

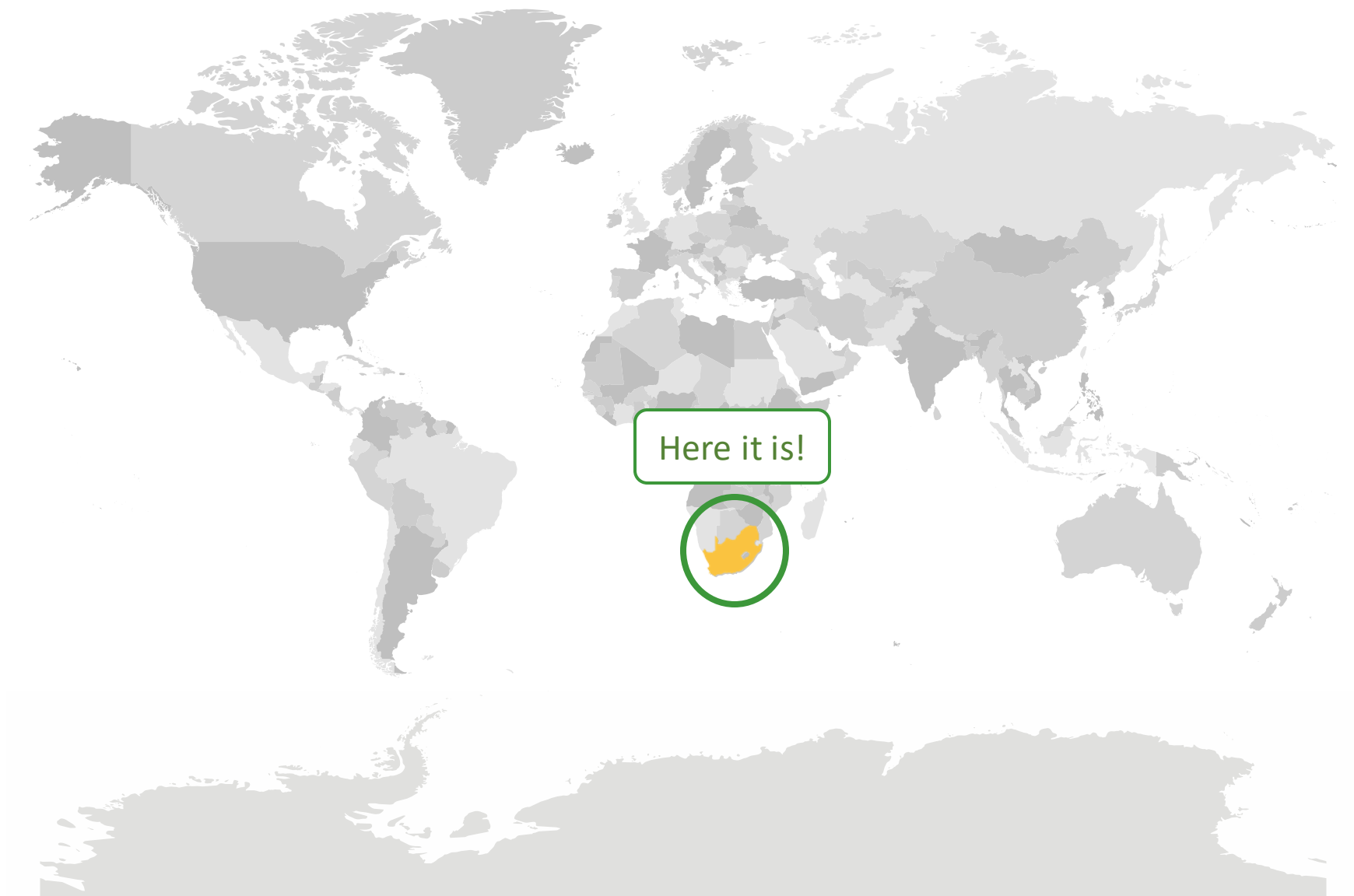
Foods from South Africa



Let's learn about South Africa



Where is South Africa?



Flag of South Africa



Have you tried South African food before?



SOUTH AFRICAN KITCHEN

BILTONGS



Beef

\$4



Chicken

\$3



Fish

\$3

DRINKS

Cola, Juice, Lemonade

\$2

BUNNY CHOW

All curries are served in half a loaf of white bread.



Vegetable

\$5

Beef

\$7

Chicken

\$6

Lamb

\$8

DESSERTS

MALVA PUDDING



With ice cream

\$4

With custard

\$5

KOEKSISTER



South African donuts

\$3

Here are some South African foods:



Bunny Chow



Biltong



Malva Pudding

Facts About South Africa

Where is South Africa?

It is in Africa.



How many languages do people in South Africa speak?

They speak eleven languages.



What is the capital city of South Africa?

It has three capital cities: Cape Town, Bloemfontein, and Pretoria.



Bunny Chow

Where did bunny chow come from?

Indian South Africans from Durban in the east of South Africa made it.



How did Indian workers make bunny chow?

They took out some of the bread from a loaf. Then they filled it with curry.



Why did workers make bunny chow?

They needed a lunch to carry to work in the fields. Bunny chow was a way to eat food on the go without needing a fork or a spoon.



Where does the name bunny chow come from?

Bunny probably comes from an Indian group know as Bania and chow means "food" or "to eat."



Biltong

What is biltong?

It is a form of dried, salted meat.
It is a South African snack.



Why did people make the first biltong?

They made it over 400 years ago when they had no refrigerators.
They preserved meat by putting salt on it and hanging it to dry.



What does biltong mean?

Bil means “meat” and tong means “strip.”
So, it means “meat.”



What did the Europeans introduce as a way of preserving meat?

In the 1600s they introduced vinegar and
spices to preserve meat.



Malva Pudding

What is the best part of malva pudding?

The best part is its sauce made from cream, butter, and sugar. It makes the pudding moist and delicious.



What are the origins of malva pudding?

We don't really know the origins of this cake. Most people believe it came to South Africa from the Cape Dutch who lived on the Western Cape.

Why do some people think malva pudding got its name from the Afrikaans word malvalekker?

Malvalekker means "marshmallow." Malva pudding does not have marshmallows in it, but its texture is like a marshmallow.



New Words



❖ **curry** *n.*

Some **curries** are spicy.

★ an Indian food often eaten with rice



❖ **origin** *n.*

What is the **origin** of the word “English”?

★ the point or place from which something comes

New Words



❖ **preserve** *v.*

Freezing food is a good way to **preserve** it.
★ to prevent (food) from going bad



❖ **recipe** *n.*

I found a great **recipe** online.
★ a list of instructions to make food

New Words



❖ **strip** *n.*

Let's have chicken **strips** for lunch!

★ **small thin pieces**



❖ **salted** *adj.*

Meat tastes better when it is **salted**.

★ **made using a lot of salt**

New Words



❖ **texture** *n.*

The **texture** of the peanut butter is smooth.
★ the way something feels



❖ **vinegar** *n.*

She puts **vinegar** on her salad.
★ a sharp-tasting liquid used in cooking
and for cleaning

Reading Quiz

1. There are _____ languages in South Africa.

(a) five

(b) three

 (c) eleven

Reading Quiz

2. In South Africa, people eat bunny chow with _____.

(a)



(b)



(c)



Reading Quiz

3. Malva pudding is like cake, but it has _____ in it.

(a)



(b)



Reading Quiz

4. The Cape Dutch from Durban first made bunny chow.

True


False

Reading Quiz

5. Biltong is usually made from chicken.

True


False

Reading Quiz

6. A recipe for malva pudding was in an old cookbook.


True

False