

Lesson Plan 09
Sheet 09-1

Food and crops

About Food and Crops – What’s included

This section is mainly information.

Included in this pack are:

- Food in Bo - information sheet
- Photos of food
- CD-ROM photo labels
- Farming - information sheet

Children’s activities:

The Farming information (sheet 09-1d) has a data sheet on the main crops cultivated in Sierra Leone, including Bo District. This can be used by older children to work out percentages or use them in charts to show, for example, the crops grown in Sierra Leone, those grown in Bo, or how much is grown in Bo compared to Sierra Leone as a whole, etc.

There are further activities included in section **09-5 Fruit and Vegetables**

Lesson Plan 09
Sheet 09-1a

Food in Bo District

Information sheet

Staple foods

The staple food of the people is **rice** and **cassava**. Rice is grown in the swamps or uplands and also imported from China. The hill or upland rice is the most expensive and tastier than swamp rice, but there is a shortage and hence the imported, very expensive, Chinese rice. Cassava root is used to make 'Gari' eaten as 'porridge' and the leaves are eaten as a vegetable.

Other main foods are the **grain crops**, maize and millet and the root crops, yams and cassava. Sweet potatoes are also grown locally.

Vegetables and fruits.

Vegetables such as beans, onions, peppers, tomatoes, okra and groundnuts are grown often in small allotments and sometimes on the family compounds. Fruit such as mangoes, coconuts, pineapples, bananas and paw-paw grow in the wild, but many people with a plot of land will grow a few fruits for themselves. Recently plums and pears have been introduced.

Animals.

Local people often have a few animals - chickens, pigs, or goats. Goats found wandering in herds usually belong to xxxxx-Mende who live on the outskirts and are used for various rituals.

Bush animals like deer, monkey, squirrel, 'cutting-grass' and porcupine are trapped or shot and also birds, including doves, hawks and crows are used to supplement the diet. Rabbits and squirrel are eaten regularly .

Meats will be eaten daily by those who can afford it. It can be bought from stalls in the local markets, but it is very expensive. A teachers' family may eat meat two or three times a week - some of the casual workers eat meat when they can. A small farmer may eat meat without buying from the market and many of them get bush meats mainly by setting traps on their way to and from their farms, catching both wild and domestic animals.

Quote from Bo teacher (2006): *"In times of scarcity there are not much of wild birds to be eaten by people, except like vultures, which are eaten by people who are hard hearted and those who cannot recognise it as it appears when deliciously prepared to take the place of a chicken. Also, meats like rabbit and squirrel are eaten more frequently than any other meat under all circumstances."*

Fish

Fish is an important source of protein: **Fresh fish** - from swamps, e.g. tiger fish; from rivers, mainly tilapia and snapper; fresh sea fish is available in Freetown, but the hot climate makes transport difficult. The major types are sardine, tilapia and herring.

Dried or smoked fish: types: tilapia, sardine, herrings, snappers; from: fresh waters (rivers) and the sea. These are processed in many homes by hanging over a fire to smoke and by drying in the sun.

Palm oil.

This is extracted from the bunches of fruit of the oil palm tree and is the main vegetable oil. It has a nice flavour and is nutritious. It is used to fry fish, meat and vegetables.

Cooking

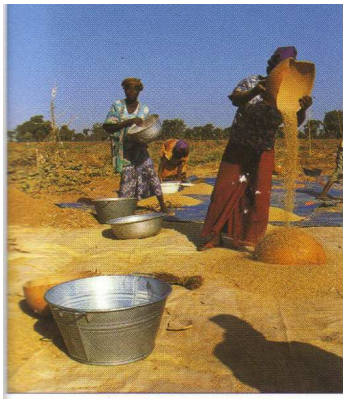
Fuel.

In many homes children, especially school-going pupils, fetch **wood** from farms, the bush and the forest after school. In other homes the bread-winners buy the wood.

Cookers.

The wood is used on a **three-stone hearth** with the temperature being regulated by pushing long burning wood pieces in and out between the stones; see photo.

Very few people in homes use **bottle gas**. About 15% use **charcoal stoves**, the charcoal being produced in the villages.



Rice

Rice is a grain crop grown in the swamps. There is also hell rice and imported rice (mainly Chinese)



Animals

Chicken and pigs are often used by local people. Rabbits and squirrel are eaten regularly. Occasionally people keep one



Cassava and yams

Yams and cassava are the other main foods . They are both root vegetables, which means that they grow underground. Cassava is made into a porridge called gari.



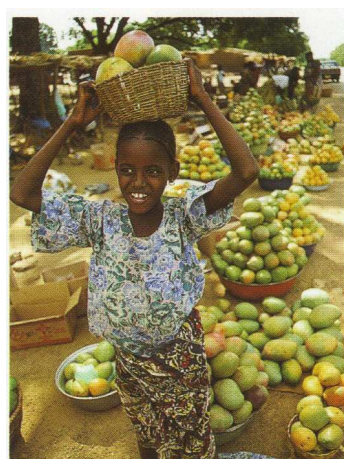
Fish

Fish is an important source of protein and is found in the swamps and rivers. It is often dried or smoked. Sea fish is brought from Freetown.



Vegetables

Many people have small allotments (called 'gardens') and grow many different types of vegetable such as sweet potatoes, aubergines, beans, yams, peppers, tomatoes, okra, ginger, etc.



Fruit

Fruits such as mangoes, coconuts, pineapples and bananas grow in the wild. .

OWL CD-ROM 'Combined Resources' with images.

Where to find suitable pictures for this unit on the CD given to the school.
 The descriptions can be used as labels if you copy the photographs or with a projector

	You will find the following photos on the CD given to the school taken from <u>Images 2—Food</u>.
213 0082	Snapper fish and brown rice—in a restaurant
212-0042-47	Gari—cassava root—pressing it in a factory and finished product with cassava leaves carried on someones head
220-0082	Fish sold in the market being carried on a lady's head
214-0021	Sesame snack bars
215 0087	Plate of beans
215 0088	Stew and rolls outside a school
215 0094	Pineapple and banana seller
215 0110	Gari sold in the market
215 0146	Cooked yams and sauce
215 0147	Ground nut stew and rice
216 0184	Plantains and beans being sold in the market
216 0185	Market scene- green vegetables, onions, chilli peppers
216 0186	In the market—chilli peppers on paper
216 0220	Trainee cooks at Holy Rosary School and a 3 stone hearth
219 0160	Cassava leaves being carried on a head
219 0194	A half eaten typical Sierra Leone meal
2210 151	Three stone hearth in a kitchen compound

216 0154	Oil palm and banana plant
216 0177	Swamp gardening—vegetable garden
216 0178	Gardening—swamp garden
216 0178	Gardening—looking closer at the crops
217 0044	Maize and other plants
217 0046	Gardens divided by irrigation channels
217—0047	Swamp garden
217 0048	Swamp garden
219 0144	Vegetable garden perhaps showing a root crop
219 0146	Roadside bananas
219 0147	Coconut palm and plant
219 016281	Okra—broad leaf plant and possibly yam
219 0171	Swamp garden
219 0185	Pineapple plant
219 0200	Swamp garden and irrigation—end of dry season

	You will find the following photos on the CD given to the school taken from <u>Images 1 —Food and cooking</u>
011	A long fish
013	Sierra Leone meal—stew, kebabs and beans
018	Food being sold at the bus station by food sellers—bananas
Fire and cooking	Preparing food
ingredients	Palm nuts perhaps
S101 0739	Coconut with a straw in it for drinking the liquid
	You will find the following photos on the CD given to the school taken from <u>Images 1 — Market</u>
016	Selling Gari in packets
market	General food selling—a variety—bananas, coconuts, fish
	You will find the following photos on the CD given to the school taken from <u>Images 1— Farming</u>
026	Swamp rice
DSCN 0099	pigs
Oil palms	Oil palms
DSCN 0110	Oil palms

Farming

Most people in the Bo area have developed an interest in farming - growing rice in the extensive swamps around the town during the wet season and “gardening” is done on an annual basis and on a small scale during the dry season. (See photos)

When not being used for the rice, in dry season, the land is cultivated (rather like our “allotments”), for cassava, yams, aubergines, tomatoes, okra, peppers (chilli) etc. The land is generally owned by families and not easily sold, but often given to farmers for a period of one year.

Many people rear domestic animals such as chickens and pigs. Only a few people have the means of mechanised farming and the knowledge of modern methods for rearing animals. Even the protection of animals against thieves and predators is difficult.

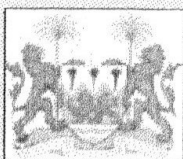
There are many problems for the farmers:

- Lack of good seed
- Inadequate pest and weed control
- Protection from thieves and predators
- Transport over poor roads
- Lack of technical skills and good tools
- Use of traditional implements – hoes and scythes
- Poor medical examination and treatment for animals

The situation since the end of the 10 year civil war of the 1990’s has started to improve with some help from the government and people banding together in community based organisations to work out ways forward.

Information on the main crops cultivated in Sierra Leone.

This can be used by children to work out percentages and use them in charts to show, for example, the crops grown in Sierra Leone, crops grown in Bo District, how much is grown in Bo compared to Sierra Leone as a whole, etc.



Basic Farming Activities Overview

NRC Technical Committee
Sierra Leone Information System

Sierra Leone

District	Main Crops Cultivated (Acres)								Plantation Cash Crop (Acres)					
	Swamp Rice	Upland Rice	Cassava	Millet	Ground Nut	Sweet Potatoe	Maize	Vegetables	Oil Palm	Banana / Plantain	Coffee	Cashew	CoCoa	Citrus
BO	9,429	55,573	9,314	6,356	17,739	1,216	2,594	334	11,902	676	2,342	0	588	2,805
BOMBALI	8,736	36,192	44,181	12,143	89,547	11,586	5,710	4,245	9,268	2,082	180	149	46	5,679
BONTHE	3,338	12,278	25,066	0	8,006	263	1,739	260	16,600	267	191	7	35	134
KAILAHUN	9,251	45,900	13,466	1,352	12,751	557	6,516	737	17,879	4,693	80,829	0	92,023	28,447
KAMBIA	43,331	36,589	4,785	1,734	13,572	138	1,331	71	5,879	130	0	2,259	0	2,090
KENEMA	48,800	73,612	18,375	7,583	18,739	1,401	2,654	1,106	18,376	474	113,926	0	137,432	3,070
KOINADUGU	21,209	38,040	35,259	77,145	10,471	6,477	3,025	6,318	5,376	1,433	514	0	10,090	26,112
KONO	14,954	41,308	3,080	0	5,320	431	4,726	295	15,971	1,393	54,297	0	46,075	24,864
MOYAMBA	8,426	23,877	36,497	0	57,229	2,781	0	0	14,652	194	928	0	90	10,936
PORT LOKO	51,709	69,431	6,160	3,111	12,403	704	4,677	892	7,805	1,083	60	50	49	2,916
PUJEHUN	2,177	79,274	8,859	399	9,451	666	1,560	191	8,843	510	1,580	0	1,226	3,943
TONKOLILI	17,824	35,333	36,284	1,744	101,808	2,449	7,905	1,527	1,926	718	939	96	323	4,758
WESTERN AREA II	3,156	10,663	2,791	0	20,911	392	1,529	212	217	15	0	22	0	0
TOTAL :	242,340	558,070	244,117	111,567	377,947	29,061	43,966	16,188	134,694	13,668	255,786	2,583	287,977	115,754