Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Maasai Warriors

The Maasai warriors are a tribe of pastoral nomads or traveling animal herders. Pastoral nomads travel to find land where their animals can graze. The Maasai people keep livestock such as cattle, goats, and sheep. Their animals are their main source of income. They trade the animals for other animals, money, or products such as milk.

Their food includes ***milk, butter, honey, cattle blood, and meat***. They also sometimes eat *rice, potatoes, cabbage, and mealie meal, a type of cornmeal*.

Task 1

Put a tick beside which category these foods in the Maasai diet belong in.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Group | Fruit & Vegetables | Dairy | Carbohydrates | Protein | Sugars/fats |
| Milk |  |  |  |  |  |
| Butter |  |  |  |  |  |
| Honey |  |  |  |  |  |
| Cattle blood |  |  |  |  |  |
| Meat |  |  |  |  |  |
| Rice |  |  |  |  |  |
| Potatoes |  |  |  |  |  |
| Cabbage |  |  |  |  |  |
| Cornmeal |  |  |  |  |  |

**Task 2**

Can you think of a meal that the Maasai warriors could make with the ingredients they have? You may have to use any cookbooks you have or the internet for some inspiration. Write down your meal and the ingredients in the space below/on the back.