

Put Yourself in Someone Else's Shoes

GOAL: To see what it might be like to be a kid in Burkina Faso.

Have you ever felt like you do too much work around your house?

Check this out: in Burkina Faso (and many other places around the world), kids do lots of hard work to help out around their houses. Many of these jobs need to be done because those kids don't have electricity or running water in their houses and because they can't just take a trip to the grocery store to get food and food ingredients that we take for granted (like flour for cooking and baking). Some kids even miss school when they need to do extra work around the house. Do you want to get an idea of what it would be like to live without modern conveniences for a day? Try out one or more of these challenges to get a taste of life in Burkina Faso. The challenge on the next page even involves a recipe!

- 1. Live without electricity for a day.** Many kids in Burkina Faso don't have electricity in their houses. This means that they don't have any of the electricity-powered appliances that we take for granted. It also means that they get up when the sun rises and go to bed when it sets (since they can't see to do anything in the dark).
 - a. Try to get through an entire day without electricity.
 - b. Get ready the day before by finding out when the sun will rise on your day without electricity, and then set your alarm to wake you up with the sun (be ready to go to bed a little earlier than usual if the sun sets before your regular bedtime, too). Remember not to use the lights throughout the day!
 - c. Although your parents or guardians may need to use the stove or oven to prepare some meals, try to avoid using toasters and other appliances that depend on electricity throughout the day. That includes the TV and the computer (and any other electronic gadgets, like cell phones and MP3 players).
- 2. Fetch all the water that you need for a day.** Many kids in places like Burkina Faso don't have running water in their houses and need to fetch the water from outside the house. Women and girls carry water using large pots called *canaris* (they balance them on small cushions on their heads). They fetch water for cooking, washing, bathing, and drinking. It can take hours to fetch all the water needed by a family!
 - a. Find a large, clean pot or bucket that you can use to carry water.
 - b. For one day, try using that bucket to fetch all the water that your family needs for cooking, washing, bathing, and drinking. To simulate a trip to a well, fill your bucket from your bathtub faucet when fetching water for cooking and drinking (the kitchen sink is too easy!). On the other hand, if you're taking a bath, get your bath water from the kitchen sink. Make sure that you don't fill your bucket with too much water. Water is heavy, and it spills!
 - c. Make sure you conserve water to avoid extra trips to the tap!



Grinding Flour for Millet Cakes

Lots of people in Burkina Faso make a paste called *tô*, and it is a staple of their diet (some people eat *tô* twice a day). *Tô* can be made from sorghum flour, corn flour, or millet flour, mixed with hot water and solidified into a paste.

Part One: Grinding Millet into Flour

Ten-year-old Sibidi Naba from Djora in eastern Burkina Faso grinds her millet with a pestle and mortar to make flour. You can too! You can find a pestle and mortar at a kitchen supply store, and you can pick up millet from most grocery stores – it looks like yellow seeds. To get started, put a small amount of millet into the mortar, and use the pestle to grind it into a fine powder. Repeat as many times as it takes to grind a 125 mL ($\frac{1}{2}$ cup) of millet flour. This will take a long time!

Part Two: Recipe for *Tô* Millet Cakes*

Now it's time to get cooking. This recipe will teach you how to turn millet flour into delicious *tô* millet cakes. **Just make sure you ask an adult before using the stove!**

You'll need:

- 125 mL ($\frac{1}{2}$ cup) millet flour (see above instructions for preparing this);
- 85 mL ($\frac{1}{3}$ cup) water;
- 30 mL (2 tbsp.) margarine (if your frying pan is not a non-stick frying pan, you might need more);
- pinch of salt

Instructions:

1. Boil water.
2. Mix boiling water with millet flour (which you ground yourself) in a small mixing bowl.
3. Add a pinch of salt and stir into a thick paste. This paste is called *tô*.
4. Heat the frying pan on medium-high heat and add margarine.
5. When the margarine starts to bubble you can start frying your millet cakes. Spoon three equal parts of paste into the frying pan and flatten slightly.
6. Fry for two minutes, or until lightly brown on the bottom, and flip.
7. Fry for another two minutes, or until the other side is also lightly brown.
8. You may want to put jam, peanut butter, honey, or melted cheese on your *tô* millet cakes (in Burkina Faso, they eat *tô* with different kinds of sauces and toppings).

*Makes three round cakes approximately 6 cm (2.3 in.) across.

