

# DIFFERENT CULTURAL GROUPS IN SOUTH AFRICA



There are many different cultural groups in South Africa. Many South African people enjoy the cultures of other South Africans. Let us explore some of these differences.



## Music and Dance

South Africans love making music. Some play traditional African music while others play kwela, which is township jazz. Many learners at school play a musical instrument. There are many South African bands and musicians who are invited to play overseas. Many schools and churches have choirs.



## Celebrations

Every January in Cape Town, thousands of minstrels paint their faces and wear brightly coloured costumes and hats. They parade through the streets playing their banjos and singing. They also wave parasols and dance. It is a happy time. The minstrels are grouped in clubs. Each club has their own uniform and competes for prizes. This celebration is called the Cape Minstrel Carnival.

## Sport

South Africans love sport and spend a lot of their free time doing sport and watching sport on television. Many boys and girls play netball, rugby, cricket and soccer at school. Athletes train to run long and short distance races. They compete in events such as the Comrades Marathon and Ironman. Many cyclists train all year long. A very popular cycle race is the Cape Argus Cycle Race which is about 109km long.



## Food

Many South African people love braaing their meat and cooking their food on an open fire. It is a way to entertain family and friends. Pots of meat and vegetables can also be put over a fire. This is called a potjie.



**Activity 1:** Work through PowerPoint 1 and watch the links that have been added. Answer the questions below.

1. Make a list of some of the activities you and your family enjoy doing together.

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2. Why do you think it is good to have so many different cultures in South Africa?

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## DIFFERENT CULTURES AND THEIR FOOD

**African cultures**

**Italians**  
Pizza  
Pasta  
Veal

**Malayans**  
Bobotie  
Yellow rice

**Eastern nations – Chinese, Japanese**  
Rice  
Fish

**Western ancestry : Afrikaners, English**  
Western eating habits influenced by African eating habits: Meat (*braai/leis*), mealie meal porridge, bread, rice, vegetables and fruit.

**Indians**  
Curry and rice  
Hindus – vegetarian (no meat)

**Jews**  
Kosher food

**A Xhosa meal:**

Umquosho is nutritious and cheap. It is made of samp, sugar beans, beef stock, salt and oil. It takes over two hours to cook, which uses a lot of electricity or fuel. To save on electricity or fuel, this dish can be cooked in a wonder box.

**A Muslim meal:**

A typical Muslim meal is curry made with meat and vegetables and eaten with chappatis and rice. Chappatis are round, flat pancakes made with wheat flour and water and cooked in a pan. To make the curry, oil is heated in a large pan. Spices, herbs, chopped onions and tomatoes are added. The meat is then added. It can either be chicken, beef or mutton but no pork. Lastly, vegetables such as potatoes, carrots, green peppers and peas are added. Everything is cooked slowly until it is soft. It is served with rice which can either be boiled or fried.

**A Hindu meal:**

Hindus are vegetarians so their meals don't contain any meat. One of their main sources of protein are lentils, which they call "dal". A typical Hindu meal is a roti, dal and vegetables such as onions, tomatoes, green beans, brinjals and rice. The roti is made with wheat flour, water and oil. It is fired in oil. The dal is cooked in water with herbs and spices until it is soft. The vegetables are cooked in a curry and the rice is boiled.

**An Afrikaans meal:**

It is traditional for the whole family to share a meal together at lunchtime on a Sunday. There are always two meat dishes such as roasted lamb and chicken pie. These are usually served with three vegetables such as sweet potatoes, cabbage and green beans. They also eat a starch like yellow rice with raisins or roast potatoes. Salad is served with the meal, often beetroot, a green salad or potato salad. In winter, they will have a hot baked pudding like Malva pudding and in summer they will have something cold like trifle.

### A Jewish meal:

Jewish people have a special meal at the beginning of the Jewish Sabbath on a Friday evening. According to Jewish scriptures, no work may be done on the Sabbath, so all the dishes are prepared in advance. Hot dishes are warmed before they are eaten. The meal will start off with challah, which is plaited bread, with Sabbath wine to symbolise peace and prosperity. Chicken soup with noodles is often served next, followed by a fish dish, such as chopped herring, with pumpkin fritters. For dessert, they have stewed fruit or a fresh fruit salad if there is meat in the main meal. If there is no meat in the main meal, they have a pudding with cream or ice cream. In the Jewish religion, they do not serve meat dishes with dishes containing dairy products in the same meal. The Jewish food law is known as "Kosher".

**Activity 2:** Read through each of the passages above. Work through PowerPoint 2 and complete the table below.

THE FOOD THAT WE EAT	
My cultural group:	
Our staple (main) food:	
Our popular dishes:	
What we like to drink:	
A typical breakfast:	
A typical lunch:	
A typical supper:	



# DIFFERENT CULTURES IN SOUTH AFRICA - MEMO



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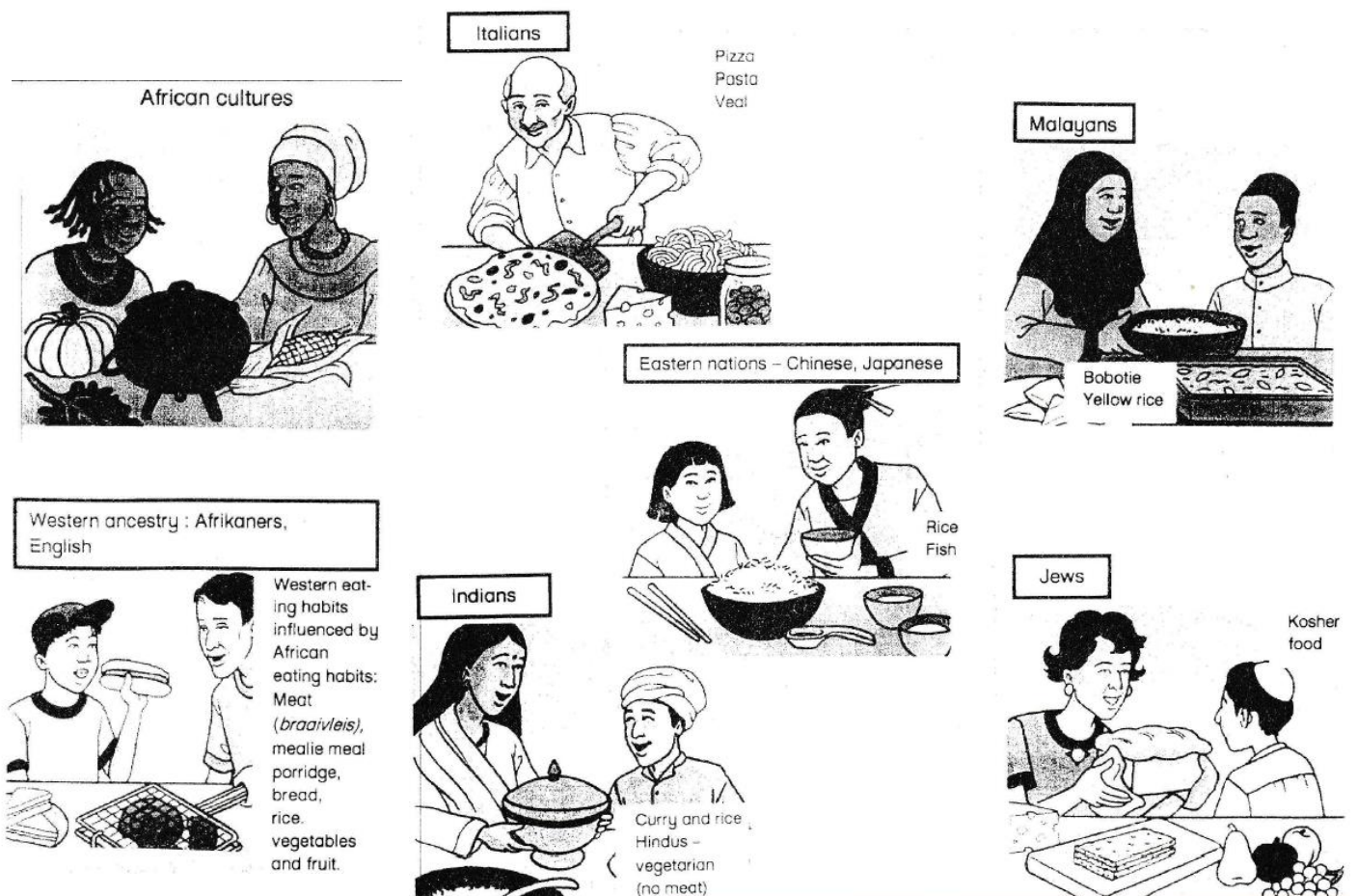
1. Make a list of some of the activities you and your family enjoy doing together.

**Any suitable answer**

2. Why do you think it is good to have so many different cultures in South Africa?

**It makes us as South Africans interesting and unique.**

## DIFFERENT CULTURES AND THEIR FOOD



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THE FOOD THAT WE EAT	
My cultural group:	English South African
Our staple (main) food:	Vegetables, fruit, meat, starch
Our popular dishes:	Roast chicken, soup, braai, fish, potjie
What we like to drink:	Beer, juice, coffee, tea, water, milk
A typical breakfast:	Boiled or fried egg on toast and bacon
A typical lunch:	Health wrap, braai, hotdogs, rice cakes
A typical supper:	Fish, chicken, lamb/beef chops, pork ribs, chips, vegetables.

