



Kenya

Lesson 3: Family Life in Kenya

Family Life In Kenya

What do you think life in Kenya would be like? How would it would be like your life in the United States? Let's take a look at life in Kenya. We will look at their schools, family life, and food.

School:

- Primary school normally starts when you are six years old and continues until you are in 8th grade. The school year goes from January to December.
- Secondary school starts at age fourteen and lasts for four years, similar to high school in America. Their school year goes from September to June.
- Children are able to attend school for free for eight years.
- Even though most families realize how important education is, many children drop out of the free, public elementary schools before reaching eighth grade because they cannot afford school uniforms and shoes, books, pencils, and notebooks.
- Public classrooms are overflowing, sometimes with one teacher for 40 or more students.
- Most children have to walk several miles barefoot on unpaved, rough roads to get to school.
- Public secondary schools are often much too expensive for most Kenyan families.

Family Life:

- Most families live in houses made of sand or stone.
- Women are very often the head of the house. They usually do more of the work in rural areas than in urban areas.
- Elders are honored and respected in their culture. Most families have an average of four children.
- How is this like our culture? Are there any similarities? Any differences?

Food:

- Kenyans generally have three meals in a day—breakfast in the morning (kiamsha kinywa), lunch in the afternoon (chakula cha mchana), and supper in the evening (chakula cha jioni or known, simply as "chajio"). They often have a 10 o'clock tea (chai ya saa nne) and 4 p.m. tea (chai ya saa kumi), which is sort of like a snack.
- Breakfast is usually tea or porridge with bread, chapati mahamri, boiled potatoes or yams. Githeri is a common lunchtime dish in many households
- Ugali with vegetables, sour milk (mursik), meat, fish or any other stew is generally eaten by much of the population for lunch or supper.
- How is this like what we eat? How is it different?

Chapati

2 cups whole wheat flour
1 cup all-purpose flour
½ tsp. salt
1 cup warm water
spare all-purpose flour for kneading and shaping
butter for griddle and to brush the chapati

Mix wheat flour, all-purpose flour, and salt into large mixing bowl. Add ¾ cup water while mixing constantly with your hands until the dough is moist. Add the remaining water, 1 tbsp. at a time, and keep working the dough till the dough forms a ball and holds its shape.

Cover the bowl with a damp towel and let it sit in a warm place for 30-60 minutes. Put the dough on a lightly floured surface and knead the dough for 1-2 minutes. Divide the dough in half and form each half into a 12 inch long roll. Cut the roll into 12 one-inch pieces. Flatten each piece with the palm of your hand.

Sprinkle flour over flattened rolls. Cover with plastic wrap and let rest for 30 minutes. On a well-floured surface, roll the flattened rolls into a circle 7-8 inches in diameter, turning the dough over once and firmly pressing and stretching the dough with the rolling pin. Roll around the rolling pin and transfer to a hot grease griddle or heavy skillet. Cook over medium heat for ½-1 minute or until tiny brown spots appear. Using tongs, turn over and cook 30 seconds more. Remove from heat. Brush with butter. Repeat with remaining rolls. Serve immediately.



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Draw a picture of what your family would look like in African culture. (Be sure to include what type of food you would eat, what you might wear, and what you would be doing.)



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1. How are the schools in Kenya different than the ones we have?

2. How might the schools be the same?

3. Who is the head of the household? Why? _____

4. How do they treat their elders? _____

5. Take a look at the foods they most often eat. Compare and contrast the similarities and differences of the foods you eat and the Kenyan children eat.



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Mix wheat flour, all-purpose flour, and salt into large mixing bowl. Add $\frac{3}{4}$ cup water while mixing constantly with your hands until the dough is moist. Add the remaining water, 1 tbsp. at a time, and keep working the dough till the dough forms a ball and holds its shape.

Cover the bowl with a damp towel and let it sit in a warm place for 30-60 minutes. Put the dough on a lightly floured surface and knead the dough for 1-2 minutes. Divide the dough in half and form each half into a 12 inch long roll. Cut the roll into 12 one-inch pieces. Flatten each piece with the palm of your hand.

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