



BLACK HISTORY FACTS

FAMOUS INDIVIDUALS & FOOD

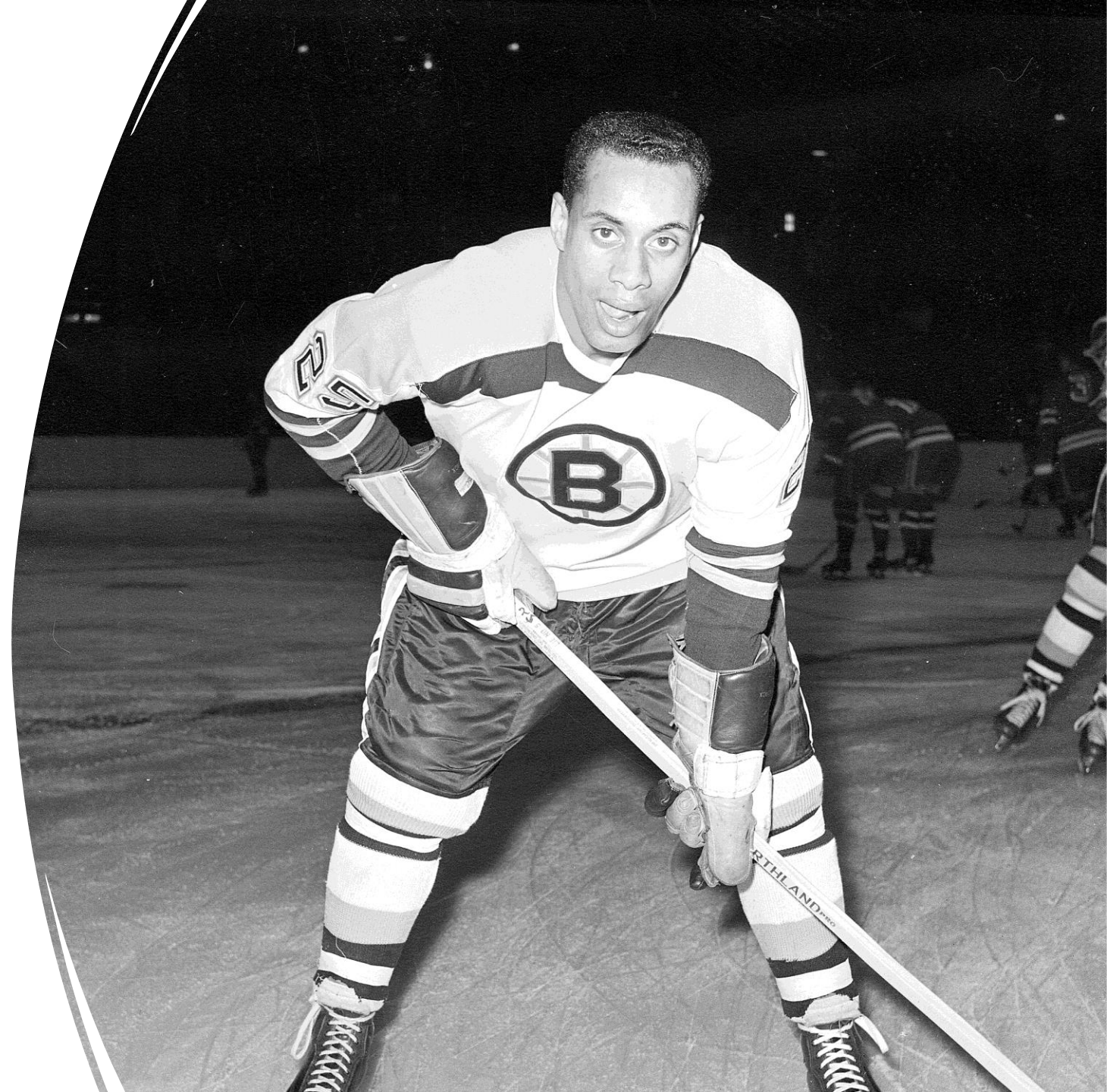
Toussaint Louverture

- A Haitian general and leader of the Haitian Revolution.
- During his life, Louverture first fought against the French, then for them, and then finally against France again for the cause of Haitian independence.



Wille O'Ree

- Born October 15, 1935
- Former Canadian professional ice hockey player
- Best known for being the first black player in the NHL



Mary Anne Shadd

- American born educator, publisher, and abolitionist
- Migrated to Canada after the passage of the "Fugitive Slave Act of 1850"
- First Black female newspaper publisher in North America and the first woman publisher in Canada.
- Founded The Provincial Freeman in Canada in 1853 in which she advocated for equality, integration and self-education for black people in Canada and the US





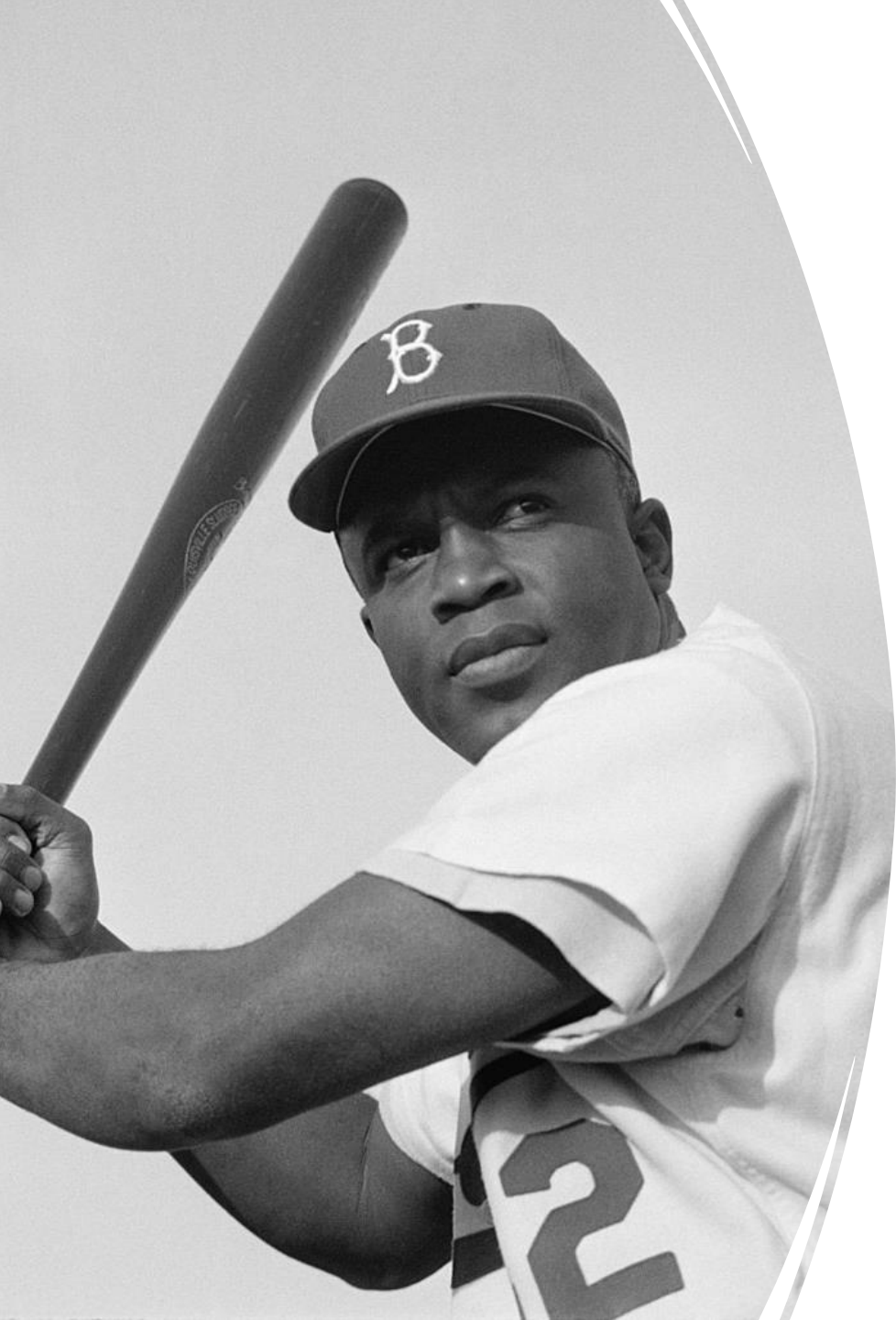
Viola Desmond

- Born on July 6, 1914
- Was a Canadian civil and women's rights activist and businesswoman of Black Nova Scotian descent
- In 1946, she challenged racial segregation at a cinema in New Glasgow, Nova Scotia, by refusing to leave a whites-only area of the Roseland Theatre
- Can be found on the Canadian \$10 bill

Lincoln Alexander

- Lincoln Alexander was a **leading figure in the fight for racial equity in Canada.** In provincial, federal, public and private roles, he consistently advocated for the equal treatment of black Canadians.





Jackie Robinson

- The first African-American player in the 20th century to take the field in the American or National baseball League.
- Robinson was inducted into the Major League Baseball Hall of Fame in 1962, his first year on the ballot.
- Robinson participated in the March on Washington in 1963, at which Martin Luther King Jr. delivered his “I Have a Dream” speech

Jollof Rice

- Jollof (/dʒə'loʊf/), or jollof rice, is a **rice dish from West Africa**. The dish is typically made with long-grain rice, tomatoes, onions, spices, vegetables and meat in a single pot, although its ingredients and preparation methods vary across different regions.





Dabo Kolo

- Snack popular in Ethiopia, Eritrea & Democratic Republic of the Congo
- Made from Flour, Sugar, Salt, Water, Butter, and Berberé spices*
- Prepared by frying small pieces of dough cut from rolls.

*A spice mixture which usually includes chili peppers, coriander, garlic, ginger, Ethiopian holy basil (besobela) seeds, korarima, rue, ajwain or radhuni, nigella, and fenugreek.

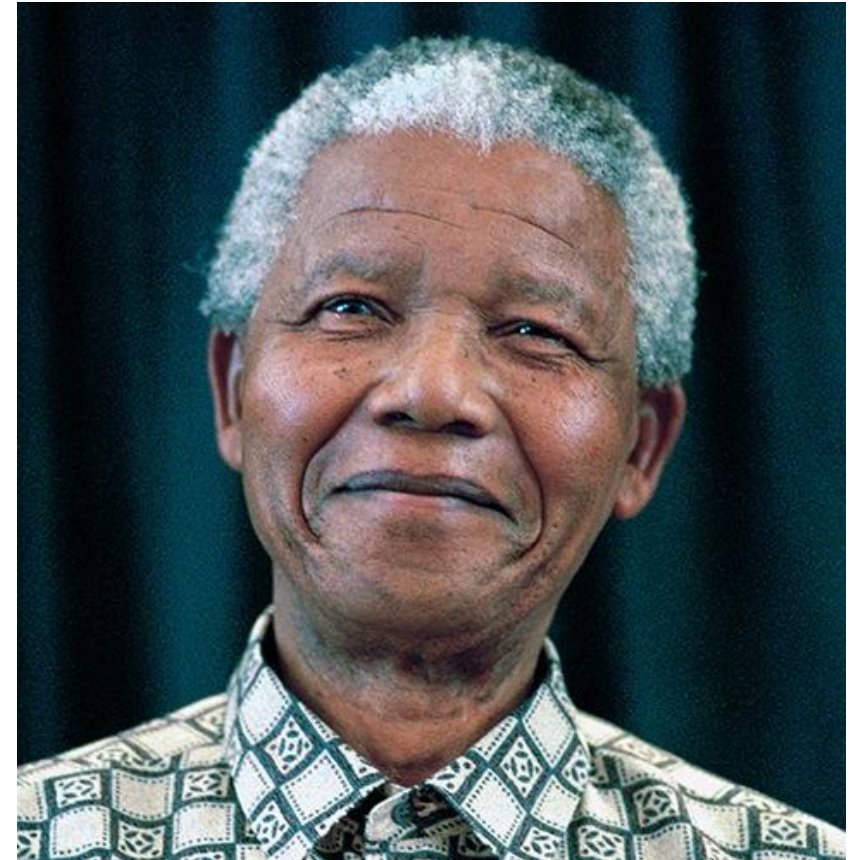
Oil Down

- National dish of Grenada
- Made with coconut milk, curry, and ground provision like yam, green banana and vegetables



Nelson Mandela

- Born 18 July 1918
- He was a South African anti-apartheid activist and politician who served as the first president of South Africa from 1994 to 1999.
- He was the country's first black head of state and the first elected in a fully representative democratic election.
- Mandela spent 18 of 27 years of imprisonment there, held with the other political prisoners who were kept in a separate section.
- He died December 5, 2013



Bessie Coleman

- The first African-American woman to hold a pilot licence
- She Studied To Be A Manicurist At First.
- American Flight Schools Didn't Accept Her.
- She Was Known For Performing Tricks.
- Survived A Plane Crash Before the Fatal Accident.



Maya Angelou

- Marguerite Anne Johnson, or better known as Maya Angelou, is a **renowned poet and activist**. She authored seven autobiographies and other literary pieces. Aside from being skilled in writing, she was also known in the field of performing arts for her skills in dancing, singing, acting, and directing



Martin Luther King Jr

- Born Michael King Jr January 15, 1929
- American Baptist minister and activist, one of the most prominent leaders in the civil rights movement from 1955 to late 1960s
- Best known for his "I Have A Dream" Speech
- Assassinated in 1968



Marcus Garvey

- Marcus Garvey organized the United States' first Black nationalist movement.
- Marcus Garvey left his native Jamaica for the United States in 1916.
- Marcus Garvey's style of Black nationalism clashed with that of the 1920s Black establishment, notably with W.E.B.



Ackee and Salt Fish

- The national dish of Jamaica
- Saltfish is the Jamaican term for salt cod, a product produced in the North Atlantic, but originally imported to Jamaica by plantation owners as an inexpensive way to feed their slaves



Fufu

- Fufu is often dipped into sauces or eaten with stews of meat, fish, or vegetables. **The dish reportedly originated in Ghana, where it is a staple.** It is prepared in various ways. In Sierra Leone, for example, fufu is often made with fermented cassava.



Usain Bolt

- Has the 100m and 200 m world record times of 9.58s and 19.19s respectively.
- He ran his 100-meter record in 2008 with his shoe untied.
- He can run as fast as 23.7 miles per hour.
- He claims to have eaten McDonald's chicken nuggets before winning gold at the 2008 Olympics.
- He has scoliosis but never let it affect his running.



Hattie McDaniel

- Singer & Actress born in Wichita, Kansas
- Became the first African American to win an Academy Award in 1940
- Won an Academy Award for best supporting actress for her role in the 1939 film "Gone with the wind"



Buss Up Shut

- Popular Trinidadian dish, named after its resemblance to a tattered and torn shirt.
- a layered, tender and buttery Roti which is shattered or beaten to pieces, while still on the griddle or immediately after it is cooked.
- Usually paired with curried goat, chickpeas, curried chicken, etc.



Kwame Nkrumah

- Born 21 September 1909
- Was a Ghanaian politician, political theorist, and revolutionary.
- He was the first Prime Minister and President of Ghana, having led the Gold Coast to independence from Britain in 1957.
- An influential advocate of Pan-Africanism, he was a founding member of the Organization of African Unity and winner of the Lenin Peace Prize from the Soviet Union in 1962.



Bob Marley

- Jamaican musician born on February 6, 1945
- Music discography includes : "One Love", "Redemption Song" & "Buffalo Soldier"
- Considered to be one of the pioneers of Reggae





NASA Launch Team "Hidden Figures"

"Hidden Figures" focuses on three women, **Mary Jackson, Katherine Johnson and Dorothy Vaughan** and their contributions to NASA's advancement in space exploration, while simultaneously fighting for human rights.



Garrett Morgan

- Invented the Three-Light Traffic Signal in 1923
- Son of an enslaved parent
- Only had an elementary school education

Jennifer Hosten

- Jennifer Hosten is a Grenadian radio announcer, development worker, diplomat, author, model and beauty queen
- Won the Miss World 1970 contest becoming the first Black woman ever to be crowned with the title since its inception in 1951.





Jessie Owens

- James Cleveland "Jesse" Owens was an American track and field athlete who won four gold medals at the 1936 Olympic Games.
- Specialized in the short sprints and the Long jump
- Was recognized in his lifetime as "perhaps the greatest and most famous athlete in track and field history by the NY Times



Ray Charles

- Ray Charles Robinson Sr. was an American singer, songwriter, pianist and alto saxophonist.
- Regarded as one of the most iconic and influential singers in history, and was often referred to by contemporaries as "The Genius".

Roxane Gay

- Roxane Gay is an American writer, professor, editor, and social commentator.
- Gay is the author of The New York Times best-selling essay collection *Bad Feminist*, as well as the short story collection *Ayiti*, the novel *An Untamed State*, the short story collection *Difficult Women*, and the memoir *Hunger*.
- Gay was announced as one of the writers for Marvel Comics "World of Wakanda" a spin-off from the Black Panther franchise, making her one of the first black women to be lead writers for Marvel.



Pelé

- Born Edson Arantes do Nascimento, better known by his nickname Pelé, was a Brazilian professional footballer who played as a forward.
- Regarded as one of the greatest players of all time and labelled "the greatest" by FIFA, he was among the most successful and popular sports figures of the 20th century.
- Pelé is the joint-top goalscorer for Brazil with 77 goals in 92 games.

