

**Swahili transcript:**

Happy: Na sasa ni wakati ule wa kula ugali pamoja na mchuzi wetu.

Upendo: Na nyama (kicheko)

Happy: Kwa kitanzania, mara nyingi huwa tunakula pamoja, tuna-share sahani moja, na mara nyingine tunaweza kutumia bakuli moja. Lakini sisi tumeamua kutumia kila mtu bakuli lake na kujipakulia. Kwa hiyo, tutakula kwa kutumia sahani moja, kila mtu na bakuli lake. Na labda Upendo sasa upakue na wewe mboga yako.

Upendo: Asante. Oooh! Nyama imenona kweli.

Happy: (kicheko).

Upendo: Na ninapenda sana nyama.

Happy: Mmmh?

Upendo: Yaah! napenda sana nyama. Haya tuweke hapo pembeni. Kitanzania...

Happy: Lazima kwanza kusali.

Upendo: Eeehe! Lazima kwanza kusali, tunaomba Mungu akabariki chakula chetu. Haya Happy ombea chakula.

Happy: Tuombe. Njoo Bwana Yesu, uwe mgeni wetu, ubariki riziki hii, tupate nguvu ya kukutumikia vyema, amen!

Upendo: Amen! Haya sawa,

Happy: Hatua inayofuata ni kula ugali.

Upendo: Ni kula ugali. Kwa hiyo, ugali tunakula namna hii. Tunakata kidogo,

Happy: Tunaviringisha..

Upendo: Tonge, tunaita tonge (kicheko) tonge la ugali.

Happy : Halafu, tonge unalitengeneza hapa kidogo

Upendo: Tunaita kishimo.

Happy: Kishimo cha kuwekea mboga.

Upendo: Mchuzi(kicheko).

Happy: Halafu, tunafanya hivi...tunakula...

Upendo: Mmmh! Chakula kitamu sana. Kwa hiyo, tunaweza tukatumia ugali kula pamoja na nyama, au maharage, au mboga za majani, samaki, na kitoweo chochote ambacho mtu anapenda. Kwa hiyo hiki ndicho chakula chetu maalum kwa nchi ya Tanzania; kwa watanania walio wengi, ugali ni chakula maalum.

Happy: Hasa hasa kwa wakati wa mchana.

Upendo: Wakati wa mchana, ndio.

Happy: Usiku watoto hawapendi kula ugali, ukiwapa ugali wanaona unawatesa sana. Kwa hiyo, mara nyingi wanakula mchana.

Upendo: Na usiku, mara nyingi wengi wanakula wali, wanakula labda ndizi, au viazi.

**English translation:**

Happy: It is time to eat ugali with sauce.

Upendo: And meat (laughter).

Happy: Traditionally we eat together. We share one plate of ugali and one bowl of a side dish eaten with the main dish. But for us today, we will eat separately. Upendo, you may start serving your food.

Upendo: Thanks. The meat looks great! I love meat so much.

Happy: (laughter) Okay. It is our tradition for us Christians to pray before we start eating.

Upendo: Yeah. We pray that God will bless our food. Happy, can you pray?

Happy: Let's pray: "Welcome Lord Jesus. Be our guest, bless this food so that when we eat, we get strength and serve you wholeheartedly. Amen."

Upendo: Now we are going to eat *ugali*. We eat ugali like this: We take a little ball of *ugali*.

Happy: We roll it over.

Upendo: We call it *tonge la ugali* (laughter).

Happy: Then we make a small pit for the sauce (laughter); then we eat it.

Upendo: The food is so delicious. We can eat *ugali* with meat, or beans, or vegetables, or fish, or any other side dish eaten with a main dish which some people prefer. *Ugali* is the main dish for many Tanzanians.

Happy: Especially in the afternoons.

Upendo: Yes, in the afternoon

Happy: Children do not like to eat *ugali* at dinner. If you give them *ugali* as their dinner meal, they feel like you don't wish them well. Most of the time, we eat *ugali* as a lunch meal.

Upendo: At dinner time, many people prefer to eat cooked rice, cooked bananas or potatoes.

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