

This Free E-Book is brought to you by Natural-Aging.com.

**[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

FREE AFRICAN GAMES

By Joan Bramsch

FREE AFRICAN GAMES by Joan Bramsch

FREE GAMES

African Games

Please click on the title to play the game of your choice

Addy's Escape to Freedom

Learn about Addy's escape from slavery to freedom with her mother in this multiple choice story/game based on the books from The American Girls Collection.

Black History Quiz

How much do you know about Black history?

Decode the Message

Use the ancient nubian alphabet to decode this message

National Geographic Okavango Sketchbook

Color some African animals The top color is your current color – click to color that part of the animal, click a color to change colors.

Match the Tracks

Can you match the tracks of these African animals?

Read Some Myths and Fables from Around the World

Most of these online stories are from parts of Africa, but some are from India, Japan, and even Native America.

Kid's Crossword

Test your knowledge about Africa

FREE AFRICAN GAMES

African Animals

Take a test that will ask ten questions about different African animals.

African Countries

Pick one of the four regions of Africa to study, and learn about the many countries

GO PLAY NOW:

<http://joanbramsch.com/games/african.shtml>

JOAN BRAMSCH is a family person, educator, writer and E–publisher. Her articles appear

internationally in print and online. Six of her best–selling adult novels – near one million copies – have worldwide distribution. Her Empowered Parenting Ezine serves 1000 parents around the globe.

<http://www.JoanBramsSch.com> <mailto:hijoan@joanbramsch.com>

The New Cuisine: African Food Today

By Dylan Miles

Today, African food is the most diverse cuisine on the planet, a true "melting pot" of foods and flavors. Africa's history is rich and so is its cuisine. With influences from so many other countries, Dutch, English, Asian, and Indian, Africa's new cuisine is the newest global food trend.

The Mediterranean has a place in African foods with its influence of olive oil, olives, and pasta. Rich African stews are infused with elements from both the East and the West. Using little meat, but an abundance of vegetables, African stews have become a gourmet trend.

Southern African cuisine is reminiscent of the East with its sosaties, which are like kebabs, bobotie, which is a curried minced dish, and bredies, which is a type of casserole dish.

It's all about spice

Africa is all about spice: hot and spicy seasonings characterize the African cuisine. Close your eyes and you'll be able to recognize the Ethiopian seasoning mix, Berbere, which is a combination of chilies, chives, tarragon, coriander, cardamom, fenugreek, and garlic.

The unique flavors of the African new cuisine are dependent on the abundant use of various specific aromatic plants and other spices. Fenugreek, for example, is used a lot and has a bittersweet flavor. Cassava is a starch root and is used to thicken stews. Bambara are African peanuts and are used in various dishes. Similar to cardamom, grains of paradise are strong pepper–flavored seeds and used to flavor stews. Other seeds that are used for flavor include the Egusi seeds. African spices are often mixed. Some spice mixes, such as the Ras Al–Hanout includes over 25 different ingredients, such as rose petals, turmeric, cinnamon, cumin and grains of paradise.

Dylan Miles, journalist, and website builder, lives in Texas. He is the owner and co–editor of [www.natural-aging.com](#) on which you will find a longer, more detailed version of this article.



This Free E–Book has been brought to you by Natural-Aging.com.

**[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**