



Morocco-Year 4

Culture Day 2020: Food From Around The World

Task 1 **Culture day for Year 4 is all about the country of Morocco! Have fun learning all about this interesting country**
Watch the clips to introduce the country-

<https://www.youtube.com/watch?v=dbl4Hwovqcg>

<https://www.youtube.com/watch?v=SlfN5ae1A8>

Now look through the PowerPoint about Morocco- you can make notes as you read this as this will help you with your task.

Main Task

Create a poster all about Morocco. This is to focus on food but you can add extra detail about life in Morocco and perhaps reasons why they eat the food they do e.g. Religion, houses, lifestyle, jobs

You could use the internet to research

https://en.wikipedia.org/wiki/Moroccan_cuisine

<https://www.sciencekids.co.nz/sciencefacts/countries/morocco.html>

Key questions to answer:

What kind of food do they eat?

What is their national dish?

What food do they grow?

What do they use to eat their food? (chopsticks, hands)

Where do they eat their food? (floor, tables etc)

Who do they eat with?

Food

Moroccan food has been influenced by Arabic and Mediterranean styles of cooking. Meats including chicken, lamb and beef are commonly used as well as a range of fruits, vegetables and spices.

Common Moroccan dishes include:



Tagine

A stew that can include meat and vegetables cooked in a special pot.



Couscous

Small steamed balls of wheat, often mixed with vegetables and spices.



Chebakia

Fried pastries in the shape of a rose, covered in honey and sesame.

Task
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Recipe Task

Morocco is famous for a variety of food including lamb kofta, couscous, tagines

It would be a lovely idea with the help of your parents if you could create one of these dishes.

Activity 1- Cooking a Moroccan dish

Look at one of these websites and follow one of the recipes, couscous is a great dish to go with a kebab or a tagine. The kebab and tagine both use lamb but you could substitute for a different meat or vegetables

Lamb kebab

<https://www.greatbritishchefs.com/recipes/moroccan-lamb-kebab-recipe>

Tagine

<https://www.bbcgoodfood.com/recipes/family-meals-easy-lamb-tagine>

Couscous

<https://www.bbcgoodfood.com/videos/techniques/how-cook-couscous>

Take pictures as you cook and of your final dish, this will be a lovely way to celebrate your achievement

Activity 2- If you can't cook the dish, why don't you **rewrite the recipe**? Using different ingredients that you think might suit it or that you prefer. Think about using imperative verbs (bossy verbs e.g. put, mix etc) and time adverbials to order the method (first, next etc).

Tagine Recipe

Ingredients

2 tbsp olive oil

1 onion, finely diced

2 carrots, finely diced (about 150g)

500g diced leg of lamb

2 fat cloves garlic, crushed

½ tsp cumin

½ tsp ground ginger

¼ tsp saffron strands

1 tsp ground cinnamon

1 tbsp clear honey

100g soft dried apricot, quartered

1 low-salt vegetable stock cube

1 small butternut squash, peeled, seeds removed and cut into 1cm dice

steamed couscous or rice, to serve

chopped parsley and toasted pine nuts, to serve (optional)

Method

1. Heat the olive oil in a heavy-based pan and add the onion and carrot. Cook for 3- 4 mins until softened.

2. Add the diced lamb and brown all over. Stir in the garlic and all the spices and cook for a few mins more or until the aromas are released.

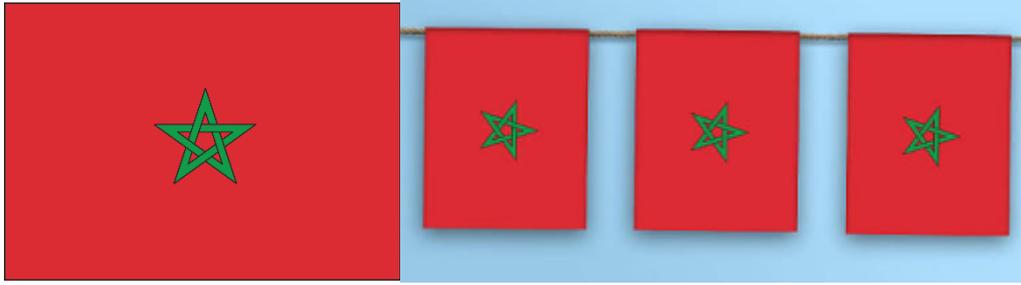
3. Add the honey and apricots, crumble in the stock cube and pour over roughly 500ml boiling water or enough to cover the meat. Give it a good stir and bring to the boil. Turn down to a simmer, put the lid on and cook for 1 hour.

4. Remove the lid and cook for a further 30 mins, then stir in the squash. Cook for 20 – 30 mins more until the squash is soft and the lamb is tender. Serve alongside rice or couscous and sprinkle with parsley and pine nuts, if using.

Task
3

Dining experience task

Now using your knowledge of Morocco why don't you create **decorations** for your house? You could use inspiration from the Moroccan flag and the culture you have learned about. You could create bunting the colours of the Moroccan flag.



Now **set your table** in the style of Morocco and eat like the people of Morocco do.



Moroccans either eat with fork, knife and spoon or with their hands using bread as a utensil depending on the dish served.

Take pictures of you sharing your food, even if you haven't been able to make food you can still decorate your house with Moroccan flags etc. and eat dinner with your family.

Task
4

Comparison/Reflection task

Now is time to reflect on your learning about Morocco.

What have you learned about Morocco, its culture and the food?

We need to think about the similarities and differences between Moroccan food and the food you eat.

Create a mindmap of similarities and then a mindmap of differences e.g. both eat lamb, both use a knife and fork, difference- no couscous



Task- **Write a paragraph** comparing Morocco with the food you eat. How is it similar? How is it different? Use comparative and contrasting conjunctions.

However, whereas, in contrast

Similarly, both, also

Present this paragraph to your family so they can see all you have learned!