

## BRAAI HERITAGE

<b>Level</b>	<b>Intermediate</b>
<b>Communication Objectives</b>	<b>Make recommendations. Express opinions.</b>
<b>Skills</b>	<b>Learn about another culture.</b>
<b>Documents</b>	<b>2 text documents: What is Braai4Heritage? &amp; Top 10 Braai Tips. Video downloaded with BS Player from <a href="http://www.youtube.com/watch?v=vq2S0mwzjUU">http://www.youtube.com/watch?v=vq2S0mwzjUU</a> Images to aid the discussion.</b>
<b>Vocabulary to explain</b>	National Heritage, Chisa Nyama, Braai and Ukosa, indigenous, alien vegetation, conventional, spillage, braibroodjie...

Discussion:

Watch Braai Video & ask questions to clarify understanding.

Ask questions about the role players at a braai.

Tell them about your own braai experiences and culture.

Let the students read the text aloud to the class.

- You are hosting a tourist from South Africa. What French food would you recommend to them?
- What food is specifically eaten on special holidays?
- Do you have traditional recipes in your family?
- What is your favorite food?
- What do you think of a South African Braai?

## WHAT IS BRAAI4HERITAGE?

**Our mission is to position National Heritage Day, 24 September, as South Africa's annual day of celebration. South Africans gathering around fires, being the central theme of the celebration.**

- National Heritage Day is a public holiday in South Africa. Our government set this day aside for all South Africans to celebrate our rich heritage.
- Across race, language, region and religion, we all share one common heritage. It is called many things: Chisa Nyama, Braai and Ukosa to name few. Although the ingredients may differ, the one thing that never changes is that when we have something to celebrate we light fires, and prepare great feasts.
- We encourage all South Africans to at some point during 24 September each year, gather around a fire and **Braai4Heritage**
- We liken this initiative to annual celebrations cherished by other leading nations of the world; Thanksgiving for Americans, St Patricks Day for the Irish, Bastille Day for the French and Australia Day for Australians.
- At **Braai4Heritage** we respect and support National Heritage Day and recognise its importance to all South Africans. It is with this in mind that we would like to play our part and unlock its value.
- This is a noble cause, which will not only enhance the meaning of the day, but also contribute to strengthening South Africa as a nation.

<http://braai.com/what-is-this/>

## TOP 10 BRAAI TIPS

“Earlier today a journalist asked me for my top 10 braai tips. Considering that I did not have such a list of tips, I sucked them out of my thumb. Here they are:

1. Nothing beats a real wood fire.
2. “Gas” is Afrikaans for a guest at your braai, not something you braai with.
3. Braaing is the only fat-negative way of cooking food. Even when you steam it, the fat in the food stays behind. When you braai, the fat drips out.
4. Never braai with indigenous wood. Alien vegetation like Rooikrantz and Blackwattle drink lots of ground water and besides, it’s good burning Australian rubbish.
5. Braaing is a direct form of energy use, from the coals, to your meat. With conventional electricity there is a lot spillage between the power plant, power lines, electricity box, wires, stove and pan. If you love the earth, braai.
6. Have enough ice at your braai. To put in Klipdrift & Coke, to keep Castles cold, and to treat burn wounds with.
7. Smoke flies to pretty people, so send them to the kitchen to go and make salad.
8. Animals eat grass, leaves and vegetables all their lives and convert it to meat. Eating meat is like eating vitamin pills.
9. A cow must only be killed once. Do not braai you steak until the flavour is dead.
10. A braaibroodjie is your chance in life to have you bread buttered on both sides.”

Source: Jan Braai – [www.braai4heritage.co.za](http://www.braai4heritage.co.za)



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