used for serving porridge

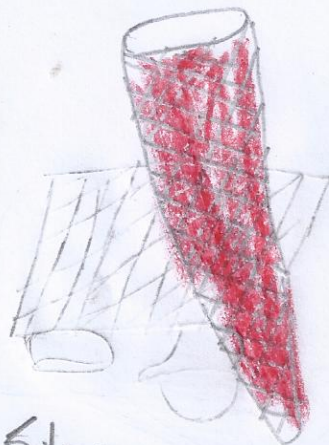
MOTOR AND PISTIL



Used for pounding maize



UHO



Steve

PLACE TO EAT

PLACE TO EAT.



COOKING STICK



KATA.

WHERE WE EAT FOOD

UNDER A TREE



Pot



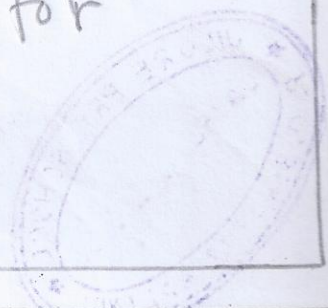
It is used for
storing food

COOKING UTENSILS

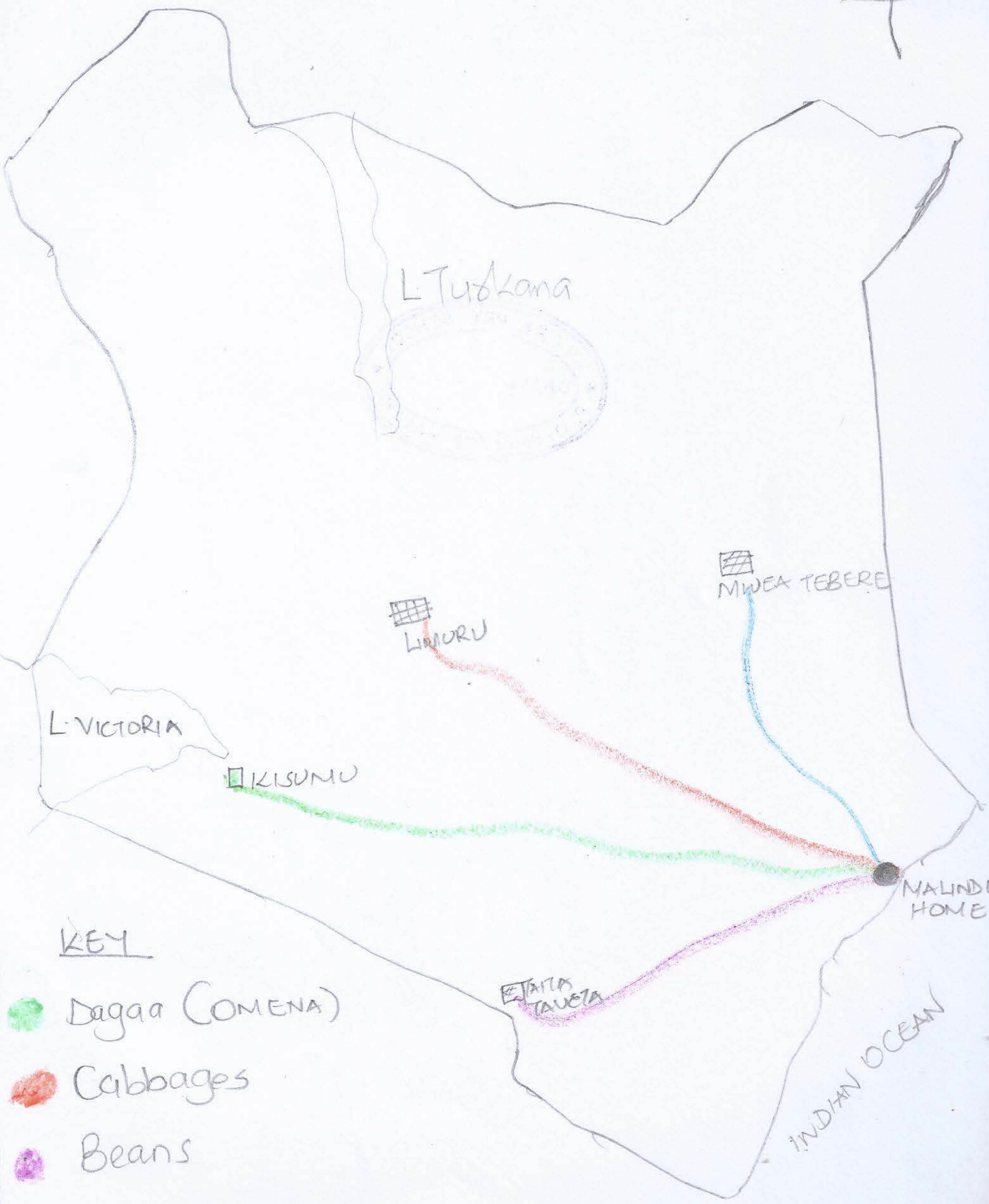
Wooden plate



It is used for
serving food



KENTA, DISTRIBUTION OF FOOD CROPS

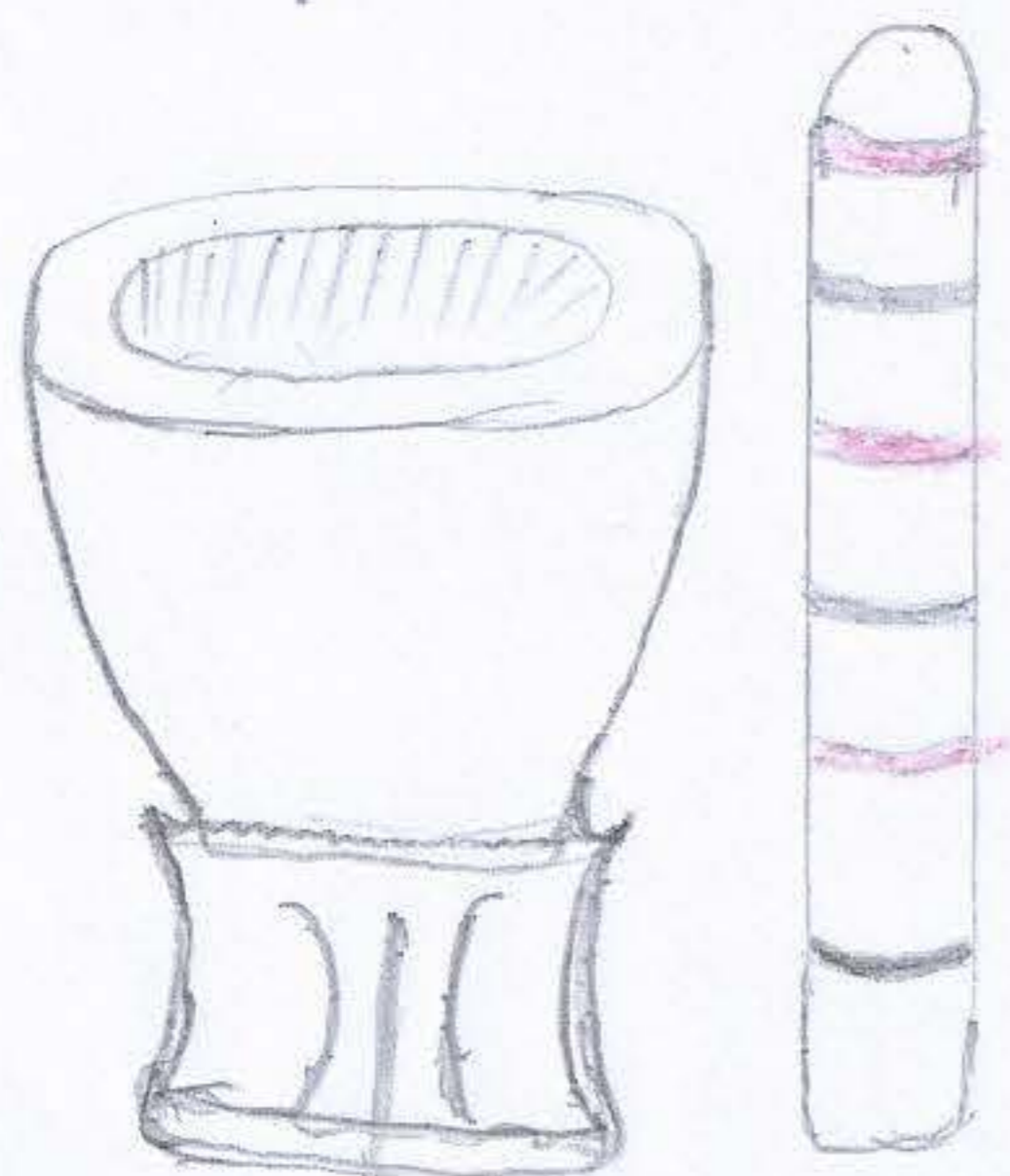


KEY

-  Daga (COMENA)
-  Cabbages
-  Beans
-  Rice



Motor pistil



used to pound the
maize, sorghum etc.

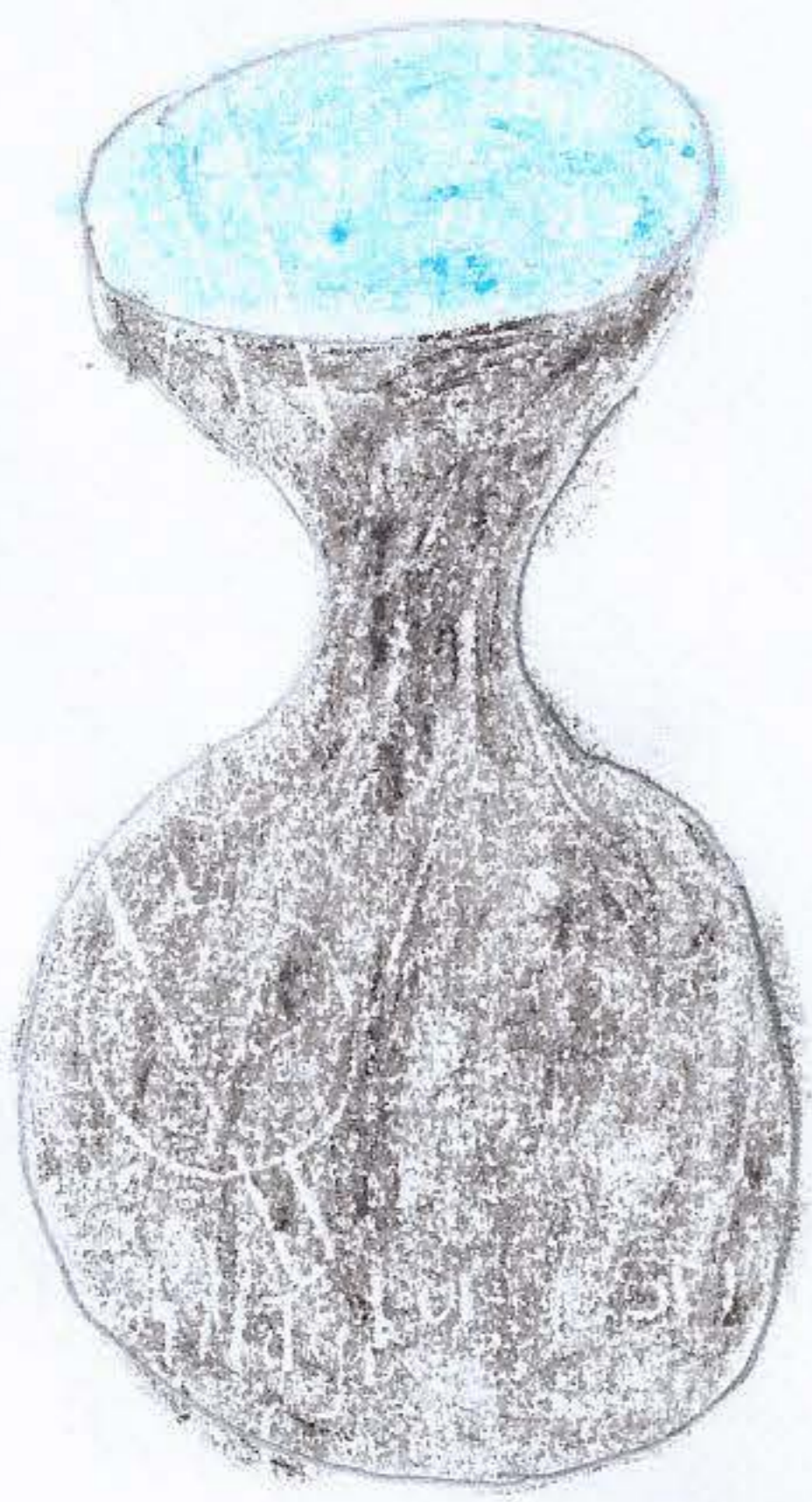
(Kipawa)



we used to serving
Porridge, Cooking beans
etc.



Pot.



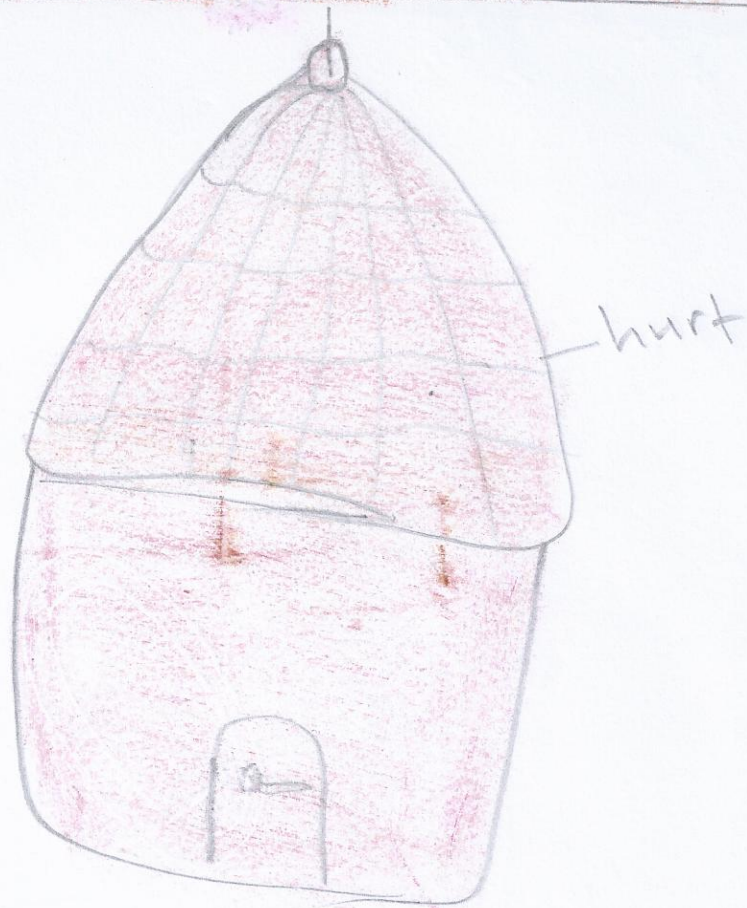
Used for storing water

Motor and Pistil



Used for Pounding maize





hurt



wooden plate

used for Serving food.

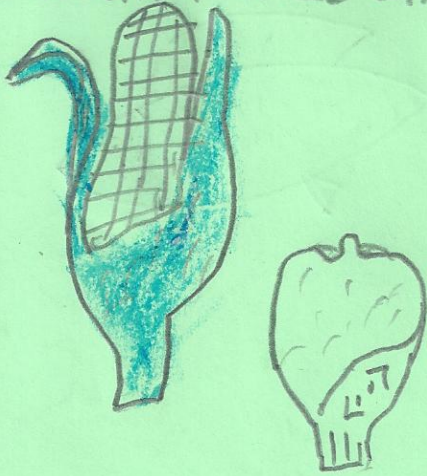
Stirrer



used for preparing porridge



KITAKWA (GROUND MAIZE GRAIN)



INGREDIENTS

1. Roughly broken young maize grain
2. Corn flour
3. Coconut milk
4. Salt
5. Banana leaf

RECIPE

STEP 1. Extract juice from the roughly broken young maize grain

STEP 2. Put the juice into a cooking pot. Add coconut milk.

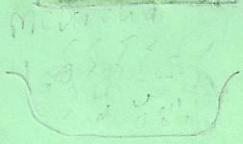
STEP 3. Add corn flour. Add stir until is thick. Add salt as you stir

STEP 4. Wrap in a banana leaf and boil for about 30 minutes

STEP 5. Remove from the heat and expose it in the sun

Serve cold with a cup of tea.

Ugali (Sima)



Mchicha

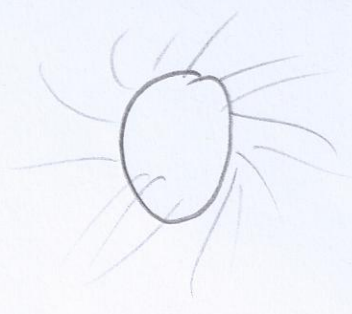
Mchicha (RECIPE)

1. Set fire to the sufuria
2. Put water into Sufuria
3. Put in the fire
4. Wait the water to boil
5. Put the flour in to the water
6. Wait the porridge to boil
7. Stir
8. Serve with rice

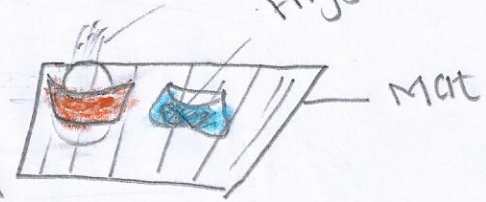
- 1 Water
- 2 Water
- 3 Salts
- 4 Coconuts
- 5 Flour

Place sufuria on fire
 add water for 20 minutes
 add flour for 20 minutes
 add salt
 add coconut
 add rice
 add oil
 add milk
 add sugar
 add...

THE PLACE WHERE WE EAT FOOD.



Ugali
Frying Fish.



Mat

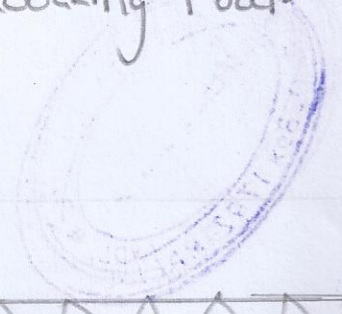
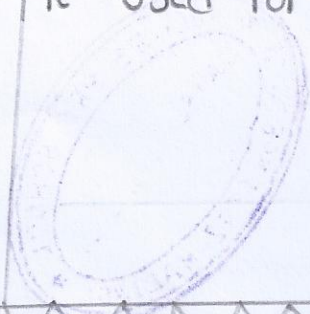
Utensils used for cooking food.



is used for stirring



It used for cooking food.



KIMANGA (MARSHED BEANS AND BANANAS)

INGREDIENTS



- 1: Raw bananas
- 2: Beans
- 3: Coconut milk
- 4: salt.

RECIPE

Step 1

Boil the raw bananas and beans separately until softens.

Step 2

mash them together in a cooking pot

Step 3

Add coconut milk and salt. Bring it together to a low heat. serve hot with a cup of tea.

