

Reading for Meaning

**Welcome to the Reading for
Meaning programme.**

**We hope that you will have fun
reading stories and doing activities
with learners.**

**Remember, nurturing and
supporting a child is important
for their physical, emotional and
academic development.**



**Part of the Zero Dropout campaign working towards
halving the rate of school dropout by 2030.**

Chakalaka – make a meal of it!

STORY GUIDE

STORY
15

EACH READER NEEDS...

The story

Pens or pencils

Paper

The Story



INTRODUCE THE STORY

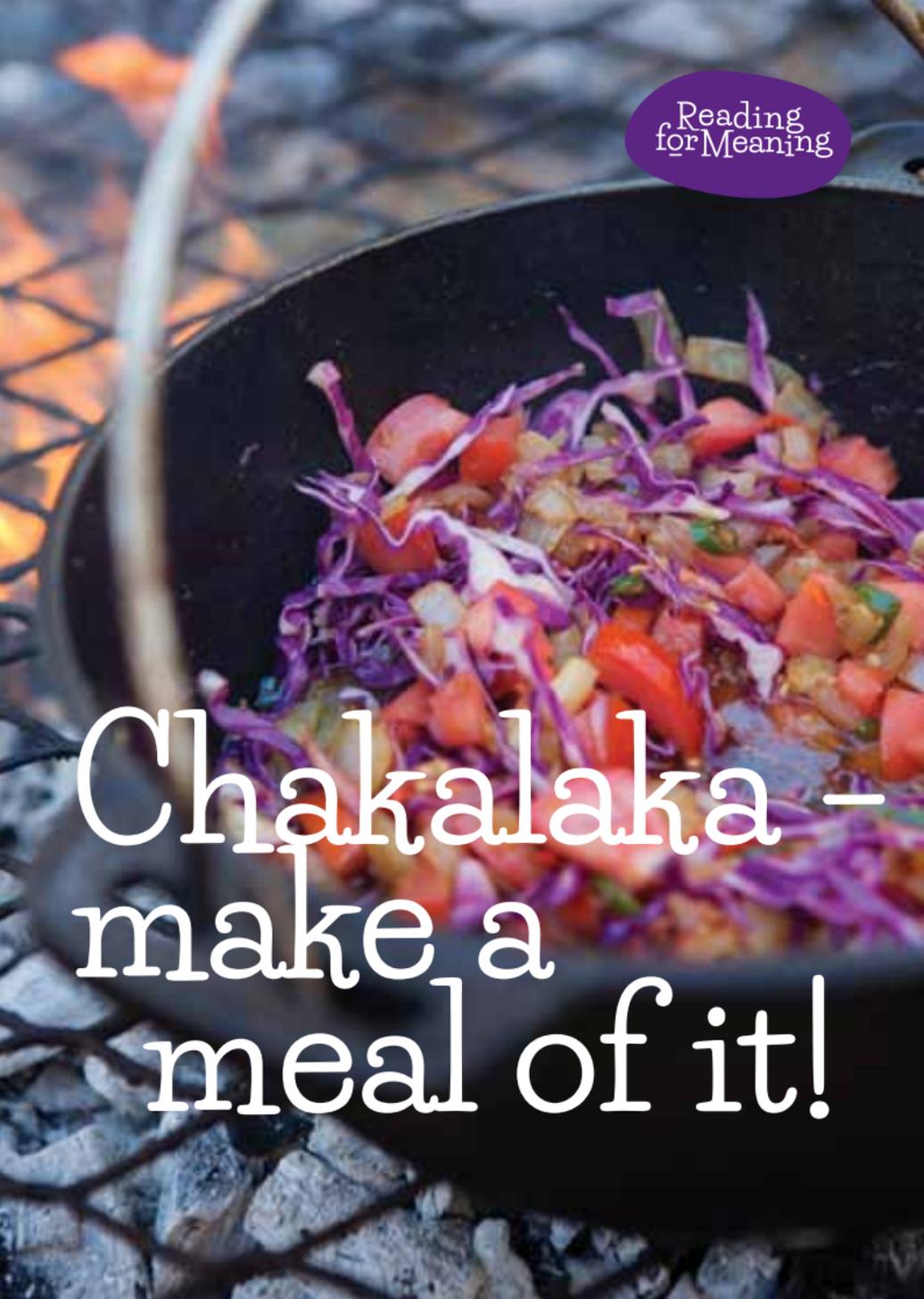
Chakalaka is known for being a typical South African dish. Have you ever tasted it? Can you make it? Well, if not, here's a short story about how Chakalaka became one of the fav meals in South Africa.



READ THE STORY...

Read the story aloud, with expression. Change your voice when different characters speak.

Pause briefly for commas, full stops etc. and between paragraphs.



Reading
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Chakalaka -
make a
meal of it!

Chakalaka is a well-known South African dish. People all over the country know this dish and love to eat it. It's many people's favourite dish.

Remember how Mama Smuts made a delicious meal of chakalaka for the whole family. Maybe you have also eaten chakalaka at home, or bought it as a take-away. Maybe it is your favourite dish.

Chakalaka is such a popular dish in South Africa. But did you know that it was not invented by South Africans?

Chakalaka was probably first made by the migrant workers from Mozambique who came to work on the gold mines near Johannesburg.

After a very hard day's work, these men wanted a meal that was quick and easy to make, that would fill them up. But they also wanted their food to be tasty to eat.

Mozambican food is spicy, so these men would

add spices to a mixture of tinned foods, and eat that with pap.

Sometimes they would sell this food by the roadside, so South Africans soon got to know chakalaka, and it became a firm favourite in this country.

This shows us how people from other countries can bring new ideas such as new ideas of foods to eat. They can make South Africa an even better place to be.

There are many ways to make chakalaka. It depends on what you have available. As long as you have a tin of beans and some tomatoes, onions, garlic and spices, you have the basic ingredients to make chakalaka. You can add anything else to that mix.

Here is one recipe that you can try to make:

CHAKALAKA AND PAP

Serves: 6 people

Cooking Time: 1 hour 30 mins

Ingredients for chakalaka:

- 1 onion, chopped
- 2 carrots, roughly grated
- 3 tomatoes, chopped
- 15 ml (1 tablespoon) curry powder
- ¼ cabbage, chopped up
- salt to taste
- pinch of cayenne pepper (optional)
- 1 x 410 g tin red beans or baked beans

Ingredients for pap:

- 500 ml (2 cups) water
- 480 g maize meal
- salt to taste
- knob of butter, to serve

Instructions for making chakalaka:

1. In a saucepan, over medium heat, fry the onion, carrots, tomatoes and curry powder together, for 5 minutes.
2. Add the cabbage and a little salt to taste, adding some cayenne pepper if you like it strong.
3. Stir in the beans, cover the saucepan and cook over low heat, for 30 minutes.
4. Taste at the end.

Instructions for making pap:

1. Boil the water in a saucepan, then add the maize meal and some salt.
2. Stir until combined, cover and cook over low heat, for 45 minutes, stirring every now and then.
3. Stir in the knob of butter when the pap is ready.
4. Spoon the chakalaka over the pap – and eat!

If you don't have maize meal, serve the chakalaka on rice or potatoes.



WORD FOCUS

Ask the Readers to choose words that they find difficult and write them on a sheet of paper.

Ask them to use a dictionary or ask someone else at home what those words mean in their home language. Help them out if necessary.



SECOND READING...

Once you've worked out the meaning of the words, read the story again out loud.

Activities

MATCHING FOODIE SAYINGS

- 1** Below are two columns with the beginnings and endings of different sayings about food. The Readers need to match each beginning to its correct ending.
- 2** Ask them to draw two columns and write down the beginnings in the column on the left, and the endings in the column on the right.
- 3** Then ask them to draw lines to connect the matching pairs.
- 4** Read the complete sentences.

**The only thing
I like more than
talking about
food...**

**If you really want
to make a friend...**

**The people who
give you their
food...**

**All you need is
love, but...**

**I do most of my
cooking...**

**There are people
in the world so
hungry...**

**... give you their
heart.**

**... a little chocolate
now and then
doesn't hurt.**

... in my head.

**... go to someone's
home and eat.**

**... that God cannot
appear to them
except in the form of
bread.**

... is eating food.

Ending

Praise the Readers for their participation.

Ask if they enjoyed the story, and what they liked best. Tell them you enjoyed it too.

Say goodbye, and say how much you look forward to seeing them next time.

**ZERO
DROP/OUT**

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