

Mix a roti

Mix a roti
Roll a roti
Pop it in the pan.
Fry the roti
Toss the roti
Catch it if you can.





About the rhyme

This South African version of the well-known rhyme 'Mix a pancake' describes the process of making rotis – the round flatbread made from flour and eaten with curry.

Activities

- Say the rhyme and do the actions. Pretend to: make dough with your hands (Mix a roti), roll the dough with a rolling pin (Roll a roti), put the flat roti into a frying pan (Pop it in the pan), hold the frying pan (Fry the roti), toss the roti up into the air still holding the pan (Toss the roti), catch it with the pan (Catch it if you can).
- Pretend to make rotis or pancakes using playdough.
- What would happen if you tossed up a roti (or pancake) and didn't catch it? Make up a story about what could happen and tell it to your children!

