

MEALS AROUND THE WORLD

MEALS IN NIGERIA

Bullfrog Books

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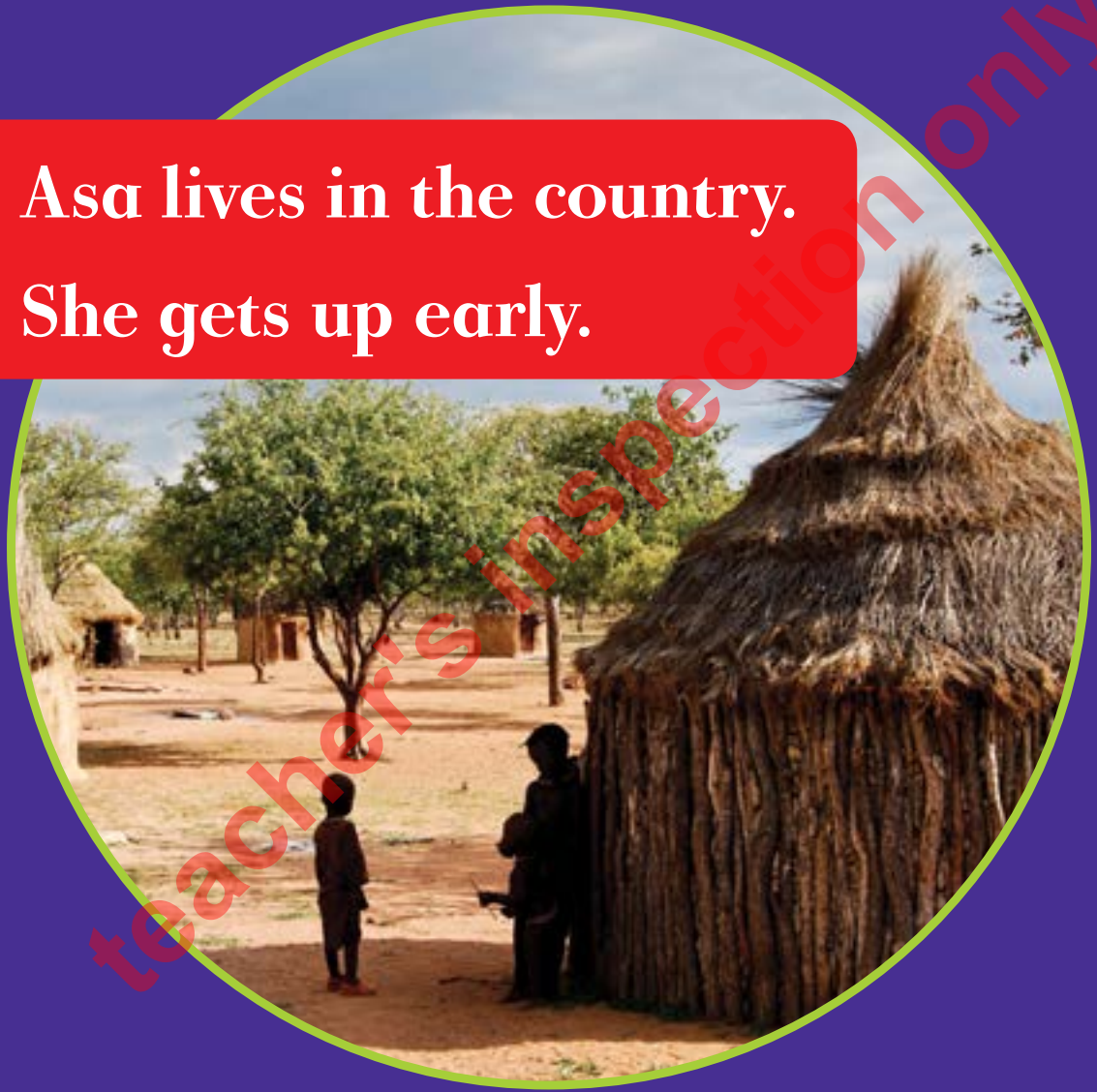


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Ways to Cook

Asa lives in the country.

She gets up early.



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Asa cuts plantains.

She fries them.

She fries eggs, too.

It is time to eat!



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Tayo walks to school.

He has a snack.

It is a banana.

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Make Dodo!

Make fried plantains! Be sure to get an adult to help.

Ingredients:

- 2 plantains
- vegetable oil

Directions:

1. Peel the plantains.
2. Slice the plantains.
3. Pour oil into a pan and heat over medium heat.
4. Add sliced plantains and fry until one side is lightly brown.
5. Flip plantains and fry on the other side.
6. Remove from pan and drain on paper towels.
7. Enjoy!



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Picture Glossary



isu
A traditional Nigerian food made with yams.



stew
A food similar to soup but thicker.



Nigeria
A country in Africa.



yams
An edible starchy root that looks and tastes similar to a sweet potato.



plantain
A fruit like a banana but larger and not as sweet.



zobo
A drink made of dried hibiscus leaves.

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