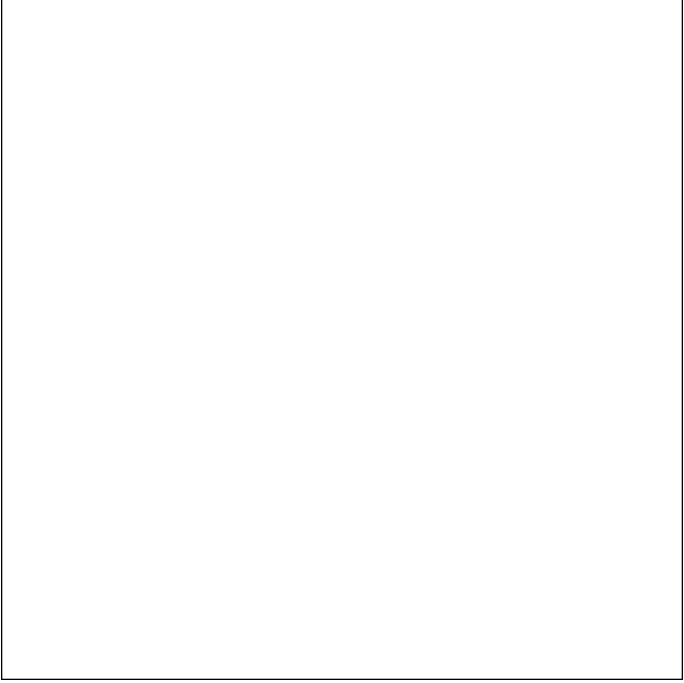
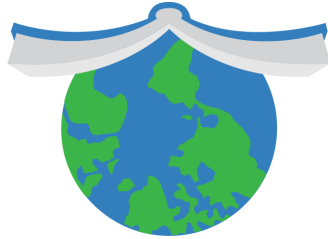


# Ukupheka Cooking



✎ Clare Verbeek, Thembani Dladla, Zanele Buthelezi!  
✎ Kathy Arbuckle, Ingrid Schechter  
✎ Clare Verbeek, Thembani Dladla and Zanele Buthelezi!  
🗨️ 1

🗨️ / English en / isiZulu zu

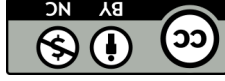


# Global Storybooks

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

## Ukupheka / Cooking

✎ Clare Verbeek, Thembani Dladla, Zanele Buthelezi!  
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Ngicwecwa amazambane.

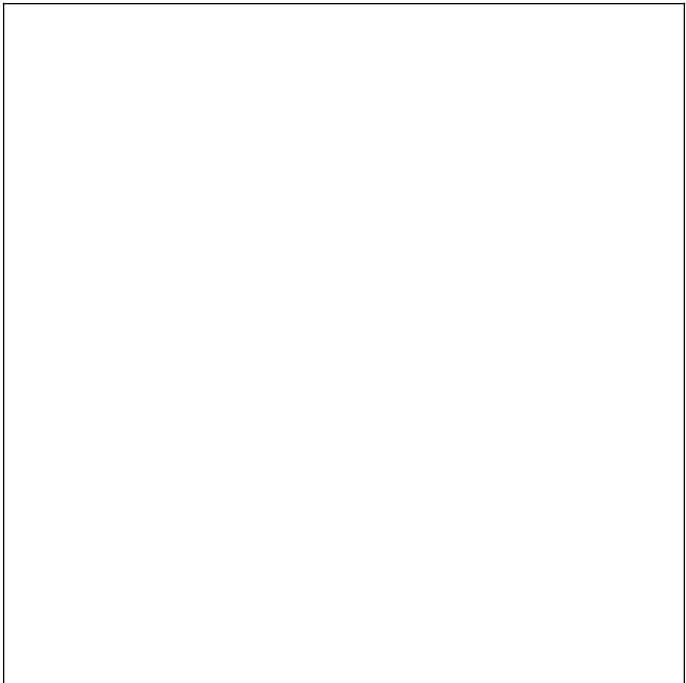
...

I peel the potatoes.

I chop a cabbage.

...

Ngigoba iklabishi.

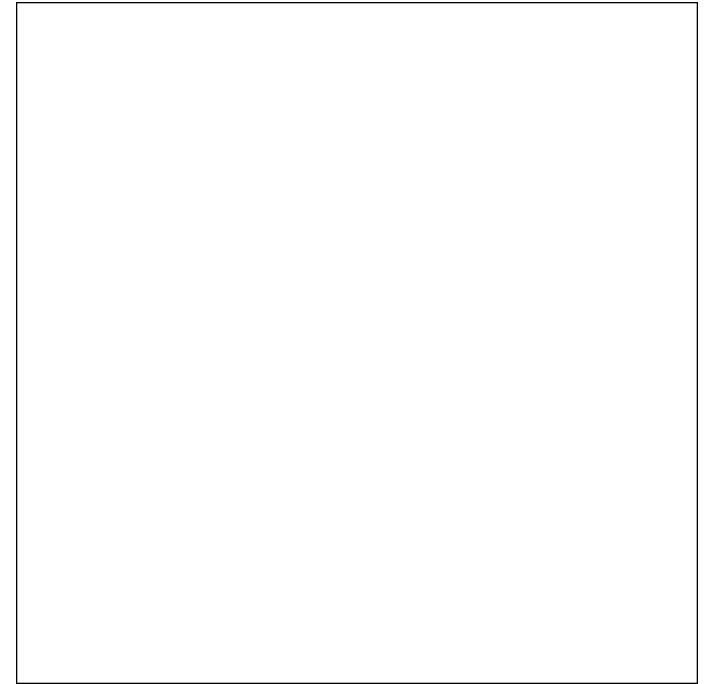




Ngigretha iziqathi.

...

I grate the carrots.

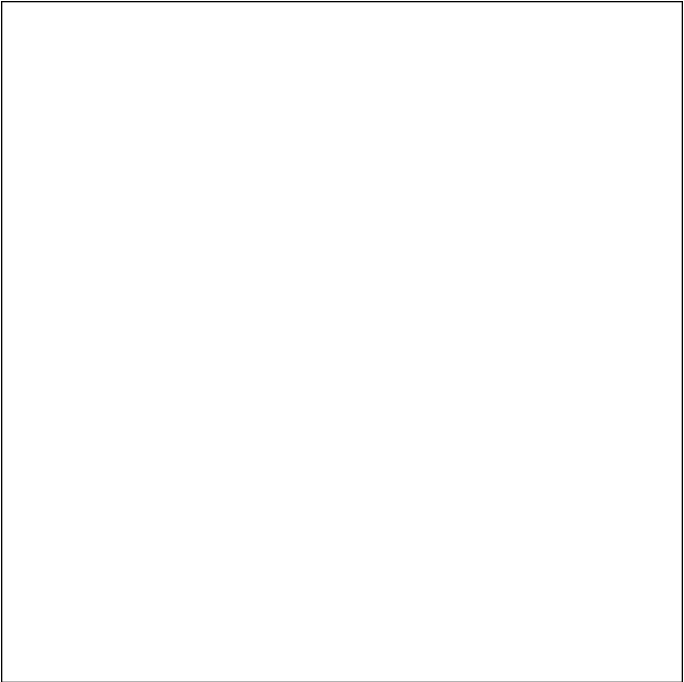


Uanyanisi ungenza  
ngikhale uma uqotshwa.

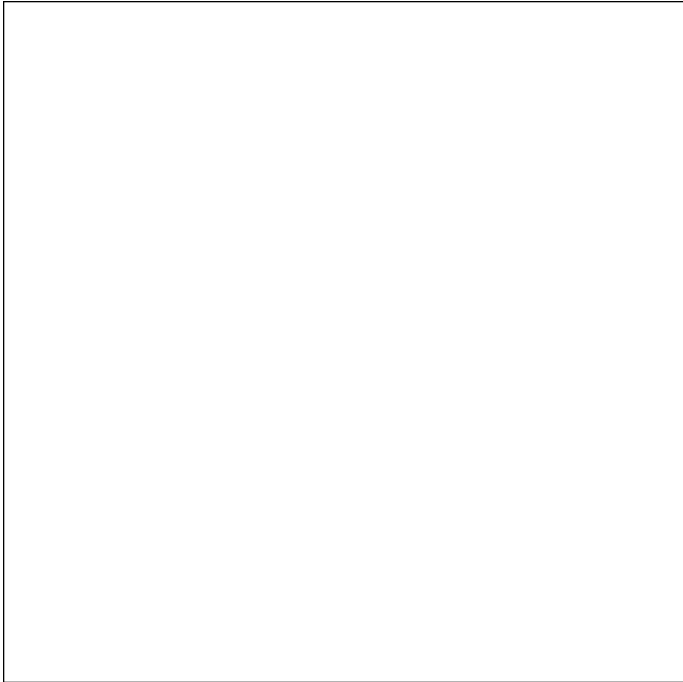
...

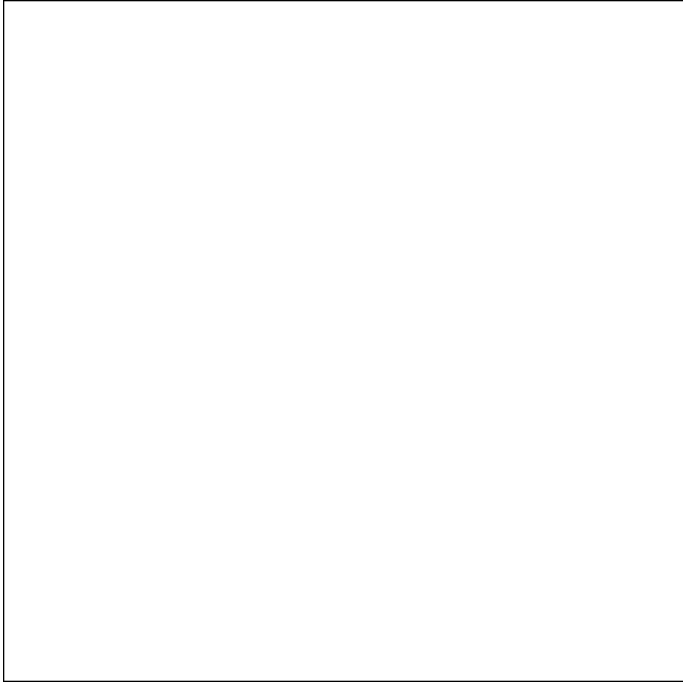
Onions make me cry when  
they are chopped.

Ngigeza ubhontshisi.  
...  
I wash the beans.



Umama wami uqoba  
uanyanisi.  
...  
My mom chops the onions.

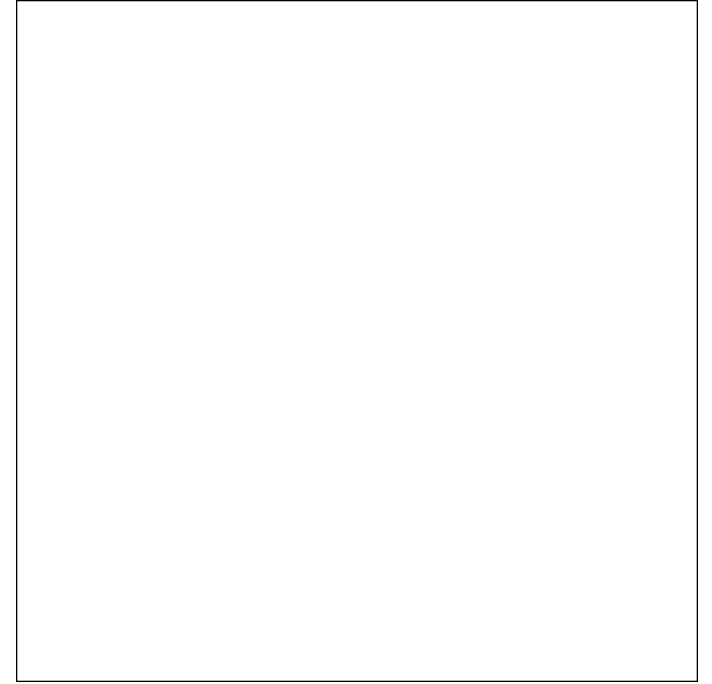




Ngqiqoba ithanga.

...

I cut the butternut.



Ngqiqoba imifino.

...

I chop the spinach.