

What's Cooking?

Lots of favorite foods come from Africa. Take your kids on a scavenger hunt in your grocery store to find the ingredients for these fun and tasty recipes! Have fun in the kitchen with your kids and be sure they always clean their hands before and after cooking.



ANSWERS to "Be a Germ Buster!" 1. Cooking 2. School 3. Snacks 4. Beach 5. Breakfast 6. Car 7. Restaurants 8. Lunch 9. Picnics 10. Pool 11. Dinner 12. Ball games

Fruit Salad (*Chlada Fakya*, from Algeria)

Different fruits are exported from Africa and some are used in local African cuisine. Bananas are grown throughout Africa and are a staple food in many African countries. Oranges and apples are also grown in several African countries.

Ingredients

- 1/4 of a melon (honeydew, cantaloupe, etc.)
- 2 apples, chopped
- 2 bananas, sliced
- 5 oranges (peel and chop; remove seeds)
- Juice of 1 or 2 oranges
- Juice of 2 lemons
- 2 tablespoons sugar
- 1 teaspoon vanilla
- 1/2 teaspoon cinnamon

Directions

Put fruit in a serving bowl and sprinkle with the juices, sugar, vanilla, and cinnamon. Stir gently. If you chill the salad, toss it before serving. Makes approximately six cups.

Benne Cakes

This cookie originated in Africa, but also is made in the United States. It is especially popular during the holiday of Kwanzaa.

Ingredients

- 1/4 cup softened unsalted butter
- 1 cup brown sugar
- 1 egg, beaten
- 1 teaspoon vanilla
- 1 teaspoon freshly squeezed lemon juice
- 1/2 cup flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1 cup toasted sesame seeds (spread seeds on a cookie sheet; toast 8-10 minutes until light brown)

Directions

Preheat the oven to 325°F and lightly grease a cookie sheet. In a large bowl, cream the butter and sugar until light and fluffy. Beat in the egg, vanilla, and lemon juice. In a small bowl, whisk the flour, baking powder, and salt. Mix the dry ingredients into the butter mixture and stir in the sesame seeds. Drop by the teaspoonful onto the prepared cookie sheet about 2 inches apart. Bake for 15 minutes or until the edges are lightly browned. Makes about 3 dozen cookies.

Be a Germ Buster!

What's the most important ingredient in any recipe? Clean hands! That's how you can help stop germs from spreading. Unscramble the letters to find out when it's important to wash your hands or to use an instant hand sanitizer. (See answers above.)

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| 1. Before and after OICGNOK _____ | 7. Eating at NERUTSATSAR _____ |
| 2. Eating at OHLSOC _____ | 8. Before and after UNCLH _____ |
| 3. Before and after KANSSC _____ | 9. Eating at CIPCSIN _____ |
| 4. Eating at the HECAB _____ | 10. Eating at the OPLO _____ |
| 5. Before and after TRASBFEKA _____ | 11. Before and after EINRDN _____ |
| 6. Eating in the RCA _____ | 12. Eating at SLMELABAG _____ |