

CHF *Background Information*



Country Information

For further information on Vietnam, please see the following resources:

- World Atlas Website www.worldatlas.com click on Asia and then Vietnam
- CIA Vietnam Profile www.cia.gov click on World Factbook and then choose Vietnam
- CIDA Vietnam Profile www.acdi-cida.gc.ca/vietnam-e
- Vietnam Government Website www.chinhphu.vn
- CHF Vietnam Project Description www.chf-partners.ca click on Our Projects, Asia, Vietnam

For further information on Ghana, please see the following resources:

- World Atlas Website www.worldatlas.com click on Africa and then Ghana
- CIA Ghana Profile www.cia.gov click on World Factbook and then choose Ghana from the dropdown menu
- CIDA Ghana Profile www.acdi-cida.gc.ca/ghana-e
- Ghana Government Website www.ghana.gov.gh/
- CHF Ghana Project Description www.chf-partners.ca click on Our Projects, Africa, Ghana

For further information on countries in the Caribbean, please see the following resources:

- World Atlas Website www.worldatlas.com click on Caribbean
- CIA Profiles of various countries within the Caribbean www.cia.gov click on World Factbook and then choose a country from the dropdown menu
- CIDA Profiles of various countries within the Caribbean (select country name from map) www.acdi-cida.gc.ca/Americas
- CHF Guyana Project Description www.chf-partners.ca click on Our Projects, Americas, Guyana

For further information on Kenya, please see the following resources:

- World Atlas Website www.worldatlas.com click on Africa and then Kenya
- CIA Kenya Profile www.cia.gov click on World Factbook and then choose Kenya from the dropdown menu
- CIDA Kenya Profile www.acdi-cida.gc.ca/kenya-e
- Kenya Government Website www.kenya.go.ke/
- CHF Kenya Project Description www.chf-partners.ca click on Our Projects, Africa, Kenya

For further information on El Salvador, please see the following resources:

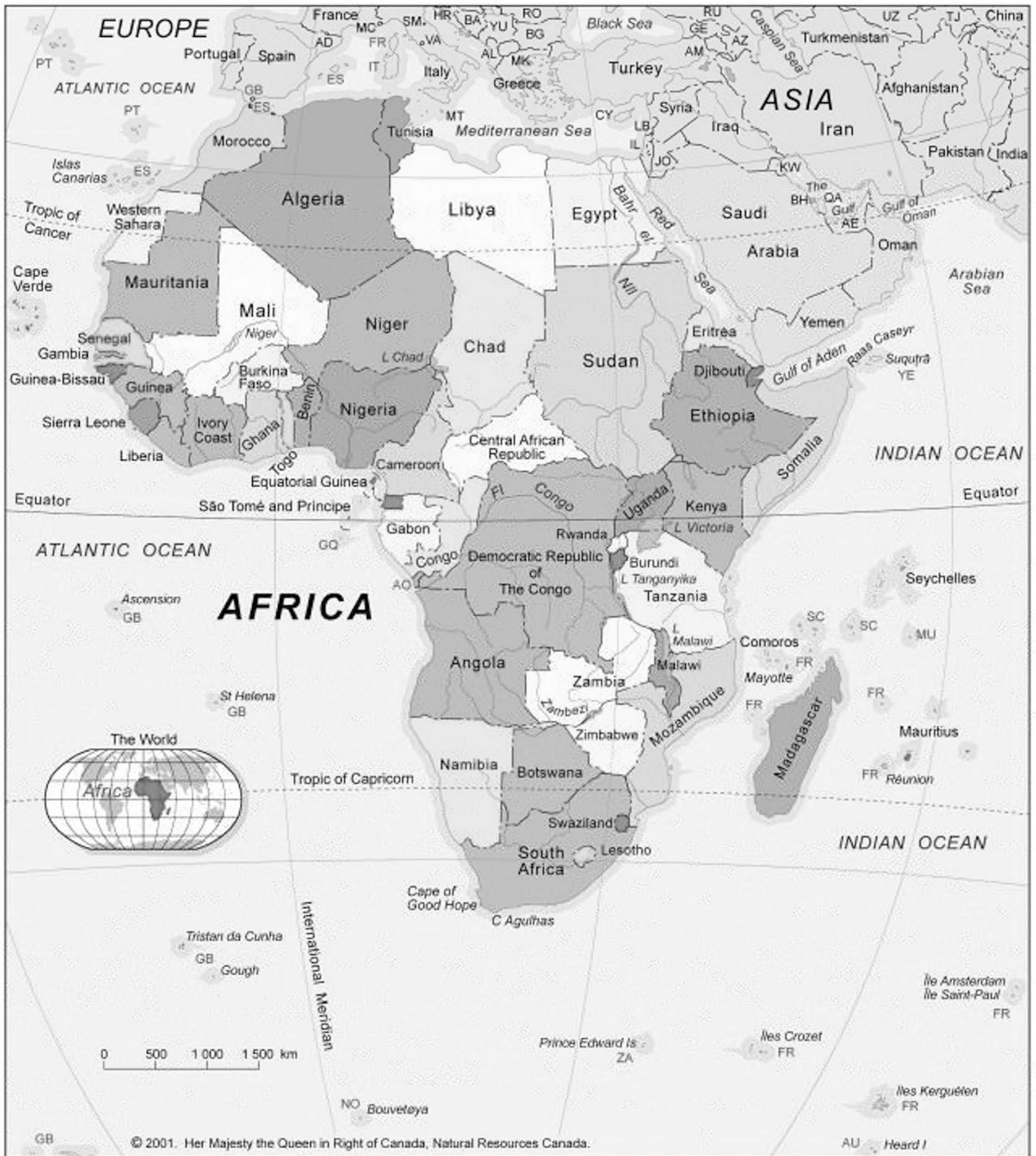
- World Atlas Website www.worldatlas.com click on Central America, El Salvador
- CIA El Salvador Profile www.cia.gov click on World Factbook and then choose El Salvador from the dropdown menu
- CIDA El Salvador Profile www.acdi-cida.gc.ca/elsalvador-e

- El Salvador Government Website (in Spanish) www.casapres.gob.sv/
- CHF El Salvador Project Description www.chf-partners.ca click on Our Projects, Success Stories, Americas, El Salvador

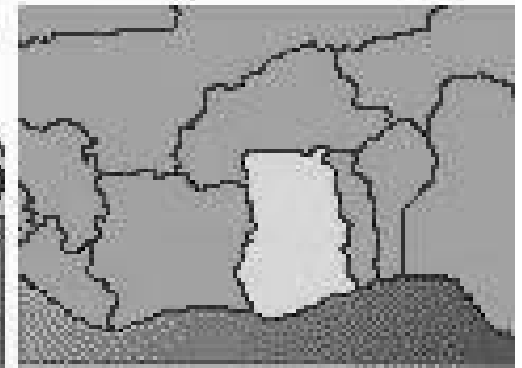
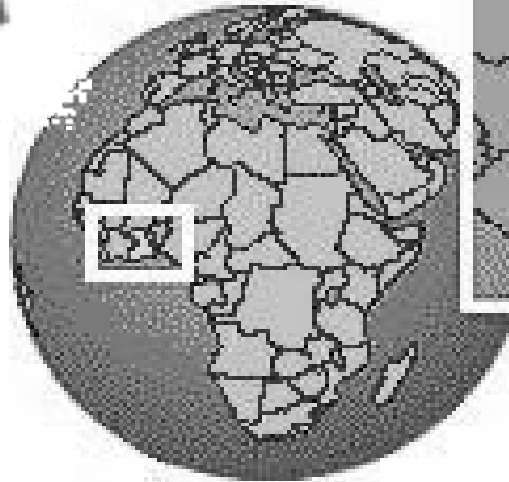
For further information on India, please see the following resources:

- World Atlas Website www.worldatlas.com click on Asia and then India
- CIA India Profile www.cia.gov click on World Factbook and then choose India from the dropdown menu
- CIDA India Profile www.acdi-cida.gc.ca/india
- India Government Website <http://goidirectory.nic.in/>
- CHF India Project Description www.chf-partners.ca click on Our Projects, Success Stories, Asia, India





Maps of Ghana



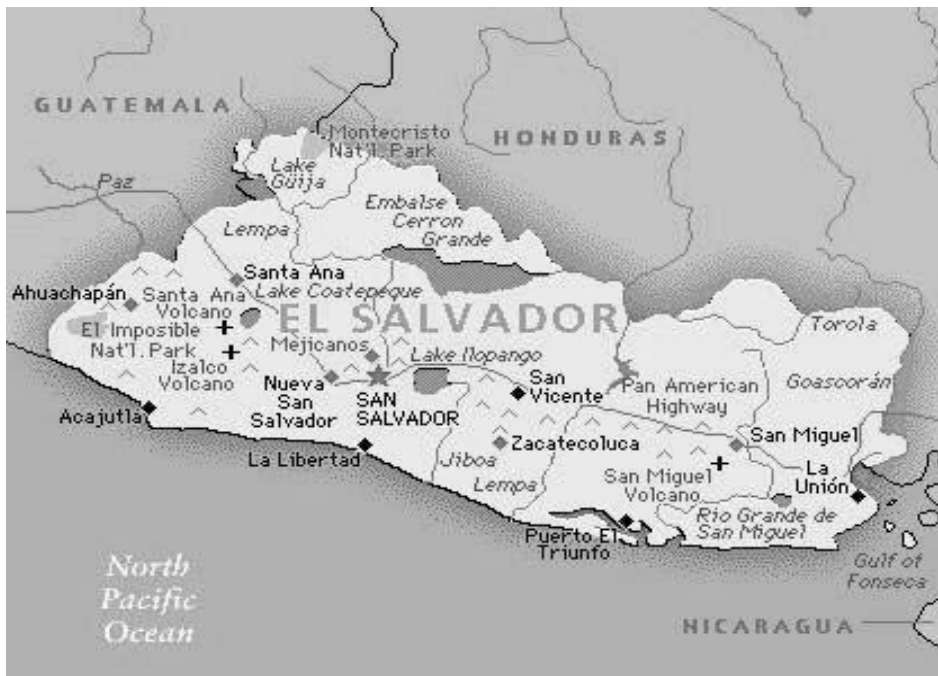
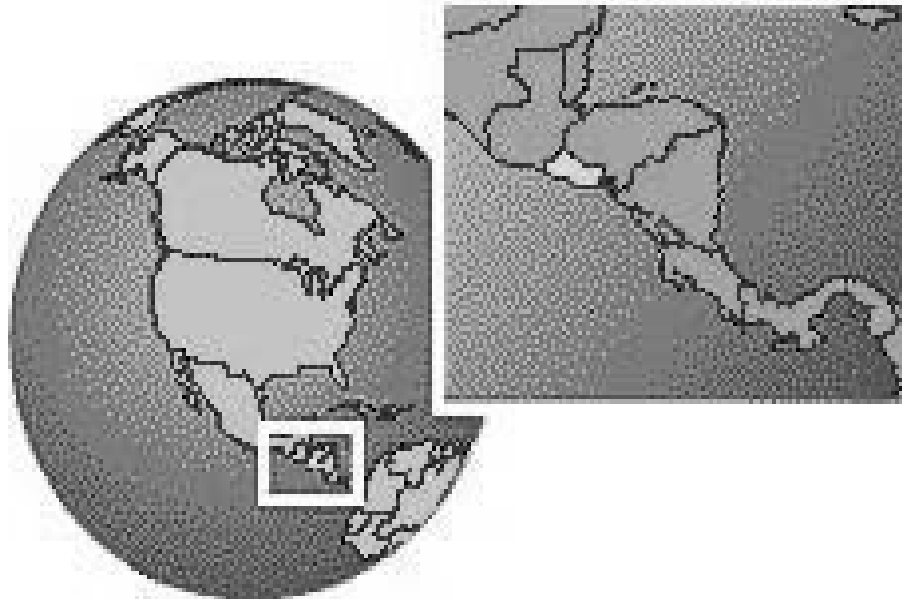


Maps of Vietnam



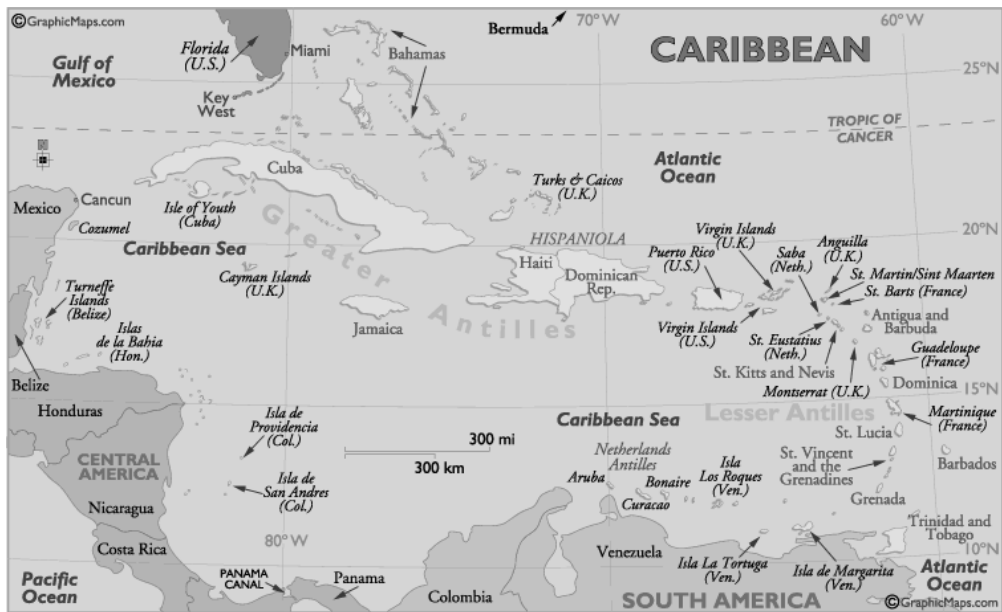
Source: <http://worldatlas.com/webimage/flags/countrys/asia/vietnam.htm> and <http://worldatlas.com/webimage/countrys/asia/vn.htm#facts> (Retrieved July 24, 2007)

Maps of El Salvador



Edited from: http://www.lonelyplanet.com/destinations/central_america/el_salvador/

Maps of the Caribbean



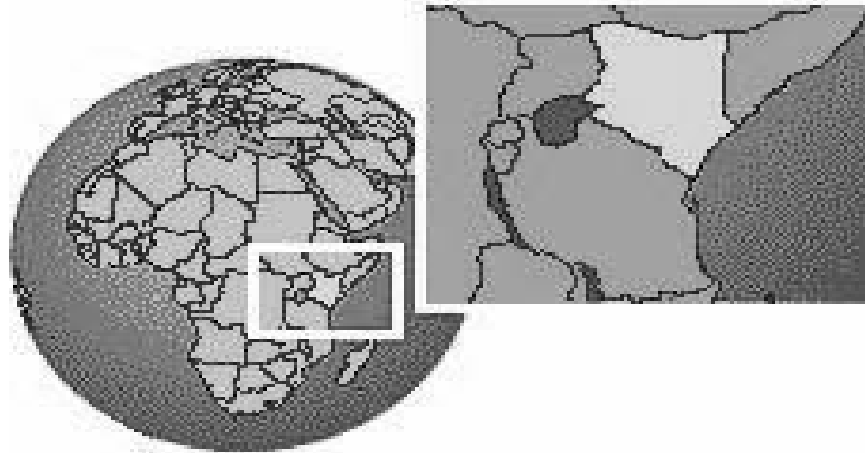
Source: www.worldatlas.com

Maps of Zimbabwe

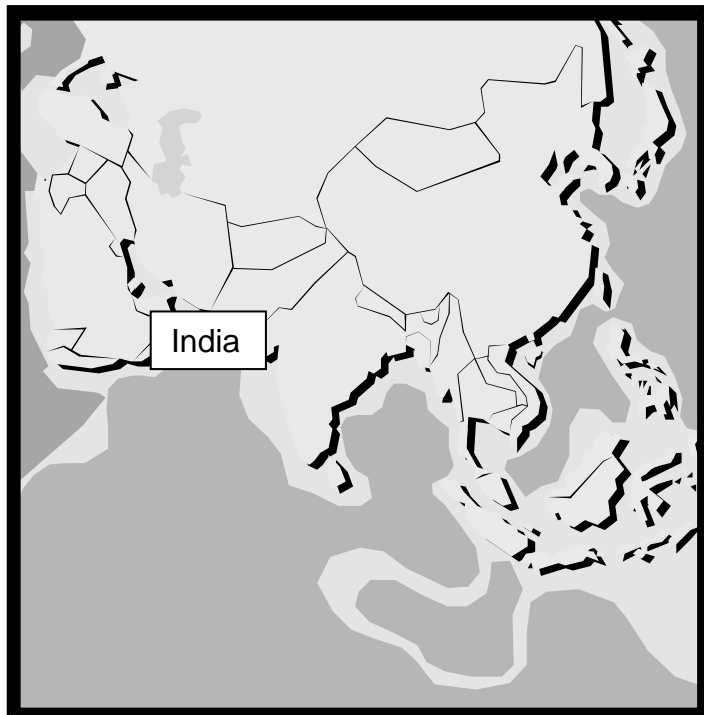
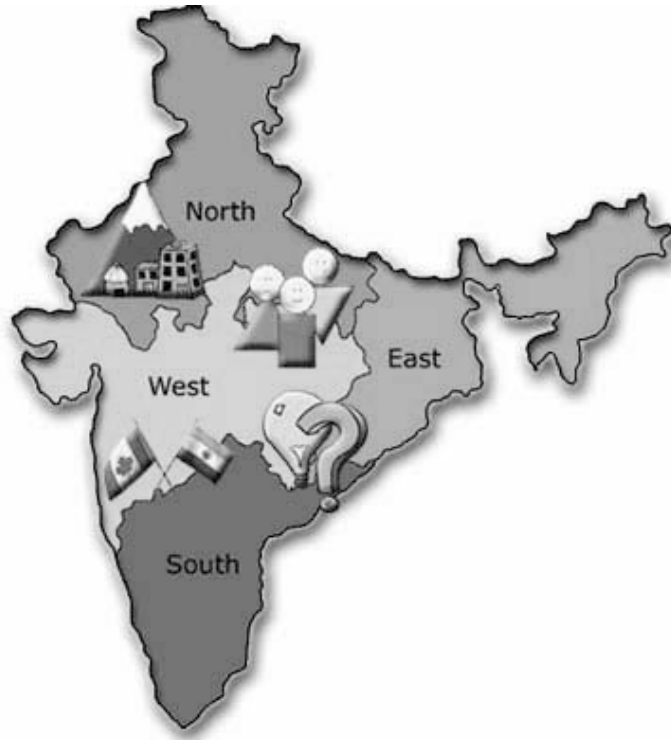


Source: www.worldatlas.com/webimage/countrys/africa/lqcolor/zwcolor.htm and www.worldatlas.com/webimage/countrys/africa/printpage/africa.htm (Retrieved August 20 2007)

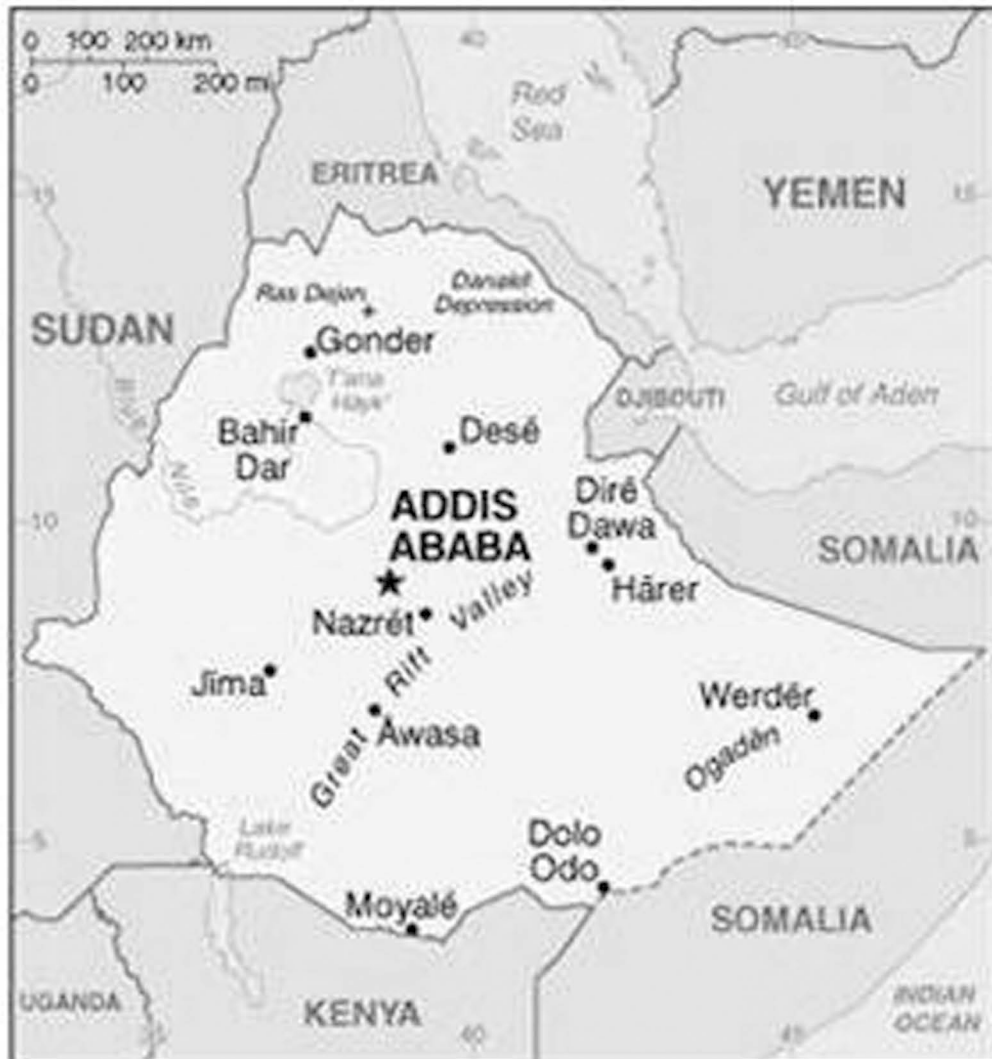
Maps of Kenya



Maps of India



MAP OF ETHIOPIA



Resources

Reference Books

Ghana, by Lucile Davis

Vietnam, by Judith Simpson, 2002

India, by Judith Simpson and Valerie Hill, 2002

Kenya, by Barbara Saffer, 2001

El Salvador, by Kathleen W. Deady, 2002

Ancient West African Kingdoms, by Mary Quigley, 2002

Time for Kids World Atlas, edited by Time Inc., 2007

National Geographic Countries of the World, (Various Countries), various authors

Fiction

If The World Were A Village: A Book About the World's People, by David Smith, 2002

Somewhere Today: A Book of Peace, by Shelley Moore Thomas, 2002

Off to the Sweet Shores of Africa: And other talking drum rhymes, by Uzo Unobagha, 2000

Web Sites

CHF www.chf-partners.ca

Gifts That Matter www.giftsthatmatter.ca

Canadian International Development Agency (See Teacher Zone) www.acdi-cida.gc.ca

Global Education Network www.global-ed.org

Introduction to Ghana www.geographia.com/ghana/

Kente Cloth www.nmafa.si.edu/exhibits/kente/design2.htm

Water Resources Commission of Ghana www.wrc-gh.org

BBC Ghana Profile

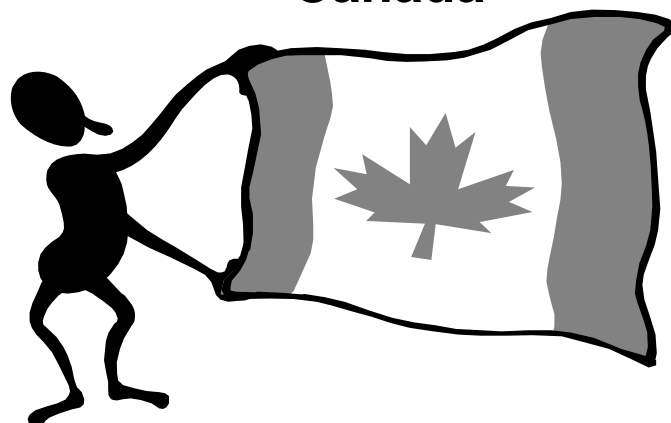
http://news.bbc.co.uk/1/hi/world/africa/country_profiles/1023355.stm

The Africa Guide Website www.africaguide.com

Ghana



Canada



Ghana

Canada

Capital	Accra	Ottawa
Area (Thousands of km ²)	239	9,985
Population (millions - 2007)	23.5	33.1
Population Density (per km ² - 2007)	98	3
Urban Population (% - 2007)	49	81
Ecological Footprint (global hectares per person - 2003)	1.0	7.6
Life Expectancy at birth (Age)		
1970	49	73
2006	59	80
Mortality rate under 5 years old (per 1,000)		
1970	183	23
2006	120	6
Adult Literacy (% 1995-2004)		
Total	58	99
Men	66	99
Women	50	99
Population using improved drinking water sources (% - 2004)		
Total	75	100
Urban	88	100
Rural	64	99

Interesting Facts about Ghana

Ghana is in **Western Africa**, between Cote d'Ivoire and Togo and borders the Gulf of Guinea in the Atlantic Ocean. **Area:** 239,460 square kilometres.

The **Ghanaian flag** has three equal horizontal bands of red (top), yellow, and green with a large black five-pointed star centered in the yellow band. The red represents the blood of Africans in their struggle, the gold, the mineral wealth of the earth, and the green, the vegetation. The black star represents the people.

National holiday: Independence Day, March 6 (1957)

Tropical climate: 2 seasons - wet and dry. The dry, dusty, Harmattan winds occur from January to March and bring frequent droughts. High humidity and rains are from July through August.

Landscape: Mostly low plains with a plateau in the south-central area. The highest point is Mount Afadjato (880m).

Waterways: Main rivers are the Volta, Ankobra, and Tano Rivers. Lake Volta is the world's largest artificial lake.

Natural resources: gold, timber, industrial diamonds, bauxite, manganese, fish, rubber, hydropower petroleum, silver, salt and limestone.

Agriculture products: cocoa, shea nuts, rice, coffee, cassava (tapioca), peanuts, corn, timber and bananas.

Population below poverty line: 31.4%

Ethnic groups: There are many ethnic groups in Ghana including: Akan 45.3%, Mole-Dagbon 15.2%, Ewe 11.7%, Ga-Dangme 7.3%, Guan 4%, Gurma 3.6%, Grusi 2.6%, Mande-Busanga 1%, other tribes 1.4%, other 7.8% (2000 census)

Languages: English (official) Asante 14.8%, Ewe 12.7%, Fante 9.9%, Boron (Brong) 4.6%, Dagomba 4.3%, Dangme 4.3%, Dagarte (Dagaba) 3.7%, Akyem 3.4%, Ga 3.4%, Akuapem 2.9%, other 36.1% (includes English) (2000 census)

Literacy (age 15 and over who can read and write – 2000 census):

Total: 57.9%

Males: 66.4%

Female: 49.8%

Religions: Christian 68.8% (Pentecostal/Charismatic 24.1%, Protestant 18.6%, Catholic 15.1%, other 11%), Muslim 15.9%, traditional 8.5%, other 0.7%, none 6.1% (2000 census)

Current environmental problems:

Recurrent droughts in the north severely affects agricultural activities

Deforestation and soil erosion

Overgrazing

Threats to wildlife from poaching and habitat destruction

Water pollution: supplies of potable water are inadequate

Cities:

Accra is the capital city. Although it was once a major center of the gold and slave trade through four different empires, its tree-lined streets give it the feeling of a comfortable town. The Makola Market is a good place to enjoy a typical West African market.

Kumasi was once the capital of the Ashanti empire, and is still the cultural center of the Ashanti people. The historic city was destroyed almost a century ago, but the modern city has a good cultural center and museum as well as the modern palace of the Asantehene.

Craft Villages: In the region surrounding Kumasi are four settlements known as the craft villages. Their citizens have been the royal artisans for the Asantehene for generations.

Bonwire is the capital of the Kente cloth.

Ntonso has the Adinkra cloth.

Ahwiaa has carved figures, including Ghana's traditional fertility doll.

Kurofuforum specializes in brass casting.

Mole National Park: has such game as elephants, various species of antelope, a large and diverse bird population, monkeys and crocodiles, and a small number of lions. Visitors can drive or walk throughout the park at very reasonable costs.

Coastal Forests:

During the gold, ivory, and slave trade, many colonial forts were built along the coastline. The forts at Dixcove, Elmina, Cape Cove, and Apam are open to the public to remind people of the horrors of slavery.

Edited from: <https://www.cia.gov/library/publications/the-world-factbook/geos/gh.html> and <http://www.ghanaweb.com/>

Favourite Food of Ghana

Fufu – a mixture of cassava and yams or plantain which is boiled and then pounded into a sticky dumpling. The dumpling is boiled and served with soup or stew.

Adua froi - black bean stew which contains vegetables, meat or fish

Groundnut stew – (peanut stew) which contains vegetables, meat or fish

Palm oil soup - which contains vegetables, meat or fish

Corn – roasted or boiled on the cob. Kernels can also be ground into flour and made into kenkey and banku dumplings

Kontumire - a green leafy vegetable similar to spinach. It is mixed with palm oil to make a stew and served with slices of boiled plantain.

Fried or boiled plantain (a type of banana)

Rice

Favourite Recipes from Ghana

Hot Plantain Crisps - a Snack or Appetizer

4 plantains (should be firm)
4 tsp lemon juice
1/4 tsp ground ginger
1/4 tsp cayenne pepper
Oil for frying

1. Cut plantain 1/2-inch thick.
2. Sprinkle lemon juice over the pieces, stirring to moisten.
3. In a separate bowl, combine the ginger and pepper.
4. Roll plantain pieces a few at a time in the spice mixture to coat surfaces.
5. Heat about 1/4 inch of oil in a heavy skillet until a test piece of plantain sputters, then transfer plantain slices to the skillet.
6. Fry until outsides are crisp and golden.
7. With a slotted spoon, remove plantains to paper towel. Serve hot.

Tatale (Ghanaian Plantain Cakes) - a Snack or Appetizer

2 over-ripe medium plantains (black and soft)
1 small onion, finely chopped or grated
25 to 50 g (1 to 2 oz) self-raising flour
5 ml (1 tsp) palm oil
Optional: salt and hot pepper to taste
oil, for frying

1. Peel and mash the plantains well.
2. Put into a bowl and add enough of the flour to bind.
3. Add the onion, palm oil, salt and pepper to taste.

4. Mix well and leave to stand for 20 minutes.
5. Fry in spoonfuls in a little hot oil until golden brown.
6. Drain on paper towel and serve hot.

Fufu

Note: Conventional West African fufu is made by boiling such starchy foods as cassava, yam, plantain or rice, then pounding them into a glutinous mass, usually in a giant, wooden mortar and pestle. This adaptation is not authentic, but is worth trying at least once with West African groundnut stews.

2 1/2 cups Bisquick
2 1/2 cups instant potato flakes
6 c. water

1. Bring 6 cups of water to a rapid boil in a large, heavy pot.
2. Combine the two ingredients and add to the water.
3. Stir constantly for 10-15 minutes. Use two people for best results: one to hold the pot while the other stirs vigorously with a thick wooden spoon. The mixture will become very thick and difficult to stir, but unless you are energetic, you'll get a lumpy mess.
4. When the fufu is ready (or you've stirred to the limits of your endurance!), dump about a cup of the mixture into a wet bowl and shake until it forms itself into a smooth ball.
5. Serve on a plate beside soup or stew.

Hkatenkwan (Groundnut Stew) - good served with Fufu, or dumpling

1 chicken, cut into pieces
1-inch piece of ginger
1/2 of a whole onion
2 tbsp tomato paste
1 tbsp peanut oil or other cooking oil
1 cup onion, well chopped
1 cup tomatoes, chopped
2/3 cup peanut butter
2 tsp salt
2 hot chillies, crushed, or 1 tsp cayenne pepper
1 medium-size eggplant, peeled and cubed
Optional - 2 cups fresh or frozen okra

1. Boil chicken with ginger and the onion half, in 2 cups water.
2. In a separate large pot, fry tomato paste in the oil over low heat for about 5 minutes.
3. Add chopped onions and tomatoes to the paste, stirring occasionally until the onions are clear.

4. Remove the partially-cooked chicken pieces and put them, along with about half the broth, in the large pot.
5. Add the peanut butter, salt and peppers.
6. Cook for 5 minutes before stirring in the eggplant and okra.
7. Continue cooking until the chicken and vegetables are tender. Add more broth as needed to maintain a thick, stew consistency.

Jollof Rice

2 1/2 to 3 lb chicken pieces
2 cans (16 oz each) stewed tomatoes
2 cups water
2 tsp salt
1/4 tsp pepper
1 cup uncooked regular rice
1/4 lb fully cooked smoked ham, cubed (3/4 cup)
1/4 tsp ground cinnamon
1/4 to 1/2 tsp ground red pepper (to taste)
3 cups coarsely shredded cabbage
8 oz green beans (fresh or 10 oz pkg frozen French-style green beans, thawed)
2 onions cut into 1/2-inch slices
1/2 tsp salt
Optional: a bunch of fresh thyme

1. Heat chicken, tomatoes (with liquid), water, 2 tsp salt and pepper to boiling in 5-quart Dutch oven
2. Reduce heat. Cover and simmer 30 minutes.
3. Remove chicken.
4. Stir in rice, ham, cinnamon and red pepper.
5. Add chicken, cabbage, green beans and onions. Sprinkle with 1/2 tsp salt and add thyme.
6. Heat to boiling
7. Reduce heat. Cover and simmer until thickest pieces of chicken are done, 20 to 30 minutes.

Edited from: http://www.sas.upenn.edu/African_Studies/Miscellany/Recipes_from_12913.html