

UGANDAN FOOD

.....In Uganda there are plenty types of food. In Uganda farmers grow crops that we eat today like bananas ,yam and something called sugar cane which also grows in countries in the West Indies.

These foods need a lot of attention T.L.C [tender, loving, care] When all the food is ready, they pick them and they are ready to go. They each have their own taste sweet or sour. Sugar cane is sweet but when you get to the end it gets stuck in people's teeth. Yam has a strong taste and a powerful smell. Bananas are creamy and have a very soft taste. Co-conut has a lot of water in it but the actual food in is soft. Sweet potato is sweet great for putting in soups, it tastes just like normal potato.

In Uganda they eat and harvest things like sun flower seeds. They eat something called Matoke which is a green banana which they fry for a long time and looks like mash potato. All the teachers that have tasted it, like it a lot. There is also something called Plantain that is the same as Matoke, but does not look like mashed potato. Cassava is a vegetable that they grows underground. Can you ask one of the teachers who has been to Uganda what it tastes like?

Their food is also very fresh because they pick it fresh from their own gardens. In England, people who live in towns sometimes have an allotment where they grow things . They work until it is time to go to school. If they don't go to school they work all day most of the time, but at least they get a descent meal every day.

The regular diet for the children is usually the crops from their garden such as cassava, Motkke, beans, pasta, yam, potato, pineapples, plantain, sun flower seeds. It is always fresh and when it is cooking they gather around and talk about what they have done in the day. it is a so liable event



In the UK, our food has been transported and been shipped from other places. Even fresh vegetables have been kept for about 2-3 days. We buy our food in the supermarkets and then we can choose from a big selection. In Uganda the fruit and vegetables are usually hand picked and gets cooked or prepared straight away. We can eat food from everywhere in the world.

By Karis Wooding

