

a)



b)



c)



d)

LIVEWORKSHEETS

Food in my country. Read and then answer the questions.

I'm from Tanzania. The traditional food of Tanzania is ugali, machicha and mishkaki. Ugali is made from corn starch and people eat it with vegetables or a meat stew.

Machicha is very popular. This is a creamy vegetarian meal. It has coconut and peanut butter. Mishkaki are small pieces of spicy meat that are cooked slowly on hot coal.

People eat a lot of fish. We don't use a lot of hot spices in our food. In winter people drink a lot soup.

There are many snacks like mandasi. It is made of sugar, flour and coconut milk. Mandasi is triangle shaped or round shaped and it is fried in oil.

For breakfast people eat uji. This is a sweet porridge. So, it's very tasty. There is also bread and chapati served at breakfast.

For lunch people usually eat ugali.

For dinner they have grilled meat with vegetables. Sometimes they have chips with this meal.

1) Write down 3 traditional food names?

2) Does Tanzanian food have a lot of hot spices?

3) What food do they eat for breakfast?

4) What is ugali?

5) What do they have in winter?

LIVEWORKSHEETS

Fill the gaps

The traditional food of Tanzania is ugali, machicha _____ mishkaki.

Ugali is made _____ corn starch.

People eat it with vegetables _____ a meat stew.

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This is _____ creamy vegetarian meal.

It _____ coconut and peanut butter.

People _____ a lot of fish.

We don't _____ a lot of hot spices in our food.

In winter people _____ a lot soup.

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Mandasi is triangle shaped or round shaped and _____ is fried in oil.

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So, it's _____ tasty.

There is also bread and chapati served _____ breakfast.

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