

# Introduction

History is the living record of the human race—exciting as it is varied. *The Time Traveller Series* will aid you as you teach the colorful history of ancient civilizations to your children and explore such topics as the development of language, early government, ancient cultures and art forms, scientific discoveries, and the historic personalities who helped shape our own present-day culture.

After each topic is presented, activity pages are provided for your children to implement suggested vocabulary, conduct further research, and provide creative answers/solutions to historical situations. Fun reproducible pages are also included to review the historical and cultural facts studied on the preceding pages.

Each book contains the following:

- topic information pages
- research/ activity pages (including maps, charts, research topics, and creative thinking activities)
- reproducible activity pages

*The Time Traveller Series* was created to spark the intrigue of your children and lay a foundation for enjoyable history instruction and learning. Have fun!

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# The History of Kenya

*"Now that we have uhuru, the next thing is to build a nation."  
Jomo Kenyatta*



Scientists have found fossils of early humans throughout the Great Rift area of Kenya. It is now accepted that humans lived in East Africa as long as two million years ago.

About 3,000 years ago, a large number of Africans migrated to the rich farmlands around present-day Kenya. Some of these immigrants spoke the Bantu language. In addition to the Bantus, Kenya became home to the Nilotic people who came from southern Egypt and the Cushitic people from northern Africa and the eastern coast. The migration of these groups explains the diversity in Kenya today.

Traders brought the Islamic religion to the area. When Mohammed died in A.D. 632, there was fighting in Asia among people who could not agree on how to follow his teachings. Many of them left the area because of the wars and settled the Kenyan coast.

European missionaries began exploring Kenya's interior about 1850. This began a period when European countries competed for African territory. The British wanted to make East Africa part of their empire, but that did not please most of the local people. Each of the tribes had its own chief, and none wanted to surrender their territories to Europeans.

European nations divided Africa at the Berlin Conference in 1884. Great Britain, France, Germany, and Belgium claimed land and made rules for the colonizing of Africa. Uganda and Kenya were called British East Africa. Black Africans resisted colonization and for many years there were wars on the continent. Lives were lost on both sides, but African spears could not beat European guns. Kenya remained under British control. Half of the valuable farmland was given to white South African and British settlers. Black people had no political power and were treated badly.

Britain made Kenya part of the British Empire after World War I. Black people who had been forced off their farmland moved to the cities. Life was difficult because of high taxes, low wages, and the control of the British government. Blacks were still unhappy and they wanted the right to vote.

In the early 1950s, a group of Kenyans called Mau Mau tried to reclaim the land. It took ten years of violence for Kenya to win its independence. Today the government is run by a president, cabinet, and parliament. Jomo Kenyatta was Kenya's first president.

Kenya's day of independence came on December 12, 1963. People ran through the streets shouting, "Uhuru! Uhuru!" (*Uhuru* is the Swahili word for freedom.) President Kenyatta worked to bring all the citizens together. He tried to be sure that people from every culture group took part in the government. The word *harambee* (pulling together) became his motto. Kenyatta worked to unite people of different cultural backgrounds and to develop a feeling of national pride. He believed in an independent Kenya.

Daniel T. arap Moi became president of Kenya in 1978. He has continued Jomo Kenyatta's plan for the country. By 1980, Kenya was a growing, prosperous African state. It has modern mail, banking, and transportation systems. National health care and free primary schools are available to all people.



# A Taste of Kenya

Kenyans eat sweet, milky tea and bread for breakfast. Lunch and dinner might include *ugali*, vegetable side dishes, and roast meat or stew.

*Ugali* is a stiff cornmeal porridge. It is the basic food of the Kenyan diet. *Ugali* is poured onto a single plate and everyone eats it with their hands.

## Ugali

- 1 cup cold water
- 1 cup yellow cornmeal
- 1 teaspoon salt
- 3 cups boiling water

Mix the cold water, cornmeal, and salt in a saucepan. Bring it to a boil over high heat and add the 3 cups of boiling water. Mix until smooth. There should be no lumps. Allow to simmer about 10 minutes over medium heat. Stir frequently to prevent sticking. Serve in individual bowls with sugar syrup or butter.



*Sukuma Wiki* is a popular vegetable dish. It may be made with collard greens, potato leaves, or spinach. The name means “stretch the week” because it is an inexpensive meal.



## Sukuma Wiki

- 6 cups kale
- 3 tablespoons vegetable oil
- 1 chopped onion
- 1 cup chopped tomatoes
- ½ cup water
- salt and pepper to taste

Heat the vegetable oil in a heavy skillet. Cook the onion. Add the kale, tomatoes, and water. Cover and cook over low heat until the greens (kale) are softened. Add salt and pepper to taste. Serve with *ugali*.

