





Ukwipika

Cooking

 Clare Verbeek, Thembani Dladla, Zanele Buthelezi

 Kathy Arbuckle, Ingrid Schechter

 Joseph Mwansa

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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.



Nsamba cilemba.

...

I wash the beans.





Mputula utupushi.

...

I cut the butternut.



Mputula bashipinaci.

...

I chop the spinach.

Bamaayo baputula onyoni.

...

My mom chops the onions.





Onyono ilenga ukuti nalila nga
ileeputulwa.

...

Onions make me cry when they are
chopped.





Global Storybooks

globalstorybooks.net

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