

LIFE AT SANTASI SCHOOL

When I come to school in the morning, I go and collect my class keys from the person who keeps the keys. Then I will open the door, after that I sweep my classroom and arrange the desks. When I finish my classroom work, then I will go to my section and work on my plot.



If I finish my section work, then I will have my silence hour at 7:30am to 8:00am, during the silent hour I take my book and read. After the silent hour they ring the bell for assembly. At the assembly we pray the Lord's Prayer and recite the national pledge, after that the headmaster will come and give us some announcement. After the announcement we sing a matching song and march to our classroom.



In the classroom teachers mark registers before classes starts, thus the lesson. After second period, I will go to the first break at 10:30 to 10:45 during the first break. I go to the canteen and buy my food; Kenkey and fish. After that I will go to my class to take the 3rd and 4th period, I will have to go to the 2nd break at 12:15 to 12:45, during the 2nd break, I will go and collect my lunch the I will play. After the 2nd break, I will go to my class till 1:45 and then have my extra classes from 1:45 to 2:30 before school closes at 2:30

By Ntiamaoh Henry

BS 4.

LOCAL FOODS (TATALE)

INGREDIENTS

4 Over ripe plantain fingers

1 full teaspoon milled pepper

1 full teaspoon ground onion

50g palm oil

75g flour (hard)

Salt to taste

METHOD

- Pound ripe plantain in the mortar.
- Grind onion and pepper and mix with the pounded plantain.
- Add the flour and salt to taste.
- Put a little palm oil on fire in a frying pan till hot.
- Using a ladle, fetch the plantain mixture into the hot oil in bits.
- Keep turning to prevent them from burning.

Continue turning until well cooked and serve with boiled beans.

GINGER DRINK

INGREDIENTS

250 Ginger

2 Bottles of water

Sugar to taste

METHODS

- Peel and grind ginger.
- Add water, mix and strain.
- Add sugar, chill and serve.

SOME SPERIAL FRUIT AND VEGETABLES

CABBAGE

Cabbage contains vitamins A,B C, E and K. It also contains various minerals and trace element. Cabbage prevents cancer, kill bacterial and protect the body in various other ways. It can be taken raw in salads or added to stew.

AVOCADO

The Avocado is very rich in Vitamins E and B, Iron and other Minerals. It is good for the skin and promotes reproductive functions. It also protects against cancer and cellular ageing

Euramma Akuffo Addo

THE NATIONAL PLEDGE

I promise on my honour

To be faithful and loyal

To Ghana my motherland.

I pledge myself to the service of Ghana

With all my strength and with all my heart.

I promise to hold in high esteem

Our heritage won for us,

Through the blood and toil of our fathers

And I pledge myself in all things, to uphold and defend

The good name of Ghana,

So help me God.

BY

Class 4 Pupils

