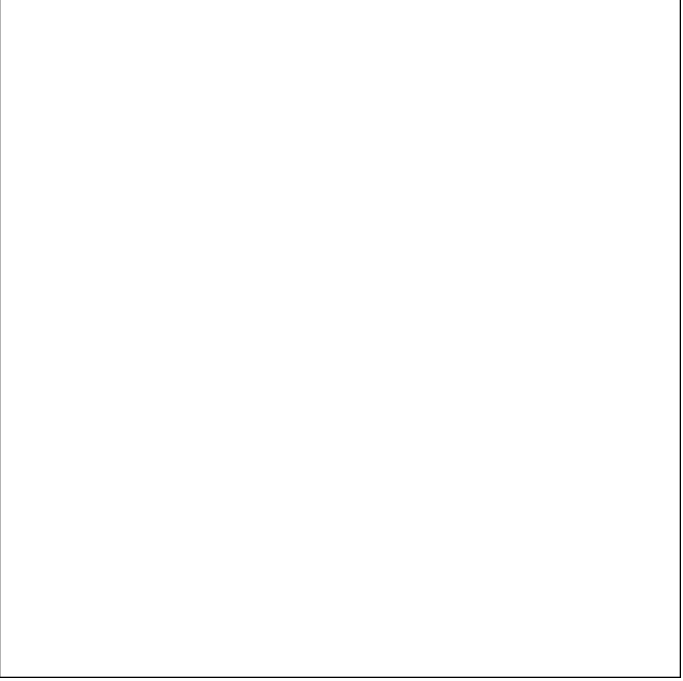


# Kupika Cooking



✎ Clare Verbeek, Themban! Dladla, Zanele  
Buthelezi!  
✉ Kathy Arbuckle, Ingrid Schechter  
📧 Matteo E. Mwita  
🗣️ 1  
🗣️ Kiswahili / English en

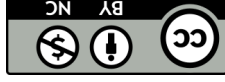


# Global Storybooks

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

## Kupika / Cooking

✎ Clare Verbeek, Themban! Dladla, Zanele  
Buthelezi!  
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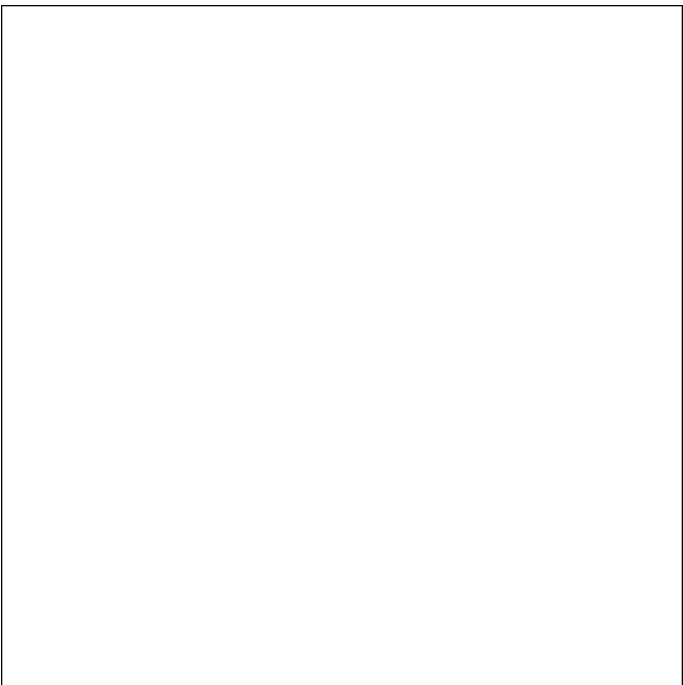
Ninamenya viazi.

...

I peel the potatoes.

Ninakatakata kabichi.  
...

I chop a cabbage.

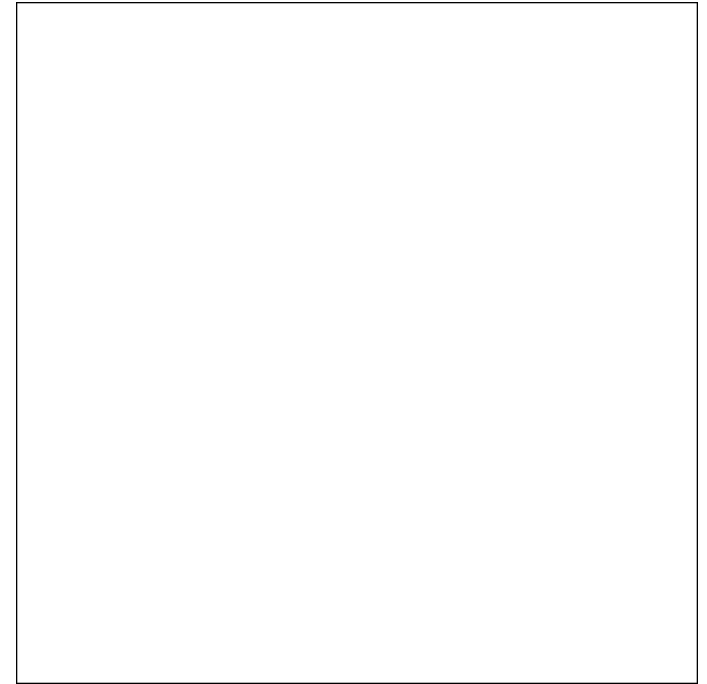




Ninasaga karoti.

...

I grate the carrots.



Vitunguu hunifanya nilie  
vikiwa vinakatwakatwa.

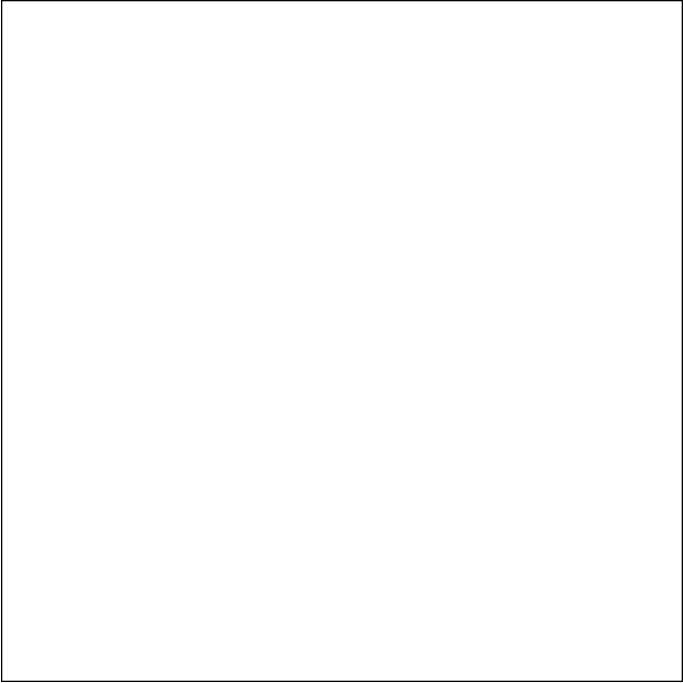
...

Onions make me cry when  
they are chopped.

Ninaosha maharagwe.

...

I wash the beans.

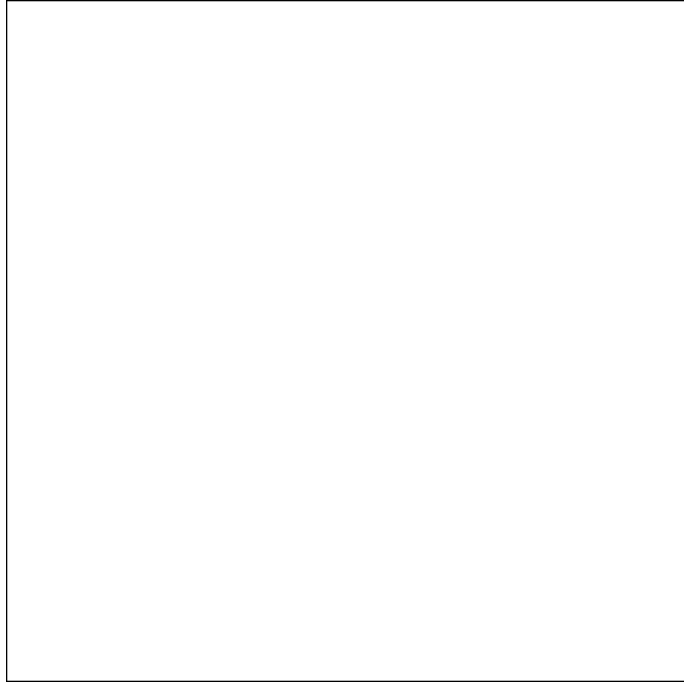


Mama yanggu anakatakata

vitunguu.

...

My mom chops the onions.

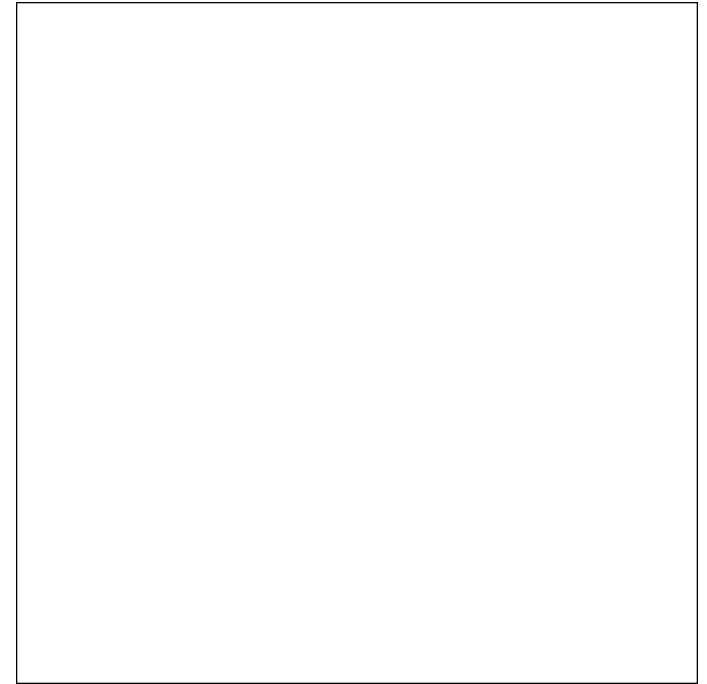




Ninakata maboga.

...

I cut the butternut.



Ninakatakata sukuma-wiki.

...

I chop the spinach.