

**PROUD OF MYSELF AND PROUD
OF MY CULTURE
LEARNER'S WORKBOOK**



- 3** ENTREPRENEURSHIP
- EMPLOYABILITY
- EDUCATION

PLAYFUL PROJECT-BASED LEARNING | TERM 3 LIFE SKILLS PROJECT FOR SBA



basic education
Department:
Basic Education
REPUBLIC OF SOUTH AFRICA



GRADE 4



Worksheet 1

The Cultural Circle Thinking Map

Discuss what the word “culture” means to you. Write down the ideas and words in the circle below.



Together with the class, decide on a definition of what culture means. Write the definition in the space below.

Culture means...





Worksheet 2

Cultural conversations

Interview someone in your class. Here are some questions to get you started, but add any other questions you want to ask. Write in the answers.

CULTURAL CONVERSATIONS: INTERVIEW GUIDE	
I interviewed	
Cultural group	
Language	
How do you say "I am proud of my culture" in that language?	
What faith do you and your family follow?	
Where do you go to worship?	
What religious holidays are your favourite and why?
Please explain the clothing of your culture
Please describe the food of your culture





Worksheet 4

The “what” and the “why” of my learning

Think back on all the activities you have done on culture and answer these questions.

1. I used to think that culture meant...

2. But now I think culture is...

3. I used to think other cultures were...

4. But now I think other cultures are...

5. Learning about culture and being proud of my culture is important because...

6. Respecting other people's cultures is important because...





Worksheet 5

Celebrating culture through food

Celebrating culture through food

Written by Paula Rocks

Have you ever thought about how the food you eat connects to your culture?

When you eat your favourite food it can remind you of warm feelings and happy memories. Cultural holidays and festivals such as Diwali (hindu), Easter (christian), Rosh Hashannah (jewish), Eid al-Fitr (islam) usually involve special food.

Traditional cultural recipes are carefully passed down from one generation to the next. Sharing these recipes can be a source of pride and a simple way to celebrate our cultural heritages with others.

If you learn about why people eat traditional cultural food at certain events, you will learn more about your own culture and the culture of others. For example, we often eat yummy chocolate easter eggs over Easter, but did you know the egg is a symbol for new life?

Sharing food and recipes that you and your family love with other learners in your school is a delicious and exciting way of learning about your own and other cultural groups – and we are sure you will share with pride.





Worksheet 6

South Africa – the cultures and food

Because there are many different cultural groups in South Africa, there are lots of different kinds of cultural or traditional foods to enjoy. How many of these types of food have you eaten?

Biltong

Probably the most-loved South African snack, biltong is a dried, cured, and spiced meat that is a favourite snack for many people. Beef biltong is a favourite, but venison biltong, made from wild meat such as Impala is also popular.



Milk tart

Milk tart (Afrikaans “melktert”) is a very popular traditional dish in South Africa. It is like a pie with a sweet pastry crust and a creamy filling made of milk, flour, sugar, and eggs. Many families have their own secret milk tart recipe.

Bokkoms

Bokkums are like fish biltong. They are from the West Coast region of South Africa in the Western Cape. Small fish called mullet are dried in the sun and wind and then salted.



Mogodu is a Southern African food. **Mogodu** is a combination of chopped serobe (tripe) and mala (intestines) served as a stew often with hot pap or dumplings. Mala (in Northern Sotho) is intestines, usually of a mammal such as a cow or sheep.

Bobotie

Bobotie is a traditional Cape Malay dinner-time favourite dish. It is made of minced meat spiced with curry and turmeric, with an egg-based topping. It tastes sweet for a meat dish because people traditionally add raisins or sultanas to the mince mixture.



Koeksisters

This tasty sweet treat is made by frying plaited dough pieces and then soaking them with a sugary syrup. They have a golden, crunchy crust, a soft, doughnut-like centre, and are super sticky.



Worksheet 6 (continued)

South Africa – the cultures and food

Potjiekos

South Africans cook potjiekos in a round, cast-iron pot over a fire. “Potjies” are traditionally made using meat and vegetables.



Vetkoek/amagwinya

Vetkoek or Amagwinya (Zulu name) is a South African snack common in the Afrikaans and Zulu culture. They are basically a mixture of flour, water, sugar and salt which is made into small balls and deep-fried until golden brown. These delicious “fat cakes” can be filled with a savoury mince or dipped in sugar for a sweet treat.

Mealie pap

Mealie pap is made from ground up dried mealies (corn). If you are South African, then you know mealie pap because it is popular in our country and is the staple diet for many families. Mealie pap can be soft and served with sugar and milk for breakfast, or made stiffer and served with savoury stews or sauces.



Chakalaka

Chakalaka is a spicy sauce made of vegetables such as peppers, onions, carrots, and tomatoes. It can be very spicy. You will often find chakalaka at a braai because it goes very well with pap and boerewors.

Boerewors

Boerewors (which means “farmer’s sausage”), is a type of sausage made from beef mince. The mince mixture contains spices such as coriander, cloves and nutmeg, and has a very delicious taste. Many South Africans like to make their own boerewors. Boerewors is often cooked on a braai. In fact Heritage Day, celebrated on the 24th September, is also called “braai day”.





Worksheet 7

Peer evaluation feedback form

Listen to your friends' project presentations and give some feedback to help them improve their project. Try to be supportive and helpful – remember your project will also be reviewed.

PEER REVIEW			
1. Will the idea help share cultural pride by sharing traditional recipes?			
2. Why I think this is a good idea...			
<hr/> <hr/>			
3. Is this the best idea?			
4. What could improve this idea?			
<hr/> <hr/> <hr/>			
5. What could be added or changed to this idea?			
<hr/> <hr/> <hr/>			
6. Anything else?			
<hr/> <hr/> <hr/>			





Worksheet 8

Project planners

Recipe book flat plan

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<i>Page 2</i>	<i>Page 3</i>	<i>Page 4</i>
<i>Page 5</i>	<i>Page 6</i>	<i>Back cover</i>

Planner checklist

- Do we have 5 or more recipes with ingredients and instructions?
- Will we write or print out the recipes?
- Can we find pictures, draw pictures or make photocopies?
- How can we decorate our project using cultural designs?
- Which group members will be responsible for which task?
- How long do you think this will take?





Worksheet 8 (continued)

Project planners

Poster plan

Plan your poster in the box below. Think of where the heading will go, and how you will organise the recipes and the Heritage Day menu.

Planner checklist

- Do we have 5 or more recipes with ingredients and instructions?
- Will we write or print out the recipes?
- Can we find pictures, draw pictures or make photocopies?
- How can we decorate our project using cultural designs?
- Which group members will be responsible for which task?
- How long do you think this will take?



Worksheet 9

Project assessment rubric

CRITERIA	5	4	3	2	1
Project showcases 5 cultural recipes including ingredients, method and pictures.					
Project indicates a cultural menu to celebrate a Heritage Day celebration.					
Projects are presented in a creative and eye-catching way, using cultural design work and pictures.					
Learners in the group can answer questions about their projects.					
The project's objective, to improve cultural awareness and pride, was achieved.					
TOTAL	_____ / 30				





Worksheet 10

Reflection questions

What I loved most about the project.

What I found the most difficult.

What I learnt about myself.

What I learnt about my culture.

What I learnt about other people's cultures.

What advice I would give to other learners doing a project.

What I would do again.

