



Kupika

Cooking

✎ Clare Verbeek, Thembani Dladla, Zanele Buthelezi

& Kathy Arbuckle, Ingrid Schechter

💬 Matteo E. Mwita

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🗨️ Kiswahili [sw](#) / English [en](#)

Ninamenya viazi.

...

I peel the potatoes.



Ninakatakata kabichi.

...

I chop a cabbage.



Ninasaga karoti.

...

I grate the carrots.



Ninaosha maharagwe.

...

I wash the beans.





Ninakata maboga.

...

I cut the butternut.



Ninakatakata sukuma-wiki.

...

I chop the spinach.

Mama yangu anakatakata vitunguu.

...

My mom chops the onions.





Vitunguu hunifanya nilie vikiwa
vinakatwakatwa.

...

Onions make me cry when they are
chopped.




Global Storybooks


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