

## Teacher, scholar, and food lover

**Fran Osseo-Asare**, MSW, PhD., is an internationally recognized authority on African food and culture, a sociologist, an award-winning instructional designer, founder in 1997 of BETUMI, the African Culinary Network, member of the International Association of Culinary Professionals, and author of four books. A popular presenter and teacher, she has: written for *Gastronomica* and *Sojourners* magazines; taught and lectured widely throughout the U.S. (e.g., at Rodale's test kitchens in Pennsylvania, Epicure Row at the Miami Book Fair, the Culinary Historians of New York, and as a rostered writer with the Pennsylvania Council of the Arts). In 2007 she was selected as a TED FELLOW to attend TEDGLOBAL: Africa--The Next Chapter, in Tanzania. Her blog on African cuisine was selected by University Review Online in February 2009 as one of the "Top 50 Blogs for Studying Africa."

BETUMI  
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USA  
*Address Correction Required*

## Make African Food and Culture Come Alive

BETUMI



[www.betumi.com](http://www.betumi.com)  
[www.betumi.com/blog.html](http://www.betumi.com/blog.html)

*Workshops and presentations  
for  
Schools,  
Community Groups,  
Culinary Professionals*

2009-10

# Welcome to an award-winning resource on Africa



For over 25 years, Fran Osseo-Asare has made African food and culture accessible and exciting to Americans, both as a writer and teacher.

She offers customized group or classroom presentations including cultural diversity training or professional development workshops and cooking classes for all levels of experience, including culinary professionals.

NOTE: **BETUMI** is an Akan word meaning, basically, "can do." It is a kind of power that is the "concentration of ability." BETUMI's blue logo is an adinkra symbol that represents Ananse's web. Ananse is the wily spider in West African folklore who is a distant relative of Brer Rabbit.

## Workshops/Presentations

Some of Fran's popular presentations are listed below:

**I. From 'Yuk' to 'Yum': discovering African food.** 45-minute classroom presentation and demonstration (all ages, especially K-middle school age). Requires no special equipment.

**II. Ghana's Food and Foodways:** An illustrated presentation providing a deeper look at the food and culture of one important West African country, including demonstration of cooking equipment and tools. Middle school and up. No special equipment required. Can include tastings if desired.

**III. A Taste of Africa:** 45-minute cooking class. Can be tailored to a specific region, including North, West, East, South, or Central Africa. Some space and equipment requirements. Can also be combined into several sessions for a more detailed look at regional cooking and culture of Africa. Can also be paired with a lecture and a cooking class. All ages.

**IV. A Culinary Tour of Africa:** professional development workshop tailored to teachers or culinary professionals. For teachers K-12, includes information on activities to strengthen Africa course units and resources; for culinary professionals, provides context information (historical, geographical, cultural) as well as information on specialized ingredients and sources, cooking techniques, preparation and presentation.

**V. Luncheon and presentation:** A hands-on approach to working together to prepare an authentic African meal, followed by a lecture on topics from women in African development to food and national identity to a simple introduction to African cuisine and culture.

## Interested?

If you would like more information or to schedule a workshop or presentation for your church, club, youth group, school, professional staff or other organization, fill out the form and mail or fax it to the address or number listed below. Or, if you wish, call, or send an e-mail to [fran@betumi.com](mailto:fran@betumi.com) with your name, e-mail address, and other contact information.

Name:

Organization:

e-mail:

telephone:

address:

workshop/presentation interest:



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