



# A Day in the Life of a Child in Rural Africa

2016



## Differences and similarities – activities that children do each day.

- Activity:**
1. Water – fetching, washing, drinking, sanitation
  2. Farming – digging, sowing, watering, weeding, growing
  3. Cooking – collecting fuel, cookstoves, food

<i>Time</i>	<i>Activity</i>	<i>Resources</i>	<i>Notes</i>
9.30 – 9.40am	Welcome students. Introduction to the allotment. Health and safety		<i>Af Gd Signs</i>
9.40 – 9.55am	Starter activity on what it might be like to be a child living in an African country – similarities and differences. Visual aids. <i>Divide into three groups and each group swap around after 25 mins.</i>	Laminated words and pictures	<i>Firewood, water, washing, cooking, eating, playing, gardening, school</i>
9.55 – 10.20am 10.20 – 10.45am 10.45 – 11.10am	<p>Farming:</p> <p>a) Looking at the different types of vegetables that would be grown.</p> <p>b) Work on bag gardens, table-top gardens or the key-hole garden. Sowing, planting, tending and harvesting crops in other vegetable plots.</p> <p>Water</p> <p>a) Measuring water and how much is needed for daily activities. Carrying water on your heads.</p> <p>b) watering plants in an African garden</p> <p>c) Making a tippy-tap</p> <p>Cooking:</p> <p>a) Looking at fuel-efficient stoves and firewood collection.</p> <p>b) Milling corn and making nsima (maize porridge)</p>	<p><b>Gloves</b></p> <p><b>Veg cards, laminated words</b></p> <p>Hand tools, seeds, labels, compost, plants.</p> <p>Water containers, measuring jugs, <b>info cards</b>, bowls, cloth for head, <b>rubber balls</b></p> <p><i>Plastic containers, string, scissors, pencil, trug, stick, watering cans, <b>garden signs</b></i></p> <p>Drinking water, Cookstove, fire lighting equip. <i>firewood bundle</i>, mill, corn/ maize flour, spoons, photos</p>	<i>Washing, watering, drinking, cooking</i>
11.10 - 11.20am	Watering the African Garden – reviewing water, weather and farming and the activities of African Children	Watering cans, tippy-tap bucket	

11.20- 11.30am	Clear away tools, tidy up garden area. WASH HANDS.	Trug, soap, water, towel.	
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