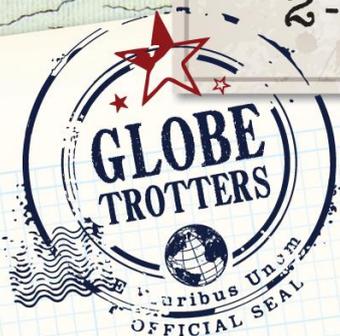


# MOVE IT WEEK

## 2-8 JULY 2012



## Welcome to Africa

Now get your body moving and your taste buds tingling with these African-inspired ideas.

## What to play

### 1. Ampe

Get competitive with this fun foot-stomping game from Ghana.

**Players:** Groups of children aged 5 and up

**What you'll need:** An open space indoors or outdoors

**How to play:** Choose one player to be the leader, then the other players stand in a line as the leader faces the player at one end of the line.

The leader and the player at the end both clap hands. After that, both jump in place at the same time. Lastly, both jump and thrust one foot forward.

If they both put the same foot forward, the leader is out and the player takes the leader's place while the leader goes to the back of the line. If they each put a different foot forward, the leader moves to the next player and they do the same routine again.

Leaders get a point every time they defeat a player, and every player takes a turn as a leader. The player with the most points wins.

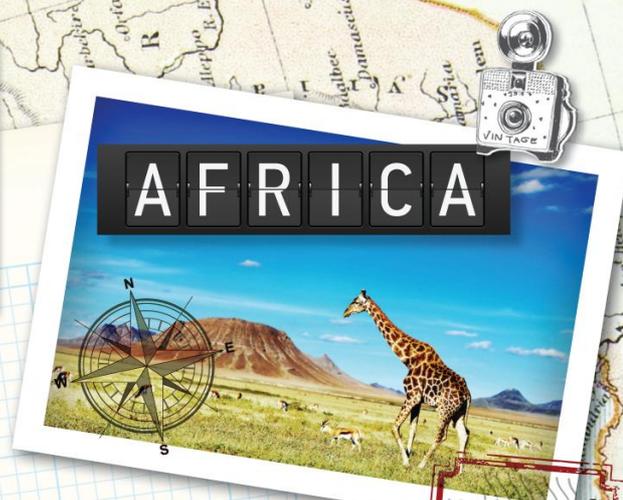
### 2. Soccer

Everywhere you go in Africa you'll see kids kicking around a homemade ball – so share their passion and have a game.

**Players:** 5 players for each team

**What you'll need:** A real/makeshift football pitch and some goal posts

**How to play:** Two teams compete to score points by moving a ball into their opponent's goal. The team with the ball at any given time is called the offense. The other team, which tries to stop the offensive advance and defend its end zone, is called the defence.



### Travel tip

Archery is one of South Africa's national sports. Why not get a professional to come and teach it at your event?

### Want more activity ideas?

Handball is popular in Africa, so why not organise your own game?

Go on a mountain bike ride and pretend you're scaling the high Atlas mountains in Morocco!

Musical games are big in Africa – so find one to play online.



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AFRICA

## What to eat

**FACT: The official language of Ghana is English, but there are over 200 local languages.**

### Recipe 1: Jollof rice with chicken

This colourful and flavoursome dish from Ghana may take a while to cook but it's worth it...

**Cooking time: 1hr**

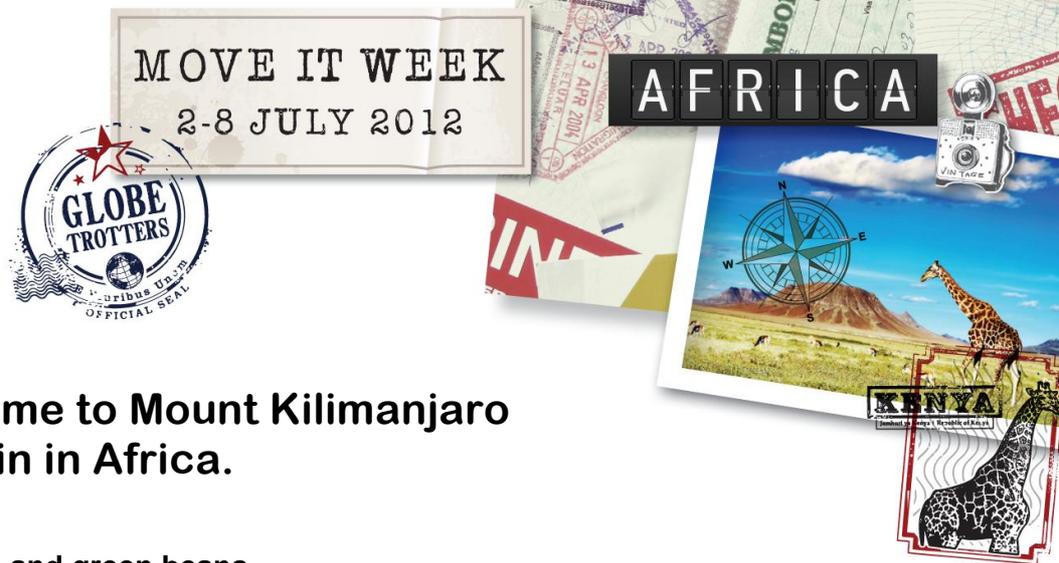
**Serves: 4**

- 8 skinless, boneless chicken thighs cut into large pieces
- 3 tbsp vegetable or sunflower oil
- 1 large onion, halved and sliced
- 3 tbsp tomato puree
- 1 chicken stock cube
- 400g basmati rice
- 1 red pepper, deseeded and thickly sliced
- 1 yellow pepper, deseeded and thickly sliced
- 100g okra, halved (Okra is often called lady's fingers and is available in most supermarkets – look for it near the green beans)
- A bunch of roughly chopped coriander to serve

### Directions

1. Season the chicken with salt and pepper. Heat 2 tbsp of the oil in a large deep frying pan over a high heat then add the meat and fry for about 5 mins till golden all over. Lift out of the pan onto a plate.
2. Add the rest of the oil to the pan and fry the onions until soft but not golden, about 5 mins. While the onions cook, make the ginger and chilli base. Put the garlic, tomatoes, ginger and chilli into a food processor or blender and whizz till smooth.
3. Add the tomato purée to the onions, fry for another 2 mins then add the ginger and chilli mix. Crumble in the stock cube, stir then pour in 600ml boiling water. Add the chicken, bring to the boil then simmer for 15 mins.
4. Put the rice into a large bowl, cover with cold water and use your hands to wash the grains. Tip the water out then repeat twice until the water runs clear. Add the rice to the pan, turn the heat down to a simmer then cover with foil and a lid (so no steam can escape) and cook for 20 mins.
5. Take the lid off (the rice won't be cooked yet) then scatter the peppers and okra over the rice. Re-cover and cook for 10 mins until the veg is softened and the rice tender. Just before serving, mix the veg through and scatter over coriander.





## **FACT: Tanzania is home to Mount Kilimanjaro – the highest mountain in Africa.**

### **Recipe 2: Tanzanian chickpeas and green beans**

This hearty, healthy traditional dish hails all the way from Tanzania.

**Cooking time: 45 mins**

**Serves: 4-6**

- 300g green beans
- 15ml (1tbsp) vegetable oil
- 170g chopped onion
- 10g crushed fresh garlic
- 400g canned, chopped tomatoes
- 1 small fresh green chilli
- 10g fresh ginger
- 1 tsp ground cumin
- 1 large pinch fresh coriander
- 400g canned chickpeas
- Black pepper

### **Directions**

1. Heat the oil in a large frying pan or wok then fry the onion and garlic until onions have softened
2. Add the chopped tomatoes, chilli and ginger and stir well
3. Add the beans, cumin and coriander. Simmer for about 5 minutes, stirring frequently
4. Add the drained chickpeas and season with black pepper, then cook on a low heat for 30 minutes
5. Serve piping hot

**Top tip:** Serve with cooked Basmati rice or cous cous





**FACT: Couscous is the national dish of Morocco.  
The national drink? Mint tea.**

### Recipe 3: Roasted vegetable and couscous salad

Fancy a taste of the frenetic souks and colourful markets of Morocco? This traditional dish will take you there and give you your 5 A DAY on the way.

**Cooking time: 40 mins**

**Serves: 4 people**

- 1 red and 1 yellow pepper, halved and deseeded
- ½ butternut squash
- 2 courgettes, thickly sliced
- 4 garlic cloves, leave skin on
- 3 tbsp olive oil
- 1 red onion, thickly sliced
- 1 tsp cumin seeds
- 1 tbsp harissa (chilli) paste
- 200g couscous
- 300ml hot reduced-salt vegetable stock
- Zest and juice 1 lemon

### Directions

1. Heat oven to 200C/180C fan/gas 6. Cut the peppers and squash into bite-size pieces (leave skin on the squash). Tip all the vegetables into a baking tray, add the garlic and 2 tbsp oil, then mix and roast for 20 mins. Add onion, cumin and harissa. Roast for another 20 mins, then cool
2. Put couscous into a large bowl, pour over the stock, cover, then set aside for 10 mins. Fluff up with a fork
3. In a bowl, mix zest, juice and remaining oil. Squeeze garlic pulp from skins into the bowl, mash well and fold in the mint. Pour over the veg, then toss with the couscous

