

TOPIC: East African Cuisine and Swahili Culinary Customs

In this lesson, you will learn about various types of East African cuisine, as well as types of food native to the Swahili coast in Kenya, Tanzania, and Zanzibar. Some of the foods discussed in this lesson are not necessarily particular to Swahili cuisine but are nonetheless an essential part of culinary customs and everyday life in Swahili culture.

As in any community or society, food constitutes a necessary and important part of the culture, tradition, and social norms of that particular place and the people that live there. Thus, having some general knowledge of food varieties as well as an understanding of the cultural practices that accompany meals will help you to effectively and respectfully navigate East African communities (however, do bear in mind that what is mainly discussed here are the culinary practices in Swahili culture and that among the diverse multiplicity of East African communities, there are particular and unique cuisines and culinary customs that are not mentioned).

MATERIALS FOR THIS STUDY GUIDE

Textbooks

- Hinnebusch
 - Lesson 20, Habari za Sarufi, Note 2 (pg. 141)
 - Lesson 24, Habari za Sarufi, Note 2 (pg. 170)
 - [Online audio for Hinnebusch](#)
- Almasi
 - Chapter 30 (pp. 315-323), Section A
 - Chapter 37 (pp. 379-386)

Online Materials

- LangMedia Swahili collection:
 - Food in Tanzania: [Types of Food](#)
 - Food in Tanzania: [Diverse Culinary Influences](#)
 - Food in Tanzania: [Good Meal Manners](#)
 - Food in Tanzania: [Making Chapati](#)
- Newspaper Resources

- [Gazeti la Mwananchi Tanzania](#)
- [Mwanzo - Hizb ut Tahrir Kenya](#)
- [RFI](#)
- Other Online Materials
 - [University of Kansas Kiswahili Lesson 20 - Foods](#)

ASSIGNMENTS FOR INDEPENDENT STUDY

Reviewing Commands and the Subjunctive

1. The subjunctive and commands play an important role in social contexts around food. You need to be able to perform tasks such as respond to and offer instructions and ask politely for different food items at people's homes or at restaurants, as well as offer suggestions. Conducting this grammar review will prepare you for the communicative activities in the next section.
2. Read Hinnebusch, Lesson 20, Habari za Sarufi, Note 2 (pg. 141)
3. Read Hinnebusch, Lesson 24, Habari za Sarufi, Note 2 (pg. 170)
4. Study Almasi, Chapter 37 (pp. 379-386)
 - **HAND IN:** Almasi, Practice Exercise A (pp. 386-387)
5. Read Hinnebusch, Lesson 24, Habari za Sarufi, Note 1 (pg. 169-170)
6. Read Almasi, Chapter 30 (pp. 315-323), Section A
 - **HAND IN:** Almasi, Practice Exercise D (pg. 323)

Learning about Cuisine

1. Review and study the vocabulary in [Lesson 20 - Foods](#). Pay attention especially to words that you are less familiar with, and look them up on google images or YouTube to get a better idea of their appearance and cultural context.
2. Go to the LangMedia Swahili collection and watch the following videos to get familiar with some different foods and proper behavior at meal times, taking note of any new words or expressions to enter into your memory system. Be prepared to discuss them in class in Swahili.
 - Food in Tanzania: [Types of Food](#) - "Some Typical Meals"
 - Food in Tanzania: [Diverse Culinary Influences](#) - "Varying Tribal Foods" and "Indian Influence on Food"
 - Food in Tanzania: [Good Meal Manners](#) - "Table Manners"
 - **HAND IN:** A dialogue (10-12 sentences) between a host and a guest who has been invited to their house for dinner.

- **HAND IN:** A dialogue (10-12 sentences) between a waiter and a patron at a restaurant offering East African cuisine.
- 3. Study some of the videos under Food in Tanzania: [Making Chapati](#) to see examples of the kinds of language used to give instructions for recipes. You can also read the transcripts for a written example.
 - **HAND IN:** Find an easy recipe for one of the foods you've studied in this guide. Translate it into Swahili and turn it in with your homework. Write at least five sentences.

Reading the News

1. Go to the [Gazeti la Mwananchi Tanzania](#), [Mwanzo - Hizb ut Tahrir Kenya](#), or [RFI](#) and find a short article in Swahili about food or cuisine. Read the article, noting down any new words or expressions to study afterwards and enter into your memory system.
2. HAND IN: A short summary (10 sentences) of an authentic Swahili news article. Visit [Gazeti la Mwananchi Tanzania](#), [Mwanzo - Hizb ut Tahrir Kenya](#), or [RFI](#) to find one.

CONVERSATION SESSION PREPARATION

- Be prepared to ... Present a short recipe that you have written out beforehand. If you are not exactly sure how to go about this, watch the videos under Making Chapati on LangMedia and look at the English/Swahili transcripts to see some examples. Your recipe/instructions should not be more than a page, and should take around 5 minutes to present.
- Be prepared to... Perform the role of both a waiter and a patron at a restaurant. You should be able to briefly discuss the items available on a menu, make polite suggestions and requests, and comment on the food.
- Be prepared to... Perform a roleplay in which you play the role of a house guest invited to have dinner with a Tanzanian family. Be ready to make polite requests and observe table manners.
- Be prepared to... Discuss the sorts of food you and your family or friends like to make, as well as the culinary traditions passed down in your family or through other sources.
- Be prepared to... Discuss the videos you watched on LangMedia, both to relay the information you learned in Swahili and to give your thoughts on them.

HOMEWORK FOR TUTORIAL

- **HAND IN:** Almasi, Practice Exercise A (pp. 386-387)
- **HAND IN:** Almasi, Practice Exercise D (pg. 323)
- **HAND IN:** Find an easy recipe for one of the foods you've studied in this guide. Translate it into Swahili and turn it in with your homework. Write at least five sentences.
- **HAND IN:** A dialogue (10-12 lines) between a waiter and a patron at a restaurant offering East African cuisine.
- **HAND IN:** A dialogue (10-12 lines) between a host and a guest who has been invited to their house for dinner.
- **HAND IN:** A short summary (10 sentences) of an authentic Swahili news article. Visit [Gazeti la Mwananchi Tanzania](#), [Mwanzo - Hizb ut Tahrir Kenya](#), or [RFI](#) to find one.