Africa Studies Teacher Guide and Resources

**How To Use This Guide**

Africa has 6 units, ancient Africa and 5 based on geographic location (Ancient Africa, Southern, Western, Eastern, Central, Northern). Each unit will have several countries. PowerPoints are provided for every unit, as well as a fill-in-the-blank Student Notebook. Units can be taught in class via the PowerPoint or students can watch videos and follow along with the Student Notebook (videos are based on the information on the PowerPoint as well but have the bonus information of horizontal and vertical—see below). Each country represented in a geographic unit will have at least 1 video. The videos will include basic information, cultural information and country history. Some videos will have “horizontal” views throughout, looking at what is going on around the world at the same time. At the end of each unit, there will be an optional “vertical” video, discussing Biblical history in the region.

At the end of each country there is a quiz available and at the end of the unit there is a test covering the information in the Student Notebook. I also recommend the following projects:

1. For all students, find something you find interesting throughout the unit (it could be an animal, a place, a person, an event in history) and learn more about it. Present what you learn in any way you choose—it can be a story, a speech, a diorama, an extra art project, a song, etc.
2. For older students, a one page paper on a famous person from a country within the unit.

Included here are resources you can use for your students beyond class time. Not every country will have all resources, and this is not an exhaustive list but gives you an idea so if you want to just “dive in” you don’t have to research everything yourself. These resources are divided first by unit, then by country. There are art projects, movies, documentaries, books, recipes and games you can play as a family that help bring the unit alive. They are not required but add to the experience. I have tried to add only recipes that have accessible or easily swapped ingredients.

**Ancient Africa**

**Africa Unit 1**

**Unit Art Project**

Styrofoam Djembe

Supplies: 2 Styrofoam cups  
Colored duct tape  
Optional, beans  
  
Instructions:   
1. Cut the bottom off of all of the cups.   
2. Tape the bottoms together, so it looks similar to an hourglass.   
3. Using the colored duct tape, decorate the cups.   
4. Using tape, cover the open ends to make drum heads.  
5. Optional, before making a drumhead on one side, throw in a few beans or some rice so it can be a shaker.

**Documentaries:**

Africa’s Great Civilizations, PBS

**Folktales from Favorite Folktales from around the World, Jane Yolen**

Pg 24, 44, 132, 246, 406

**Videos:**

<https://www.youtube.com/watch?v=6wiTZZ5EbQ4>

**Recipes:**

*Based on Vie de Lalibala “Life of Lalibela”, who established the Agaw Dynasty following the Kingdom of Aksum. It describes dipping pieces of bread in a bouillon of herbs. He eats to pieces himself and generously feeds the third to his servant—not just shared—it’s an Ethiopian tradition of gursha to place food in someone else’s mouth.*

Injera (bread) and Chermoula (Bouillon of herbs)  
\*\* Injera has a fermentation time of 4-5 days, so plan accordingly

For The Chermoula  
Ingredients: 1 tsp cumin seeds  
1 tsp sweet paprika  
sea salt and black pepper  
¼ lemon, juiced and zested.   
2 garlic cloves  
1 bunch of coriander  
100 ml of extra-virgin olive oil  
Directions: toast cumin in a dry pan until seeds begin to crackle and smell aromatic, then tip into a mortar and grind roughly. Add paprika, a pinch of salt, garlic, lemon and grind again. Finely chop coriander then add to mortar with a pinch of pepper and grind again. Add the olive oil. It should have a salsa-like consistency.

### Injera INGREDIENTS

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### US CustomaryMetric

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### 1x2x3x

* 2 cups teff flour, brown or ivory , or substitute a portion of it with some barley or wheat flour
* Note: If you're new to making injera I recommend using a combination of teff and barley or wheat as 100% teff is more challenging to work with.
* 3 cups distilled water (fluoride and chlorine will both interfere with the fermentation process)
* Note: This method involves wild yeast fermentation. See blog post for details about using commercial yeast as a starter (you'll use about 1/4 teaspoon dry active yeast)

### INSTRUCTIONS

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* NOTE: Using mostly or all teff (which is the traditional Ethiopian way) will NOT produce the spongy, fluffy injera served in most restaurants which are adapted to the western palate and use mostly wheat, sometimes a little barley, and occasionally a little teff added in.
* In a large mixing bowl, combine the flour and water (and yeast if you're using it). Loosely place some plastic wrap on the bowl (it needs some air circulation, you just want to keep any critters out) and let the mixture sit undisturbed at room temperature for 4-5 days (the longer it ferments, the deeper the flavor). (Depending on what kind of flour you're using, you may need to add a little more water if the mixture is becoming dry.)  The mixture will be fizzy, the color will be very dark and, depending on the humidity, a layer of aerobic yeast will have formed on the top. (Aerobic yeast is a normal result of fermentation.  If however your batter forms mold on it, it will need to be discarded.) Pour off the aerobic yeast and as much of the liquid as possible. A clay-like batter will remain. Give it a good stir.
* In a small saucepan, bring 1 cup of water to a boil. Stir in 1/2 cup of the injera batter, whisking constantly until it is thickened. This will happen pretty quickly. Then stir the cooked/thickened batter back into the original fermented batter. Add some water to the batter to thin it out to the consistency of crepe batter. I added about 2/3 cup water but this will vary from batch to batch. The batter will have a sweet-soured nutty smell.
* Heat a non-stick skillet over medium heat. Depending on how good your non-stick pan is, you may need to very lightly spray it with some oil. Spread the bottom of the skillet with the injera batter - not as thin as crepes but not as thick as traditional pancakes. Allow the injera to bubble and let the bubbles pop. Once the bubbles have popped, place a lid on top of the pan and turn off the heat. Let the injera steam cook for a couple or so more minutes until cooked through. Be careful not to overcook the injera or they will become gummy and soggy. Remove the injera with a spatula and repeat.
* IMPORTANT NOTE:  Both the texture and color of the injera will vary greatly depending on what kind of teff you use (dark or ivory) and whether or not you're combining it with other flours.  Gluten-based flours (e.g. wheat and barley) will yield a much different texture than 100% teff.  In the pictures and recipe below I'm using 100% dark teff, something you will not find in restaurants and will look different than what most are accustomed to, but is traditional to Ethiopian home cooking.  Make your injera according to what you prefer.