Name: _____ Date: _____

Injera: The Edible Plate of Ethiopia

Circle group

In many homes in Ethiopia, dinner comes on one big platter. It is covered with a round, soft bread called injera. Spoonfuls of stew, beans, lentils, and vegetables go on top. Everyone tears off a piece of injera and scoops up the food. There are no forks. The bread is the plate and the spoon.

Injera feels spongy. It has tiny holes on top, and it tastes a little sour. The secret is a grain called teff. Teff seeds are some of the smallest of any grain, as tiny as poppy seeds. They have grown in the highlands of Ethiopia for a very long time.

To make injera, cooks mix teff flour with water. They let the batter sit for a few days. Natural yeasts and bacteria make bubbles and give the bread a gentle sour taste. Then the thin batter is poured in a spiral onto a big, flat, round pan. Bubbles rise and pop and leave tiny holes. The injera cooks on one side only. It is lifted off while it is still pale and soft.

Sharing food from one platter is a way to show care. A person may make a small bite and offer it to someone else at the table.

Questions

1. What is injera used for at a meal?

_____

_____

2. Which grain is used to make injera?

_____

_____

3. What does injera look and feel like?

_____

_____

4. What happens while the batter sits for a few days?

_____

_____

5. Why does injera cook on only one side?

_____

_____

6. What does sharing from one platter show about the people at the table?

_____

_____

Words to know

platter: a large flat dish for serving food
spongy: soft and full of tiny holes
teff: a tiny grain grown in Ethiopia
batter: a thin mix of flour and liquid
highlands: an area of high land in a country

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

Name: _____ Date: _____

Injera: The Edible Plate of Ethiopia

Triangle group

In many Ethiopian homes, dinner arrives on a single large platter covered with a round, soft bread called injera. Spoonfuls of stew, beans, lentils, and vegetables are placed on top, and everyone tears off a piece of injera to scoop up the food. There are no forks. The bread is both the plate and the spoon.

Injera has an unusual texture. It is spongy, with tiny holes across the top, and it tastes slightly sour. The secret is a grain named teff. Teff seeds are among the smallest of any grain, about as tiny as poppy seeds, and they have grown in the highlands of Ethiopia for a very long time.

To make injera, cooks mix teff flour with water and let the batter sit for a few days. During that time natural yeasts and bacteria go to work, which makes bubbles and gives the bread its gentle sour taste. The thin batter is then poured in a spiral onto a large, round, flat pan. Bubbles rise and pop, leaving the tiny holes. The injera cooks on one side only and is lifted off while it is still pale and soft.

Sharing food from one platter is also a way of showing care. A family member may even make a small bite and offer it to another person at the table.

Questions

1. What is injera used for at a meal?

_____

_____

2. Which grain is used to make injera?

_____

_____

3. What does injera look and feel like?

_____

_____

4. What happens while the batter sits for a few days?

_____

_____

5. Why does injera cook on only one side?

_____

_____

6. What does sharing food from one platter show about the people at the table?

_____

_____

Words to know

platter: a large flat dish for serving food
spongy: soft and full of tiny holes
teff: a tiny grain grown in Ethiopia
batter: a thin mix of flour and liquid
highlands: an area of high land in a country

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

Name: _____ Date: _____

Injera: The Edible Plate of Ethiopia

Square group

In countless Ethiopian households, the evening meal arrives on a single enormous platter covered with a round, soft bread known as injera. Generous spoonfuls of stew, beans, lentils, and vegetables are arranged on top, and every person at the table tears off a piece of injera to scoop up the food. No forks are needed, because the bread serves as both the plate and the spoon.

Injera has a distinctive texture. It is spongy, with tiny holes scattered across its surface, and it carries a slightly sour flavor. The secret behind it is a grain called teff. Teff seeds are among the smallest of any grain, comparable in size to poppy seeds, and they have been cultivated in the highlands of Ethiopia for a very long time.

To prepare injera, cooks combine teff flour with water and leave the batter to rest for a few days. During that period, natural yeasts and bacteria go to work, producing bubbles and imparting the bread's mild sour taste. The thin batter is then poured in a spiral onto a large, round, flat pan. Bubbles rise and burst, leaving the characteristic tiny holes, and the injera cooks on one side only before being lifted off while it is still pale and tender.

Eating from one shared platter is also a gesture of affection and care. A family member might even form a small bite and offer it to another person at the table.

Questions

1. What role does injera play at a meal?

_____

_____

2. Which grain is used to make injera?

_____

_____

3. What does the surface of injera look like?

_____

_____

4. What happens while the batter rests for a few days?

_____

_____

5. Why does injera need to cook on only one side?

_____

_____

6. What does eating from one shared platter show about the people at the table?

_____

_____

Words to know

platter: a large flat dish for serving food
spongy: soft and full of tiny holes
teff: a tiny grain grown in Ethiopia
batter: a thin mix of flour and liquid
highlands: an area of high land in a country

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

For the teacher: Injera: The Edible Plate of Ethiopia

Each student sheet carries a shape, not a level. The same topic and facts, written three ways.

Circle: Injera: The Edible Plate of Ethiopia

Easier · 205 words · Flesch-Kincaid grade 4

1. It is the plate and the spoon.
2. Teff.
3. It is spongy, with tiny holes on top.
4. Natural yeasts and bacteria make bubbles and a sour taste.
5. The thin batter and the bubbles let the top cook without turning it.
6. That they care about each other.

Triangle: Injera: The Edible Plate of Ethiopia

This passage · 221 words · Flesch-Kincaid grade 6.3

1. It is both the plate and the spoon.
2. Teff.
3. It is spongy, with tiny holes across the top.
4. Natural yeasts and bacteria make bubbles and a sour taste.
5. The thin batter and the bubbles let the top cook without turning it over.
6. That they care about each other.

Square: Injera: The Edible Plate of Ethiopia

Harder · 239 words · Flesch-Kincaid grade 9.2

1. It serves as both the plate and the spoon.
2. Teff.
3. It is spongy, with tiny holes scattered across it.
4. Natural yeasts and bacteria produce bubbles and a mild sour taste.
5. The thin batter and rising bubbles let the top cook without flipping it.
6. It is a gesture of affection and care.