

**Swahili transcript:**

Jambo jingine ambalo ningependa kulizungumzia ni kuhusu chakula ambacho watanzania wengi tunakula. Sitazungumzia sana kuhusu chakula, ila nitazungumzia utaratibu mzima wa kula chakula. Kwa hiyo tutaangalia jinsi gani watanzania wanakula chakula. Utamaduni wetu wa kitanzania ni kwamba tunakula chakula pamoja. Ingawa tunakula chakula wote pamoja, lakini baba na watoto wake wa kiume wanakula peke yao, na watoto wa kike pamoja na mama yao nao pia wanakula peke yao ila wanakula pamoja. Nikisema kuhusu kula pamoja ni kwamba chakula kinaandaliwa, chakula cha kitanzania kwa mfano tunacho chakula kinaitwa ugali, sasa chakula unaandaliwa na unawekwa katika sahani moja, na kitoweo kwa mfano labda kinaweza kikawa nyama, au maharage au samaki na wanaweka katika bakula moja, halafu wale akina baba, kwa mfano labda baba pamoja na watoto wake wa kiume wanakaa pamoja na wanakula pamoja. Mara nyingi baba pamoja na watoto wake wa kiume wanakula chakula mezani, yaani ndani. Na mama pamoja na watoto wake wa kike wao wanakula chakula jikoni. Na katika kipindi cha hivi karibuni hasa katika miji mikubwa ambayo imeendelea, kwa mfano miji kama Dar es salaam, Arusha, Mwanza na sehemu nyingine, kumekuwa nah ii taratibu kwamba baba pamoja na watoto wake wa kiume na mama na watoto wake wa kike wanakula pamoja. Nikiwa na maana kwamba chakula kinaandaliwa na kinawekwa mezani na kutokana na kuangalia kwamba wenzetu wa Marekani na Ulaya wanaishije, kwa hiyo kile chakula kinaandaliwa labda sahani inawekwa ya ugali, na bakuli la mboga, lakini kunakuwa na sahani tena pembeni. Kwa hiyo kila mmoja anachukua sahani yake anakuja anachukua chakula ambacho anategema atakimaliza anachukua na mboga anakula. Lakini katika utamaduni halisi wa kitanzania ni kwamba tunakula wote pamoja, kwa mfano ugali upo kwenye sahani na mboga ipo kwenye bakuli, sasa tunaizunguka ile meza na mara nyingi tunakaa chini tunaweka jamvi, tunakaa tunazunguka kile chakula. Kwa hiyo kila mmoja anachota chakula katika sahani moja na katika bakuli moja, huo ndio utamaduni wa kitanzania. Lakini kutokana na maendeleo yaliyoko sasa, maendeleo ya sayansi na teknolojia na kuona watu wengine wanafanyaje, imebadilisha kidogo na mara nyingi ni katika mijini, katika miji chakula kinaandaliwa mezani na kunakuwa na sahani

pembeni, kwa hiyo watoto wanakuja wanachukua sahani wanachukua chakula na wanakaa mezani wanakula kama ambavyo wamarekani au nchi nyingine wanavyokula. Lakini kiutamaduni wetu wa kitanzania ni kwamba tunakaa chini na tunakula chakula pamoja. Kila mmoja anachota chakula labda anakata ugali anachota na mboga anakula, kwa hiyo kila mmoja anakula katika ile sahani moja na bakuli moja. Na hiyo ilikuwa kwamba watoto wa kiume wanakula na baba yao ndani na watoto wa kike wanakula na mama yao jikoni. Kwa hiyo mnakaa jikoni mnaweka mkeka au jamvi na mnakula. Hii ilisaidia sana kuweka familia katika hali ya umoja, kwamba mnafanya kazi pamoja, mnakula pamoja, tofauti na siku hizi ambapo mnaandaa chakula kinakuwa mezani na kila mmoja kwa wakati wake anakuja anachukua chakula na anakula. Kwa hiyo katika kuuendeleza ule umoja ambao tulikuwa nao katika siku za nyuma na mpaka sasa ukienda vijijini bado wanakula pamoja, ni kwamba baba na watoto wa kiume wanakula ndani na mama pamoja na watoto wa kike wao wanakula jikoni.

**English translation:**

Another thing which I would like to talk is table manners and how we eat food. Traditionally, we eat together; the father and his sons eat together in the dining room while the mother and her daughters eat together in the kitchen. The food is prepared, let's say it is *ugali*. They put it on a single plate to be eaten with meat, beans or fish that they put in another bowl. Then the father and his sons sit and eat together in the dining room while the mother and her daughters eat in the kitchen. Recently, in big cities like Dar es Salaam, Arusha, Mwanza and other developed cities, the whole family eats together. I mean, the father, the mother, and their children sit together in the dining room and eat. This is the way people in Tanzania observed people in other countries eating, as in America and Europe. They make the food and put it on the table, and then they put out some plates and each one takes a plate and takes the food which he will eat until he is finished. Traditionally, we sit down on a mat and we gather around the food while we are eating and everyone takes food little by little from one plate and one bowl. Because of science and technology, people have access to television and internet and see how people eat in developed countries. That has changed the way we eat, especially in big cities.

Now we prepare food and put it on the table. Children come and get food on their own. That old way of eating together helped maintain unity among family members. We work together, we eat together, and we stay together. In villages, they still maintain that traditional way of eating together, but as I said, in the villages, the father and his sons eat together in the house while the mother and her daughters eat together in the kitchen.

**About CultureTalk:** CultureTalk is produced by the Five College Center for the Study of World Languages and housed on the LangMedia Website. The project provides students of language and culture with samples of people talking about their lives in the languages they use everyday. The participants in CultureTalk interviews and discussions are of many different ages and walks of life. They are free to express themselves as they wish. The ideas and opinions presented here are those of the participants. Inclusion in CultureTalk does not represent endorsement of these ideas or opinions by the Five College Center for the Study of World Languages, Five Colleges, Incorporated, or any of its member institutions: Amherst College, Hampshire College, Mount Holyoke College, Smith College and the University of Massachusetts at Amherst.

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