



# Global Storybooks

[globalstorybooks.net](http://globalstorybooks.net)

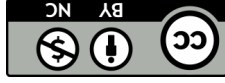
Ukwipika / Cooking

✎ Clare Verbeek, Themban! Dladla, Zanele

Buthelezi!

✉ Kathy Arbuckle, Ingrid Schechter

✉ Joseph Mwansa (bem)



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Ukwipika

Cooking



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☺ IciBemba [bem](#) / English [en](#)



Mpala imfyumbu.

...

I peel the potatoes.

Mputaula kabeci.  
...  
I chop a cabbage.





Nsesa kalota.

...

I grate the carrots.



Onyono ilenga ukuti nalila  
nga ileeputulwa.

...

Onions make me cry when  
they are chopped.

Bamayo baputula onyoni.  
 ...  
 My mom chops the onions.



Nsamba cilemba.  
 ...  
 I wash the beans.





Mputula utupushi.

...

I cut the butternut.



Mputula bashipinaci.

...

I chop the spinach.