

# The Banana Challenge



Banana plants can be seen growing all over East Africa. Steamed and mashed cooking banana, called 'matoke' is a staple food for many families. Research some recipes and then cook with bananas! Banana cake, banoffee pie, banana curry, banana fritters, banana shakes... anything goes! Then have a Banana Party - with everyone in yellow, some African music and banana shaped tickets

Banana Facts: Bananas give a quick energy boost. 'Banan' is Arabic for finger! Explain why that is a good name for the fruit.

## National Curriculum Programme of Study

**KS2 Design Technology DT2/2.1 Cooking & Nutrition**

DT2/2.1a understand and apply the principles of a healthy and varied diet

DT2/2.1c become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes]

DT2/2.1c understand the source, seasonality and characteristics of a broad range of ingredients

## Useful Resources

Music from the "Madagascar" film or Utube African music  
Bananas  
Recipes  
Kitchen tools