

PSWB GRADE 4

Menus from different cultures

Every culture has its own traditional foods. Here are some examples.

A Xhosa meal

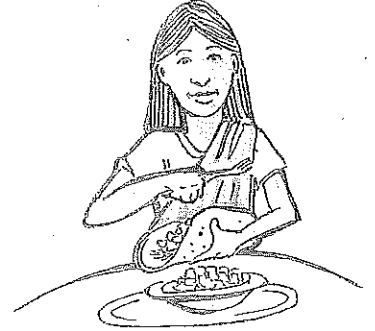
Umngqusho is made from samp, sugar beans, beef stock, salt and oil. It takes over two hours to cook but it makes a healthy, delicious meal.



Umngqusho is my favourite meal.

A Muslim meal

A typical Muslim menu is meat and vegetable curry, eaten with a *roti* and rice.



This is how we eat curry.

A Hindu meal

A typical Hindu meal is *chapatis*, dal, vegetables such as onions, tomatoes, green beans and brinjals, and rice. Hindus are vegetarians so their meals do not contain meat.

New words

roti: round flat pancakes made with wheat flour, water and fried in oil

chapatis: round flat pancakes made with wheat flour and water, cooked in a pan

An Afrikaans meal

Part of the Afrikaans culture is having *braai* vleis. This is meat cooked over a fire. They eat the cooked meat with salads such as rice salad, beetroot, a green salad or potato salad.

A Jewish meal

Jewish people eat a special meal on a Friday evening. They first eat *challah*, which is plaited bread. Then they have chicken soup with noodles, followed by fish such as chopped herring, with pumpkin fritters. They do not eat milk and meat in the same meal.



I help my mom cut up the vegetables.



Having a *braai* is an Afrikaans tradition.



We prepare our food before the sun goes down.

Cultures and moral lessons

New word

culture – the customs, ideas and way of life of a group of people or a country

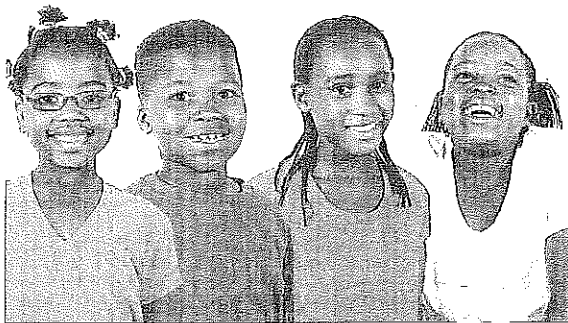
Let us check

- What **culture** do you come from?
- Do you know people who have a different culture to you?
- What do they do differently?
- How many different cultures are there in your class?

Cultural groups in South Africa

In South Africa we have people from many different cultures. We are often called the 'rainbow nation' because we have so many different races, languages and religions.

The main cultures in South Africa are:



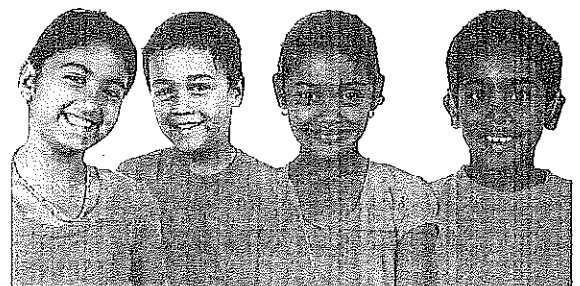
Black South Africans belonging to four main cultures: Nguni, Sotho, Shangaan and Venda. Each culture has their own languages and traditions. They mainly belong to the Christian, Islam or African Traditional religions.



White South Africans whose main languages are Afrikaans or English. They mainly belong to the Christian and Jewish religions.



Coloured South Africans who mainly speak Afrikaans as their first language. They mainly belong to the Christian and Islam religions.



Indian South Africans mainly belong to the Christian and Hindu religions.