

Swahili transcript:

Kuhusu chakula, Tanzania tuna makabila yasiyopungua mia moja na ishirini, na kila kabila kuna aina ya chakula ambacho wanapendelea. Kwa mfano kabila la wahaya, wao kuna chakula ambacho wanakipendelea sana, nacho ni ndizi, ni mchanganyiko wa ndizi pamoja na maharage, wanapendelea sana hicho chakula, pamoja wengine pia wanachanganya na samaki au nyama, kwa hiyo ni chakula ambacho kabila la wahaya wanakipenda sana. Na ukikaribishwa katika nyumba ya mhaya, pia ni desturi zao kukuletea na kahawa ambazo zimekaangwa, au chakula kingine ambacho wanakipendelea kinaitwa senene. Kwa hiyo ukienda katika kabila la wahaya, tegemea kupata senene, tegemea pia kupata kahawa ambazo zimekaangwa pamoja na chakula hiki cha ndizi, mara nyingi watazania tunaita ndizi Bukoba kwa sababu zimetokea mkoa wa Kagera ambako ndiko wahaya wako, na ni chakula ambacho wao wanakipendelea sana. Tukija katika kabila la wachaga, pia nao wana chakula ambacho wanakipendelea, kinaitwa macharari. Ni chakula ambacho ni maarufu sana kwa wachaga wengi katika mkoa wa Kilimanjaro na ni chakula ambacho kinapendwa na jamii hiyo ya kabila la wachaga. Tukija katika mkoa wa Iringa, kuna kabila la wahehe, na wahehe wanapendelea sana chakula kinaitwa kande, kande ni mchanganyiko wa mahindi pamoja na maharage, kwa hiyo wanatengeneza vizuri, na chakula ni kizuri, ninakifahamu na ninakula pia. Tukija katika kabila la wangoni, wao kuna chakula ambacho wanakipendelea, wanapendelea sana ugali pamoja na utumbo, yaani kitoweo kiwe ni utumbo, utumbo ule wa ng'ombe au wa mbuzi, kwa hiyo wanausafisha na wanatengeneza vizuri, na wengi wanatengeneza ule utumbo, wanachanganya pia na mchicha ndani ya ule utumbo. Kwa hiyo chakula kinakuwa ni kizuri pamoja na ugali, kwa hiyo wangoni wengi wanapendelea sana kula ugali na utumbo. Katika kabila la wajita, wao wanapendelea sana kula ugali pamoja na samaki, unajua wanapenda samaki kwa kuwa wanaishi kisiwani, kwa iyo samaki kwao imekuwa ni chakula ambacho wanakula toka wakiwa wadogo kwa vile wanakaa katika karibu na ziwa Victoria ambalo ndilo samaki wengi wanapatikana, kwa hiyo wengi wanapendelea, wajita wanapendelea kula ugali pamoja na kitoweo kikiwa ni samaki.

Karibuni Tanzania na mtajionea vyakula vingi sana ambavyo ni vya kikabila, na watanania karibu wote wanatumia chakula hiki ambacho ni ugali, kwa hiyo makabila mengi wanakula ugali, pamoja na wali pmoja na vyakula vingine, hata ndizi pia makabila mengi wanakula ndizi. Kwa hiyo Tanzania tuna vyakula vingi sana na vyakula vya aina mbalimbali,na tunakula vyakula ambavyo ni freshi,yaani havihifadhiwi sana kwenye majokofu, kwa mfano samaki wanavua asubuhi na wanatengeneza mchana, kwa hiyo tunakula samaki ambaye ametoka ziwani siku hiyohiyo. Au ndizi, anaenda anakata ndizi kwenye mkungu, wanakuja wanatengeneza unakula ndizi za siku hiyohiyo, au hata nyama, unaenda buchani unanunua nyama, unakuja unaitengeneza na unaipika, ni ng'ombe amechinjwa siku hiyo hiyo, kwa hiyo tunafurahi sana watanania kwa vile tuna vyakula vingi sana ambavyo ni vizuri na ni vitamu. Na tuna matunda pia mbalimbali, matunda mengi, kwa hiyo karibuni sana Tanzania,mtajionea na mtafurahia na mtakula vyakula vya kila aina na matunda ya kila aina.

English translation:

In Tanzania, we have more than one hundred and twenty tribes, and each tribe has specific food which it likes best. For example, the Haya like to eat cooked banana mixed with beans. They like this food a lot; others mix it with meat or fish. If you are invited to the home of Haya people, it is their tradition to offer you roasted coffee beans and grasshoppers. This dish we Tanzanians call *ndizi Bukoba* because of its origin in the Kagera region where the Haya people live. As for the Chagga tribe, they like a certain food called *macharari*. It is a kind of food which many Chaggas from Kilimanjaro like to eat. In Iringa, the Hehe people like to eat *kande*, which is cooked maize mixed with beans. It is a good dish. I know it well and like to eat it. As for the Ngoni tribe, they like *ugali* with cow or goat intestines. They wash it clearly and prepare it very well. Some like to use vegetables such as spinach in a cooked intestine. The food is so delicious. Ngoni people like *ugali* (a stiff porridge) with *utumbo*. The Gita like *ugali* with fish. They like fish because they live on an island, and they have been eating fish from the time they were born. They live near Lake Victoria where there are many fish. Come to Tanzania and you will enjoy delicious food from different tribes! Many Tanzanians use *ugali* and

rice and other food like cooked bananas. In Tanzania, we have so many kinds of food, and we eat fresh food. We do not preserve things in refrigerators. For example, in the morning, people who live near the lake go to fish. In the afternoon they prepare a meal, and then they eat the fish fresh. Or they go to the banana tree, take a bunch of bananas, and prepare a meal. Even with meat, they go to the butcher shop and buy meat and then come home to prepare it. They eat fresh meat from a cow which has been slaughtered in the morning. We are lucky because we have so many types of delicious food. We also have different types of fruit. Come to Tanzania, and you will see and enjoy different types of food and fruit.

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