

# A Trip to Nigeria: Exploring Traditional Culture

## Learning Objectives

By the end of this lesson, you will be able to:

- Identify at least three traditional Nigerian foods.
- Describe the style and importance of one type of traditional Nigerian clothing.
- Create a piece of art inspired by Nigerian patterns or symbols.
- Share one interesting fact you learned about Nigerian traditions.

## Materials Needed

- Paper, crayons, markers, or colored pencils
- A map of the world or Africa (digital or physical)
- Device with internet access for viewing images and short video clips
- Optional: Play-doh or air-dry clay
- Optional: Fabric scraps, child-safe scissors, glue
- Printed pictures of Nigerian food, clothing, and art (or a way to display them on a screen)
- Handout: "Nigerian Culture Explorer" (simple matching and drawing sheet described in the lesson)

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## Lesson Plan

### Part 1: Introduction (10 minutes)

#### Hook: The Giant of Africa!

**Educator says:** "Imagine a place with over 500 different languages, markets full of colorful fabrics, and food so delicious that people have friendly arguments over who makes it best! Today, we're going on an adventure to a country in West Africa called Nigeria. It's often called the 'Giant of Africa' because it has more people than any other African country. Have you ever heard of a 'talking drum' that can sound like a person's voice? Let's find Nigeria on the map and start our journey!"

#### Objectives & Itinerary

**Educator says:** "On our trip today, we're going to be cultural explorers! We will taste Nigerian food with our eyes, see their beautiful traditional clothes, and even become Nigerian artists by the end. Are you ready to explore?"

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### Part 2: Body of the Lesson (30-40 minutes)

#### Activity 1: A Feast of Flavors! (Nigerian Food) - I do, We do, You do

**I Do (Educator explains):** "First stop, the kitchen! Nigerian food is full of amazing flavors. Let me show you a few famous dishes." (Show pictures as you speak). "This is **Jollof Rice**. It's a bright orange-

red rice cooked with tomatoes, peppers, and spices. It's a party favorite! This is **Pounded Yam**. It's made from a special yam, and it's soft and stretchy, almost like play-doh. You dip it into yummy stews. And these are **Suya**—spicy grilled meat skewers that are a popular street food snack."

**We Do (Discuss together):** "Look at these pictures. Which one looks the most delicious to you? What colors do you see in the Jollof Rice? Why do you think Pounded Yam is a good food for dipping into stew?"

**You Do (Practice):** "On your 'Nigerian Culture Explorer' handout, let's see if you can match the picture of the food to its name. Draw a line from the picture of Jollof Rice to the words 'Jollof Rice'." (This is a quick formative check).

### **Activity 2: Dressed to Impress (Nigerian Clothing) - I do, We do, You do**

**I Do (Educator explains):** "Next, let's look at some amazing fashion! Traditional Nigerian clothing is known for its vibrant colors and beautiful patterns." (Show pictures of people wearing Agbada, Iro and Buba, and Gele). "For special occasions, men might wear an **Agbada**, a big, flowing robe with amazing embroidery. Women often wear an **Iro and Buba**, which is a wrapper skirt and a blouse. The most incredible part can be the headwrap, called a **Gele**. It's like a sculpture for your head, folded into beautiful, creative shapes!"

**We Do (Analyze together):** "Let's look closely at this fabric. What shapes and patterns can you find? Some patterns tell a story or represent a family. What story do you think this pattern could tell? How would you feel wearing an outfit this grand?"

**You Do (Create):** "Now you're the designer! On your handout, draw your own traditional Nigerian-inspired outfit. Choose your colors and create a special pattern for the fabric. You can even design a fancy Gele!"

### **Activity 3: Nigerian Art & Symbols - I do, We do, You do**

**I Do (Educator demonstrates):** "Our final stop is the art world. Nigeria has a long history of amazing art. They are famous for detailed bronze sculptures and beautiful patterned cloth called **Adire**. Adire cloth is often dyed a deep blue color, and the patterns are made with symbols that mean things like 'friendship,' 'courage,' or 'family'." (Show examples of Adire patterns).

**We Do (Interpret together):** "Let's look at these symbols. This spiral might represent life's journey. What do you think this zigzag pattern could mean? If you were to create a symbol for 'happiness,' what would it look like?"

**You Do (Summative Assessment Project):** "It's your turn to be a Nigerian artist! You have a choice:

**Option A:** Create your own Adire-inspired pattern on a piece of paper. Use symbols that are important to you and tell your own story.

**Option B:** Use play-doh or clay to create a small sculpture inspired by the famous Nigerian Nok art, which often features heads with unique, triangular eyes."

**Success Criteria:** A successful art piece will have clear patterns or shapes, use different colors creatively, and you should be able to explain what your design means to you.

## Part 3: Conclusion (5-10 minutes)

### Show and Tell Recap

**Educator says:** "Wow, what fantastic artists! Our trip to Nigeria is coming to an end. Let's share what we've created and learned."

- Ask the learner(s) to show their artwork and explain the patterns or shapes they used.
- Ask questions to recap the lesson:
  - "What was the name of the popular Nigerian rice dish?" (Jollof Rice)
  - "What is the special, artistic headwrap called?" (Gele)
  - "What is one new and interesting fact you will remember about Nigeria?"

### Final Takeaway

**Educator says:** "Today, we explored just a tiny piece of Nigeria's incredible culture. From the taste of Jollof Rice to the beauty of an Agbada and the stories in Adire patterns, we learned that traditions help tell the story of who people are. Great work being a cultural explorer today!"

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## Differentiation & Adaptability

- **For Struggling Learners (Scaffolding):** Provide pre-drawn outlines for the clothing design. Offer a small sheet of pattern ideas they can copy or trace for their Adire art. Focus on just one food and one clothing item to avoid overload.
- **For Advanced Learners (Extension):** Challenge them to do a quick online search (with supervision) for a Nigerian folktale, like a story about Anansi the Spider, and summarize it. They could also research the 'talking drum' and write three facts about how it works.
- **For Classroom/Group Settings:** Use the 'We Do' sections for think-pair-share activities. Have students present their final art projects to the group. You can also play Afrobeats music quietly in the background during the art activity to enhance the multi-sensory experience.