



Pathfinder's Name _____

Cultural Food Preparation

Cook a meal using local methods and foods by yourself.

See example below.

Materials

- 1. Raw foods (e.g. Dalo, cassava, yams, sweet potatoes, taro leaves, etc.)
- 2. Banana leaves or other leaves used in your area.
- 3. Stones
- 4. Firewood
- 5. Banana stems
- 6. Coconut leaves

Methods

- 1. Light the fire first.
- 2. Pile the firewood in order (criss-cross method).
- 3. Put all the stones on top of the firewood.
- 4. Let the fire completely burn the wood until you notice that the stones are red-hot.
- 5. Clean the lovo/oven.
- 6. Put the smashed up banana stems on top of the stones.
- 7. Start to put all the raw foods on top of the banana stems,
- 8. Cover it up first with green coconut leaves before you completely cover it with leaves and leave it for one to one and a half hours.
- 9. Uncover the lovo/oven and the food is ready.

Date completed _____

Instructor's Signature _____