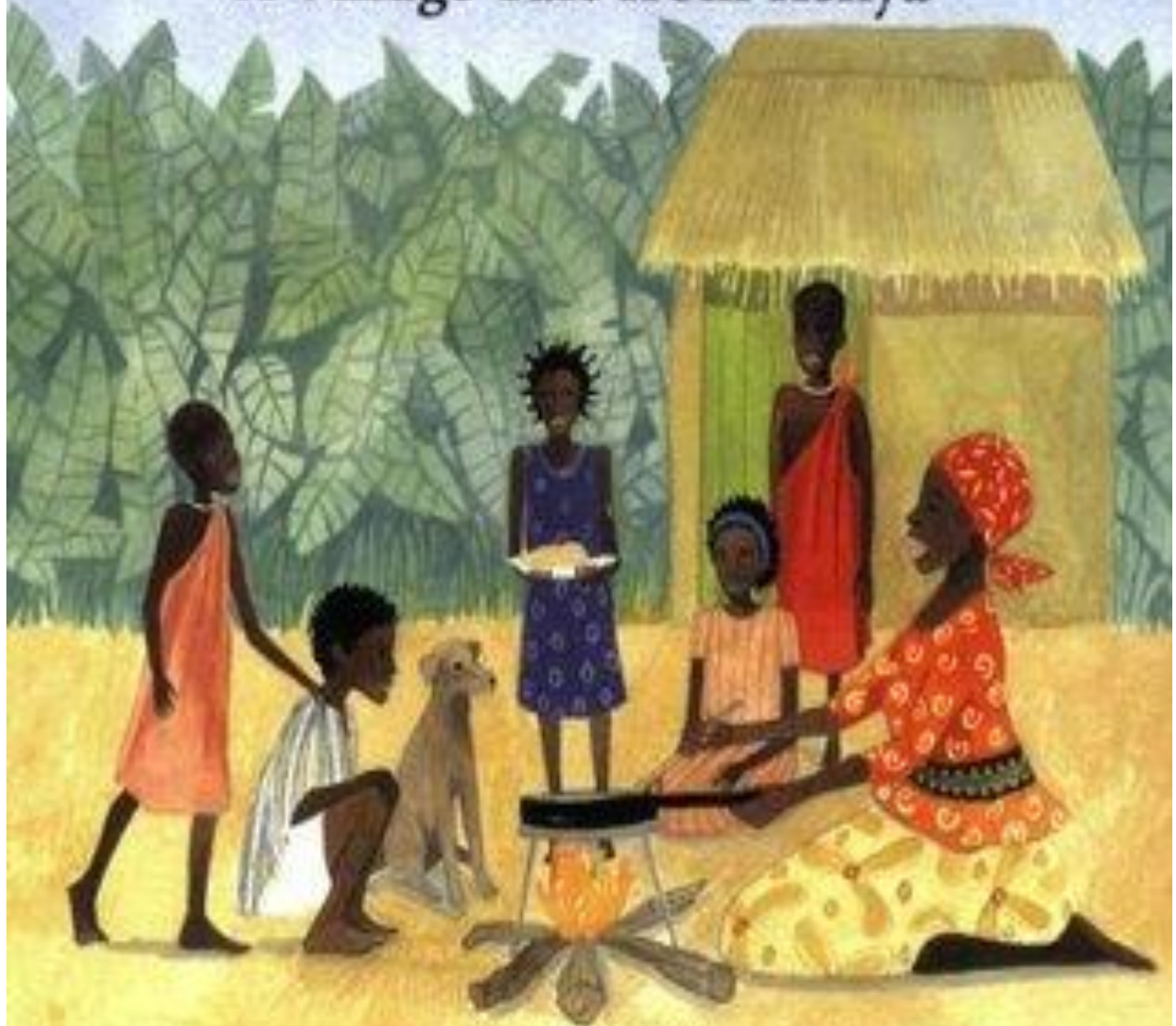


# Mama Panya's Pancakes

A Village Tale from Kenya



*written by Mary and Rich Chamberlin* Copyrighted Material *illustrated by Julia Cairns*

# Activity Packet

# Scripture

“You shall love your neighbor as yourself.”

Matthew 22:39



# Who do You Meet?

Who do you meet on your way to the store?  
How do they greet you? How do you reply?  
Draw or write your responses below.

A large, empty rectangular box with a thin black border, intended for a student to draw or write their responses to the questions above. The box is centered on the page and occupies most of the lower half of the worksheet.

# Kiswahili Greetings

Kenyans speak many languages, but the main ones are Kiswahili and English. Try learning some greetings in Kiswahili.

Ansante sana	<i>uh-sahn-tay-sahn-ah</i>	Thank you
Bibi	<i>bee-bee</i>	Lady, madam, miss
Bwana	<i>buh-wah-na</i>	Sir or mister
Habari za asubuhi	<i>ha-bar-ee zah ah-suh-boo-ee</i>	What's new this morning?
Hodi	<i>hoe-dee</i>	A customary greeting when approaching a friend's home.
Karibu	<i>kah-ree-boo</i>	You're welcome
Mama	<i>ma-ma</i>	Title of respect for woman
Mzee	<i>mm-zay</i>	Title of respect for a man
Rafiki	<i>rah-fee-key</i>	friend

# House Guests

- Who do you invite to your house?
- What is it like when you have a guest in your house?
- What would you serve to your guests?



# Sharing

- What does it feel like to share?
- What you do like about sharing?
- What don't you like about sharing?



# Make Mama Panya's Pancakes

## Ingredients

- 1 1/4 cups flour
- 2 cups of cold water
- 1/3 cup vegetable oil
- 1/2 tsp salt
- 1/2 tsp cardamom
- 1/2 tsp crushed red chili pepper flakes

## Instructions

1. In a bowl, mix all the ingredients with a fork.
2. Preheat a nonstick pan at a medium to low setting.
3. Ladle 1/4 cup of batter into the center of the pan. Tilt the pan to spread the batter to about the size of a grapefruit.
4. Cook until you see tiny bubbles in the pancake, then gently flip it over.
5. When the second side begins to pop up from the heat, the pancake is ready.

## Serving Suggestions

You can fill your pancake with jam, tuna or chicken salad, seasoned hamburger or roasted nuts. Anything at all will do. Place your filling on one half and then roll it up and eat it.



# Activity Sheets

1. Mama Panya's Pancakes Word Find
2. Pancake Maze
3. Heart Maze
4. Love Your Neighbor as Yourself
5. Love One Another





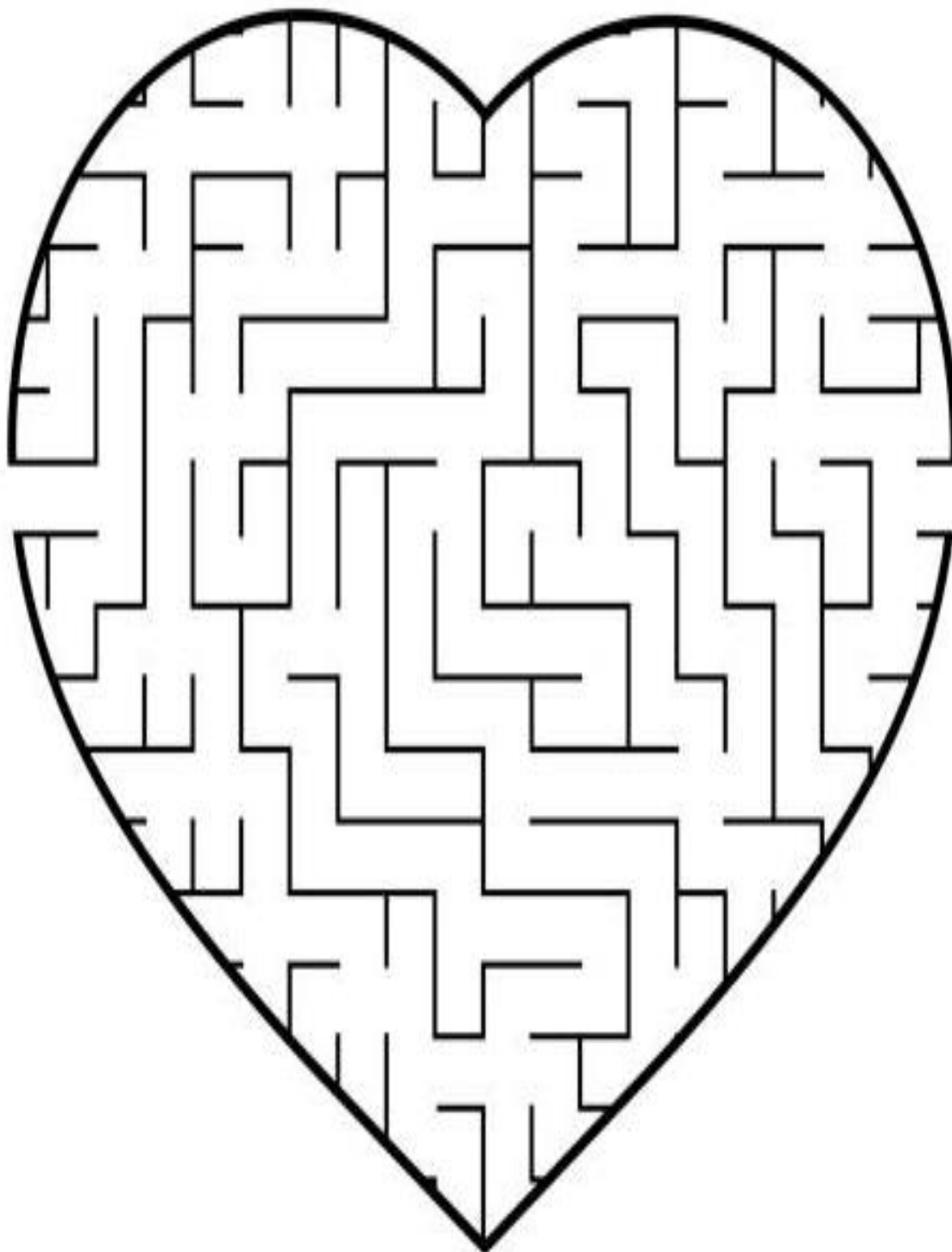
# Mama Panya's Pancakes

## Word Find

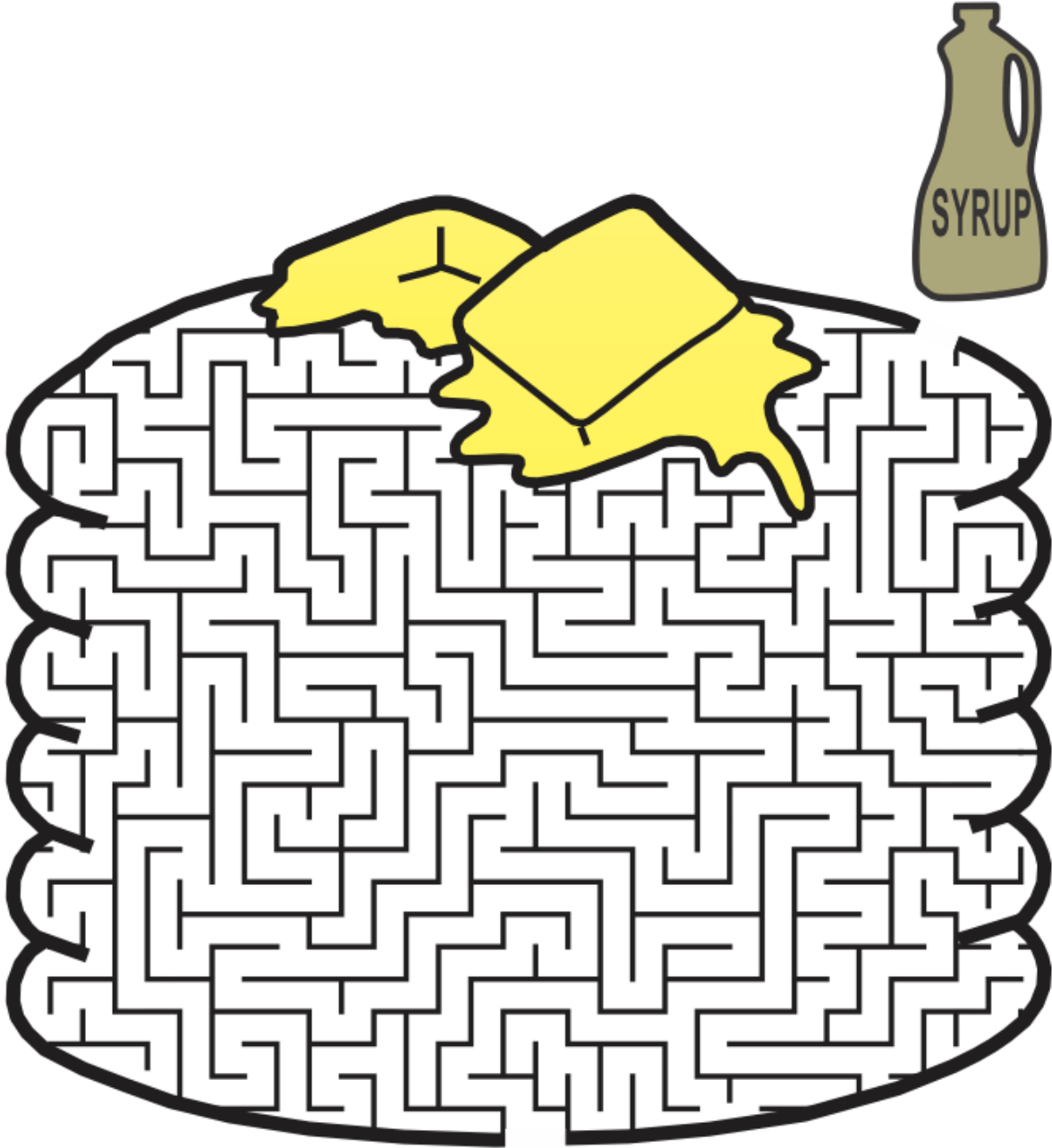
B	A	N	E	I	G	H	B	O	R
A	G	L	O	V	E	O	M	D	W
O	U	V	T	S	M	E	A	O	A
B	E	I	O	H	C	F	R	W	L
A	S	L	P	A	O	L	K	N	K
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T	S	A	T	I	N	U	T	O	N
R	S	G	O	N	S	R	D	U	G
E	E	E	N	G	L	O	O	K	S
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M	F	R	I	E	N	D	S	O	I
T	H	E	R	E	T	H	I	S	C
C	O	M	M	U	N	I	T	Y	K

KENYA                      NEIGHBOR                      FRIENDS                      MARKET  
COINS                      WALKING STICK                      SHARING                      LOVE  
GUESTS                      FRUIT                      FLOUR                      POT  
COMMUNITY                      VILLAGE                      BAOBAB TREE

# Heart Maze



# Pancake Maze





love  
your  
neighbor  
as yourself



- Matthew 22:39



Doodle Art Alley ©

zone

zone

another