

Choose your own adventure!



Guinea Ecuatorial



¡Elige tu propia aventura!

Dessert for breakfast?

Have you ever eaten dessert for breakfast? Well, in *Guinea Ecuatorial* people do that on a daily basis!

A sweet baked dish of bananas and coconut, a drizzle of honey and some cinnamon called *akwadu* is very popular in this country.

Sometimes served as a dessert in restaurants, *akwadu* is delicious and warm, and its ingredients are readily available in the island of Boiko.

Find the recipe on our home learning page.

Observe, then dance!

Traditional dancing in *Guinea Ecuatorial* is worth having a try at! Observe the video on the website, then have a go. Could someone in your home play along to the drum beat? Does anyone have a whistle? Enjoy!

Money, money, money!

Although visiting *Guinea Ecuatorial* is expensive, the moment you arrive you'd think you were rich.

\$1 AUD = 7155 GNF

One Australian dollar equals the same as seven thousand, one hundred and fifty five Guinean Franks! How much would \$5 be?

Mangrove Exploring

Mangrove forests surround the coast of *Guinea Ecuatorial*. These amazing plants grow where fresh water rivers come out to sea. It is very important that these resilient plants are protected as they are home to many different creatures and form part of the local eco systems.

On our website this week, you can explore more about mangroves by watching a great video about the importance of caring for mangrove forests or play an online game, where you must think about all of the plants and creatures that cohabit in mangrove forests.

Better still, spend some time in nature in our beautiful local area— walk along the bridge at Screw Creek and observe the wildlife that lives there. Can you spot the mangroves there? What animals do you notice? Can you see the long roots on the plants? Imagine these types of plants reaching out into the warm waters surrounding *Guinea Ecuatorial*.

Passports please!

Maestra is very keen to see what adventures you have chosen during remote learning. Remember that you can upload files via the website, or add it on too SeeSaw. Happy travels!