

**HONOURING TRADITIONS OF THE OF THE PAST****CULTURAL TRADITIONS PAGE 51**

Learner's answers will differ as they write about their own cultural traditions.

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**FOOD THEN AND NOW PAGE 52**

Learner's answers may differ as learners will have different traditional food that they eat.

Some answers may be:

| <b>FOOD FROM THE PAST</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <b>FOOD I EAT TODAY</b>                                                                     |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|
| Biltong<br>Boerewors<br>Cape Malay curry<br>Chakalaka & pap ( Pap and Cheba)<br>Braai – Shisa Nyama<br>Bunny Chow<br>Bobotie<br>Melkert / Milktart<br>Bapedi ( meat & vegetables)<br>Thophi ( made from maize meal and a fruit called Lerotse (melon) )<br>Morogo wa dikgopana ( spinach cooked and left to dry in the sun)<br>Dikgobe ( Corn & samp & beans)<br>Biryani ( Chicken & rice & strong spices)<br>Baida roti: Mildly spicy proteins<br>Kheema Pao ( Looks like a burger filled with potatoes and vitamins<br>Gralic & mustard fish fillet | Some of the food mentioned in <b>FOOD FROM THE PAST</b> may be written down in this column. |

**What foods are the same?**

Learner's answers may differ.

**What foods are different?**

Learner's answers may differ.

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**TOOLS USED LONG AGO PAGE 53**

| OLD TOOLS                                                                           | NEW TOOLS                                                               |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------|
| Churn<br>Oxen and plough<br>Hand mixer<br>Sickle<br>Hand drill<br>Carved wood spoon | Electric mixer<br>Lawnmower<br>Electric iron<br>Metal spoons<br>Tractor |

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