

BAKING A CAKE, UGANDA STYLE

Cooking for family and guests is something people everywhere have in common. In this Unbound archive video from Uganda, we see how women from one community use age-old traditional methods to mix and bake a cake.



SUGGESTED USE

Watch the video together. Here are some possible questions for discussion following:

1. Have you ever baked a cake (or watched as your mom, dad or someone baked one)? How is it different from what you saw in the video?
2. The women of the community worked together to bake the cake. Does your family ever work together for a special meal? (You can prompt them by asking about holiday traditions, like making Christmas cookies or coloring Easter eggs.) What makes these occasions fun?
3. Have you ever cooked outdoors on a camping trip or cookout? Describe what was it like.

Prayer

Loving Father, thank you for the food you provide and for letting us learn about the many ways people prepare it. Thank you, too, for modern conveniences like the ovens in our homes, which make life easier. Help us to never take these blessings for granted, and to always be mindful of those who are without them. Amen.