

## Appendix 5.31

### Educational Textbook

Title: 'My Friend, the Marula': A learning support Material for Foundation Phase

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# My Friend, the Marula

A learning support Material for  
Foundation Phase

Initial Content Outline

February 2003

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## **Section 1.**

### **Publication details**

#### **A note on Winners and Losers?**

#### **Logos, etc.**

#### **A note to Foundation Phase teachers**

What's in this book

    Contents

    Notes on literacy, numeracy and life skills

Why use this book

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## **Section 2.**

### **Meet my friend, the Marula**

Riranzo is a little girl who lives in \* \*. She is just eight years old, and looks very like ...you! (pick a girl in your class). She lives with her aunty and uncle. Her mother works in Nelspruit, and her father is dead. She tries hard to be good, but sometimes forgets to! In the house where she lives, she has many chores. She helps to fetch the water, and to keep the homestead clean; she feeds her aunty's chickens, and she helps to look after the baby. All this work keeps her very busy, but at least once a day, she makes time to visit her best friend: a beautiful, tall and shady marula tree that grows in the field next to her homestead.

Look, Riranzo is going to visit her friend now. Let's go with her, and meet the marula tree.

Box.

The Marula tree has many names:

Tsonga. nkanyi

English: marula

Zulu: umganu

### **Exploring prior knowledge. ..**

Are there any marula trees that grow near our school?

Who in the class has ever eaten marula fruit? Marula nuts? Marula oil?

Do the learners have anything they can tell you about marulas in their lives?

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### **Section 3.**

#### **Getting to know the Marula**

Look, here is the marula tree! See how beautiful her leaves are? And how they dance in the wind? Who in this class can describe how a marula tree looks? Does the way it looks change over a year?

Let's look more closely at Riranzo's friend the marula. Perhaps it will help us to get to know our own trees better.

Most marula trees are either male trees or female trees. How can we tell the difference? Look closely at the flowers that appear from August to December. The flowers that grow on male trees are usually longer than those on female trees. Male flowers are between 5 and 8 cm long (how long is this? Can you find it on a ruler? Female flowers are usually just 3cm long. Only female trees have fruit

*PICS: flowers and fruit*

Riranzo's friend is a female tree.

What else is Riranzo's friend wearing? Let's look at her bark.

*Pic*

See how it peels off her trunk leaving smooth, pinky-brown patches?

Let's look at her leaves. You will only find leaves on a marula tree between October and May. Riranzo's friend drops her leaves every winter so she can grow a new outfit for spring. How many leaflets grow on each twig on a marula tree? Usually it is seven or nine, and always an odd number. They grow in pairs, with a single leaf at the tip of the twig. Can you see the picture your teacher has drawn on the blackboard? Can you count the number of leaflets on the twig?

*Pic*

(Bark rubbing, leaf rubbing, marula year calendar for the classroom)

#### **What happens to trees in a year?**

Trees have leaves, flowers and fruit or seeds, but not all at the same time! When does the marula tree have each of these? Draw up a chart like the one below for your classroom wall, and mark on it when your friend the marula grows its leaves, has flowers, and has fruits. Check your tree every month for one year to complete your chart.

## **Section 4.**

### **Marula fruit is good for you**

Riranzo was hot, and tired, and thirsty, and hungry, and grumpy. She had been helping her Aunty work in her field, pulling up weeds around the crops. She sat down with a sigh in the cool shade of her friend the marula tree. A little breeze rustled through the marula leaves... "Riranzo, look around you... " the leaves seemed to be saying. .."you are hungry, eat my fruit. ."

Riranzo looked around, here, there and everywhere under her tree were round yellow marula fruit. Looking up, Riranzo could see many green fruit still on the tree. She picked up a fruit from near her feet and bit into it. Inside the tough skin, the fruit was sweet and sour at the same time. Delicious! Riranzo picked up another fruit, and another. ..soon she was no longer hungry or thirsty. Thank you, dear Marula, she whispered, as she leaned against the trunk of her friend.

### **A marula song**

Marula fruit is quite a treat.  
I like the way it tastes..so sweet!  
The fruit is full of vitamin C,  
Which is very good for me.

Marula nuts have protein, so  
I eat them too to help me grow.  
Thank yuo, dear marula tree  
For growing such good food for me!

(Shapes, colours, nutrition (vitamins, fruit and veg, etc.)

## **Section 5.**

### **Riranzo meets a drunkard**

Riranzo was relaxing in the shade of her marula tree, when she saw Baba Busani approaching her, walking in a very funny way. He was staggering from side to side, and nearly fell over a small rock as he passed it. He was talking in a very loud and funny voice. Riranzo was not sure she liked this. She had seen one of her uncle's friends like this, and had heard that he sometimes hit his children and his wife. Riranzo slowly moved around the trunk of her marula tree. When she was out of Baba Busani's sight, she hitched up her skirt and ran as fast as she could to Mama Dineo's house. Mama Dineo was busy brewing marula beer when Riranzo arrived. She was peeling marula fruits and squeezing them into a bucket.

### **Making Dzova**

You can make your own delicious marula soft drink in marula season! If you drink it the same day you make it, it will contain no alcohol.

- 1 Collect up some sweet marula fruits
- 2 Split and remove the thick skin (ask your teacher to help')
- 3 Squeeze the peeled fruit over a bucket
- 4 When you have collected enough fresh juice, drink and enjoy!

If you like, you can mix the Dzova with some lemon twist.

## **Section 6.**

### **More food from marulas**

Riranzo was visiting Mama Dineo again. Mama Dineo was stirring a big pot full of something that smelled sweet and delicious over a fire in her garden. "What are you making, Mama?" asked Riranzo. Child, today I am making jam, answered Mama D I have been to collect up some fruits from your friend

Jam

Kernels/nuts/ oil

### **Further Sections**

Doctor Marula

sore stomach

Plant your own

woodcutter

Literacy

Numeracy