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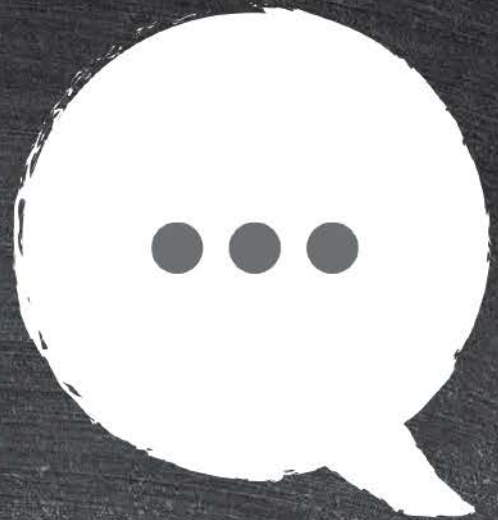
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## LESSON NOTES

# Culture Class: Essential Swahili Vocabulary S1 #1

## National Holidays

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## CONTENTS

- 2 Swahili
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

#1



# SWAHILI

1. What are five popular national holidays in Kenya?
2. 1. Sikukuu ya Jamhuri
3. 2. Sikukuu ya Madaraka
4. 3. Sikukuu ya Krismasi
5. 4. Sikukuu ya Mwaka Mpya
6. 5. Sikukuu ya Wafanyikazi

# ENGLISH

1. What are five popular national holidays in Kenya?
2. 1. Republic day
3. 2. Madaraka Day, Internal self-rule day
4. 3. Christmas
5. 4. New Year's Day
6. 5. Labor Day

# VOCABULARY

Swahili	English	Class
Sikukuu ya Wafanyikazi	Labor Day	noun

Sikukuu ya Jamhuri	Republic day	noun
Sikukuu ya Madaraka	Madaraka Day, Internal self-rule day	noun
Sikukuu ya Krismasi	Christmas	noun
Sikukuu ya Mwaka Mpya	New Year's Day	noun

## SAMPLE SENTENCES

<p><b>Wafanyikazi husherekea jasho la kazi zao katika Siku Kuu ya Wafanyikazi.</b></p> <p>"Workers celebrate the achievements of their labor on Labor Day. "</p>	<p><b>Sikukuu ya Jamhuri husherekewa kwa michezo ya kandanda katika viwanja tofauti za michezo nchini.</b></p> <p>"Jamhuri Day is usually celebrated with soccer games in different stadiums in the country. "</p>
<p><b>Familia nyingi huenda matembezini na kukula vyakula vingi tofauti.</b></p> <p>"During Madaraka Day, many families go for picnics and eat different kinds of food."</p>	<p><b>Krismasi hujawa na furaha ya kijamii kwavile familia nyingi hukusanyika pamoja kusherekea.</b></p> <p>"Christmas is full of family happiness because lots of families gather together to celebrate."</p>
<p><b>Watu wengi hutuma heri zao za mwaka mpya kwa familia na marafiki kote nchini.</b></p> <p>"Many people send their New Year's wishes to family and friends all over the country. "</p>	

## CULTURAL INSIGHT

### 1. Republic day

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Jamhuri marks the day Kenya gained its independence, which was December 12, 1963, and when it became a republic on December 12, 1964. The main event usually takes place at the Nyayo National Stadium in Nairobi where the president addresses the nation, although celebrations are also held in different counties.

## **2. Madaraka Day, Internal self-rule day**

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Madaraka Day is celebrated on June 1st. It is a celebration of the day that Kenya became independent, and gained its sovereignty. Just like on Jamhuri Day, citizens gather in stadiums or in county offices to celebrate. One of the most exciting moments is the military parade, followed by lots of entertainment.

## **3. Christmas**

---

Christmas is one of the most celebrated Christian holidays in Kenya to commemorate the birth of Jesus. Usually people buy gifts, decorations, food, and clothing before Christmas, and most people leave for the upcountry to celebrate with family members. Public transportation gets scarce within the cities and transportation fees are ridiculously raised.

## **4. New Year's Day**

---

New Year's Day is full of great joy, celebrations, feasting, and get-togethers. Most Kenyans stay up late to usher in the big day. At exactly midnight, you will see fireworks lighting up the sky.

## **5. Labor Day**

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On May 1, Kenya celebrates the achievements of its workers. It is during this day that issues regarding workers salaries, rights, and health and safety are raised.

## LESSON NOTES

# Culture Class: Essential Swahili Vocabulary S1 #2

## Foods

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## CONTENTS

- 2 Swahili
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

# 2

## SWAHILI

1. What are five common foods you will find in Kenya?
2. 1. ugali
3. 2. githeri
4. 3. pilau
5. 4. nyama choma
6. 5. chapati

## ENGLISH

1. What are five common foods you will find in Kenya?
2. 1. corn meal
3. 2. beans and corn
4. 3. spiced rice
5. 4. roasted meat
6. 5. chapati

## VOCABULARY

Swahili	English	Class
chapati	chapati	noun



ugali	corn meal	noun
githeri	beans and corn	noun
pilau	spiced rice	noun
nyama choma	roasted meat	noun

## SAMPLE SENTENCES

<p><b>Chapati hupendwa sana wakati wa sherehe za shule.</b></p> <p>"Chapati are very popular during school festivals."</p>	<p><b>Wafanyikazi hupenda kukula ugali baada ya kulima.</b></p> <p>"Workers like to eat corn meal after tilling. "</p>
<p><b>Githeri ni chakula kinachofaa kwa umati mkubwa wa watu.</b></p> <p>"A mixture of beans and corn is convenient for feeding a big group of people."</p>	<p><b>Pilau huliwa kwa wingi wakati wa Sherehe ya Eid al-Fitr.</b></p> <p>"Spiced rice is eaten a lot during the Eid al-Fitr celebration."</p>
<p><b>Nyama choma inapaswa kuchomwa vizuri kabla ya kula.</b></p> <p>"Roasted meat has to be roasted carefully before eating."</p>	

## CULTURAL INSIGHT

### 1. Corn meal

Ugali is the most-eaten food in Kenya. Ugali is made from corn meal by adding it little by little to boiling water while mixing until it attains a fairly dense consistency. It is served with cooked vegetables or stew.

### 2. Beans and corn

This dish is made of boiled beans and corn, sometimes with an addition of

vegetables. Githeri is highly nutritious.

### **3. Spiced rice**

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Pilau is rice that's cooked with spices such as cumin, cardamom, cinnamon, and cloves. It can be eaten plain, but some people prefer stew with a few slices of tomato and onions along with it.

### **4. Roasted meat**

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This dish is usually roasted goat and beef, although a range of other meats can also be used. It's often eaten with a little sprinkle of salt for extra flavor.

### **5. Chapati**

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Chapati is a flat bread; it is one of the most convenient foods in Kenya because it can be eaten at any time and can be served at any meal, or even sold by street vendors. Some come rolled with an omelette and are called "Rolex."

## LESSON NOTES

# Culture Class: Essential Swahili Vocabulary S1 #3 Beverages

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## CONTENTS

- 2 Swahili
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

# 3

## SWAHILI

1. What are five beverages that are common in Kenya?
2. 1. chai
3. 2. maziwa lala
4. 3. uji
5. 4. Tusker
6. 5. Chang'aa

## ENGLISH

1. What are five beverages that are common in Kenya?
2. 1. milk tea
3. 2. fermented milk
4. 3. porridge
5. 4. Tusker, a Kenyan beer
6. 5. Kenyan brew, moonshine

## VOCABULARY

Swahili	English	Class
chai	milk tea	noun

Maziwa lala	fermented milk	noun
Uji	porridge	noun
Tusker	Tusker, a Kenyan beer	proper noun
Chang'aa	Kenyan brew, moonshine	proper noun

## SAMPLE SENTENCES

<p><b>Wafanyakazi wengi hustarehe kwa kikobe cha chai wakati wa kupumzika.</b></p> <p>"Many workers relax with a cup of chai during break time."</p>	<p><b>Maziwa lala hukunywa zaidi katika jamii ya kimasayi.</b></p> <p>"The Maasai community drinks a lot of fermented milk."</p>
<p><b>Nirahisi kwa mgonjwa kukunywa dawa iliyochanganywa kwa uji.</b></p> <p>"It is easier for patients to take medicine mixed in porridge. "</p>	<p><b>Baada ya mkutano, wafanyikazi walistarehe huku wakinywa tusker.</b></p> <p>"After the meeting, the workers relaxed with a bottle of Tusker. "</p>
<p><b>Juzi watu kadhaa walinusurika kifo baadaya kunywa chang'aa.</b></p> <p>"Several people escaped death after drinking illicit brew."</p>	

## CULTURAL INSIGHT

### 1. Milk tea

Chai is made by mixing tea, milk, and sugar and letting it boil. It is a favorite at tea-time and is usually drank with a doughnut.

### 2. Fermented milk

This is a cultured fermented milk similar to buttermilk. You can drink it at any time, and it can be served at every meal. It works well for those who skip meals, since it keeps hunger at bay for some time.

### **3. Porridge**

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This is a traditional drink made from millet, corn meal, and sometimes milk and sugar. Sometimes the ingredients are fermented for a sour taste. Porridge can be of great nutritional value when other foods in powder form are added to it.

### **4. Tusker, a Kenyan beer**

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Tusker is preferred as a relaxing drink for most Kenyans especially after a hot and hard work day. Tusker has low sweetness and moderate bitterness.

### **5. Kenyan brew, Moonshine**

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This traditional brew is made from fermented wheat flour or maize mixed with yeast. It is bitter, can be addictive, and has severe side effects such as cirrhosis. It is strictly forbidden by the government because some have died from drinking it.



## LESSON NOTES

# Culture Class: Essential Swahili Vocabulary S1 #4

## Popular Home-cooked Meals

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## CONTENTS

- 2 Swahili
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

# 4

## SWAHILI

1. What are five home-cooked meals that are popular in Kenya?
2. 1. irio
3. 2. supu
4. 3. mahindi
5. 4. maharagwe
6. 5. kuku paka

## ENGLISH

1. What are five home-cooked meals that are popular in Kenya?
2. 1. mashed peas, potatoes and corns
3. 2. soup
4. 3. maize
5. 4. beans
6. 5. chicken in coconut curry

## VOCABULARY

Swahili	English	Class
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Irrio	mashed peas, potatoes and corns	noun
supu	soup	noun
mahindi	maize	noun
maharagwe	beans	noun
kuku paka	chicken in coconut curry	noun

## SAMPLE SENTENCES

<p><b>Irrio ni chakula kinachosifika sana wakati wa sherehe ya arusi.</b></p> <p>"A mixture of mashed peas, potatoes and corn is popular during wedding ceremonies."</p>	<p><b>Watoto kwa kawaida wanapenda kunywa supu.</b></p> <p>"It is common for children to like drinking soup."</p>
<p><b>Mazao ya mahindi iliathiriwa na msimu mkali wa jua.</b></p> <p>"The maize crop was heavily affected by a long period of drought."</p>	<p><b>Maharagwe ni chakula bora kwa mwili.</b></p> <p>"Beans are nutritious for the body."</p>
<p><b>Ukila kuku paka mara ya kwanza utataka kuukula kila wakati.</b></p> <p>"When you eat chicken coconut curry for the first time, you will want to eat it many more times."</p>	

## CULTURAL INSIGHT

### 1. Mashed peas, potatoes and corns

Originally found among the Kikuyu people, irio is a hearty and nutritious dish that has been adopted throughout Kenya. It is made by mixing potatoes, green peas,

and corn, which are then mashed into a heavy nutritious starch.

## **2. Soup**

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Soups are a common companion of ugali, rice, or chapati. Most soups come with chunks of meat, carrots, green pepper, and some spices to add flavor.

## **3. Maize**

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Maize comes in roasted, boiled, or fried form. Fried maize is made from the grains, while the other two are prepared with the corn on the cob. It is common to see maize being roasted on the streets.

## **4. Beans**

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Beans is a delicious Kenyan dish made from different types of beans. Kidney beans are common for a coconut curry soup found in the coastal region. People in the mainland who can get coconut also like it.

## **5. Chicken in coconut curry**

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This dish is a perfect example of how African, Arab, and Indian influences can be blended to come up with a fantastic dish.

## LESSON NOTES

# Culture Class: Essential Swahili Vocabulary S1 #5

## Sweets and Desserts

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## CONTENTS

- 2 Swahili
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

# 5

## SWAHILI

1. What are five sweets and desserts that are common in Kenya?
2. 1. makopa ya nazi
3. 2. biskuti ya Nazi
4. 3. mandazi
5. 4. mahamri
6. 5. keki

## ENGLISH

1. What are five sweets and desserts that are common in Kenya?
2. 1. Kenyan coconut plantains
3. 2. coconut biscuits
4. 3. sweet donut
5. 4. donut buns
6. 5. cake

## VOCABULARY

Swahili	English	Class
makopa ya nazi	Kenyan coconut plantains	noun



biskuti ya nazi	coconut biscuits	noun
mandazi	sweet donut	noun
mahamri	donut buns	noun
keki	cake	noun

## SAMPLE SENTENCES

<p><b>Makopa ya nazi yaweza kukuliwa wakati wowote na pahali popote.</b></p> <p>"Kenyan coconut plantain can be eaten at anytime and anywhere."</p>	<p><b>Biskuti ya nazi inauzwa kwa wingi kwa sababu ya ladha yake.</b></p> <p>"Coconut biscuits are a big seller because of their delicious taste."</p>
<p><b>Harufu ya kupendeza ya mandazi mara nyingi huletaa njaa.</b></p> <p>"The sweet smell of sweet donuts usually incites hunger. "</p>	<p><b>Watoto wanapenda kukula mahamri.</b></p> <p>"Children like to eat donut buns."</p>
<p><b>Kupika keki unahitaji umaakini na utaratibu ilikupata keki bora.</b></p> <p>"Baking a cake requires a keenness in procedure, for better results."</p>	<p><b>Je, tutengeneze keki kwa sikukuu yake ya kuzaliwa.</b></p> <p>"Shall we prepare a cake for his birthday?"</p>

## CULTURAL INSIGHT

### 1. Kenyan coconut plantains

This dessert consists of plantains cooked with coconut. The plantain is mixed with curry powder, cinnamon, cloves, and a little salt before the coconut is added to

the mixture and simmered.

## **2. Coconut biscuits**

---

These yummy biscuits are made of coconut and cashew nuts and usually eaten as a snack. It is easy to find coconut biscuits in the supermarkets, but in the coastal area where coconut is common, these biscuits can be found in any other shop.

## **3. Sweet donut**

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This is one snack anyone in Kenya can identify from its deep frying smell from a far distance. It is a common snack in the morning and often accompanied with tea or coffee, though it can be eaten at anytime.

## **4. Donut buns**

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This is a heavier fried bread that looks like a doughnut and originated from the coastal region. This explains why it is made from coconut milk and acts as the principle cuisine for the people along the coast.

## **5. Cake**

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Cakes come in varieties such as cheese and chocolate cake. A bigger population of Kenyans prefer buying already-made cakes. The baking process varies depending on the availability of the equipment.

## LESSON NOTES

# Culture Class: Essential Swahili Vocabulary S1 #6

## Fruits

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## CONTENTS

- 2 Swahili
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

# 6

## SWAHILI

1. What are five common types of fruit in Swahili?
2. 1. maembe
3. 2. pasheni
4. 3. parachichi
5. 4. ndizi
6. 5. mapera

## ENGLISH

1. What are five common types of fruit in Swahili?
2. 1. mango
3. 2. passion fruit
4. 3. avocado
5. 4. banana
6. 5. guava

## VOCABULARY

Swahili	English	Class
maembe	mango	noun

pasheni	passion fruit	noun
parachichi	avocado	noun
ndizi	banana	noun
mapera	guava	noun

## SAMPLE SENTENCES

<p><b>Maembe dodo hujulikana sana kwa utamu wake.</b></p> <p>"Hybrid mangoes are very popular for their sweet taste."</p>	<p><b>Mwaka jana idara ya kilimo ilivuna gunia nyingi za pesheni.</b></p> <p>"The Department of Agriculture harvested a lot of bags of passion fruit last year."</p>
<p><b>Kukula parachichi hulainisha ngozi ya mwili.</b></p> <p>"Eating avocado gives the skin a smooth touch."</p>	<p><b>Kinywaji cha ndizi ni bora kwa mgonjwa.</b></p> <p>"Banana juice is nutritious for a sick person."</p>
<p><b>Mapera inaweza kukulwa ikiwa mbichi au bivu.</b></p> <p>"Guava can be eaten when raw or ripe."</p>	

## CULTURAL INSIGHT

### 1. Mango

Mangoes are found in all parts of Kenya. They are the only fruit that is grown commercially on large scale. However, they differ in shape, size, appearance, and taste, depending on the cultivator.

### 2. Passion fruit

Passion fruit is known for its sweet juice and aroma. During growth, maintenance

such as weeding and spraying are carefully done to ensure high yields. The Kenya Agricultural Research Institute has come up with three varieties of passion fruit.

### **3. Avocado**

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Avocado is grown both for export and local markets in Kenya. This type of fruit is not only popular in the manufacturing of cosmetics and health care products but also as a fine lubricant or fuel oil.

### **4. Banana**

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Bananas are planted in most places in Kenya, especially because they are drought resistant. They come in different varieties with varying sizes and tastes. Besides eating them for health reasons, bananas are also commercialized.

### **5. Guava**

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The guava is known for its unique flavor, and health promoting qualities, and commercialization potential. In the country, they supplement the daily diet. They are used for consumption and processing and contribute to drug discovery.



## LESSON NOTES

# Culture Class: Essential Swahili Vocabulary S1 #7

## Vegetables

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## CONTENTS

- 2 Swahili
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

#7

## SWAHILI

1. What are five common vegetables in Swahili?
2. 1. kabichi
3. 2. karoti
4. 3. sukumawiki
5. 4. nyanya
6. 5. kitunguu

## ENGLISH

1. What are five common vegetables in Swahili?
2. 1. cabbage
3. 2. carrots
4. 3. kale
5. 4. tomato
6. 5. onion

## VOCABULARY

Swahili	English	Class
kabichi	cabbage	noun

karoti	carrots	noun
sukumawiki	kale	noun
nyanya	tomato	noun
kitunguu	onion	none

## SAMPLE SENTENCES

<p><b>Matawi ya kabichi hupewa ng`ombe kama chakula.</b></p> <p>"Cabbage leaves are usually given to cows as food."</p>	<p><b>Karoti ni bora kwa kutibu maradhi ya macho.</b></p> <p>"Carrot is good for treating eye diseases."</p>
<p><b>Sukumawiki zilizo katika shamba ndogo zimekomaa na ziko tayari kukulwa.</b></p> <p>"The Kale plants in the kitchen garden are mature and ready for consumption."</p>	<p><b>Nyanya zinazohifadhiwa kwenye mikebe hazina ladhaa nzuri.</b></p> <p>"Canned tomatoes are not very delicious."</p>
<p><b>Babu yangu hukuza nyanya kwa shamba yake.</b></p> <p>"My grandfather grows tomatoes in his garden."</p>	<p><b>Mvuke wa kitunguu ni chungu sana kwa macho.</b></p> <p>"The onion's sap is irritating to the eye."</p>

## CULTURAL INSIGHT

### 1. Cabbage

Cabbage is one of the most important vegetables in Kenya. It's grown mainly for consumption and commerce. It does well during the rainy season or under irrigation.

### 2. Carrots

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Carrots are hardy vegetables that are often used to prepare meals in Kenya. They grow well in places with cool to warm temperatures within a period of three to five months.

### **3. Kale**

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Kale, to many Kenyans, is the greatest contributor to the backbone of Kenya's domestic vegetable market. Ninety percent of small-scale farmers plant the crop for consumption and as source of income.

### **4. Tomato**

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Tomatoes are a popular vegetable usually grown in kitchen gardens. Tomatoes come in different varieties most of which are grown in greenhouses in large scale; however, outdoor tomatoes have a higher nutrient value compared to those grown in greenhouses.

### **5. Onion**

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Onions are always found on the shelves of kitchens in Kenya. They are grown for both subsistence and commercial farming. Onion's high yields place it as one of the most important horticultural products in Kenya.

## LESSON NOTES

# Culture Class: Essential Swahili Vocabulary S1 #8

## Food Souvenirs

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## CONTENTS

- 2 Swahili
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

# 8

## SWAHILI

1. What are five popular Kenyan food souvenirs?
2. 1. juisi ya ndizi na kokoa
3. 2. chai ya mdalisi na matufaha
4. 3. juisi hoho ya matufaha
5. 4. chai nyeupe
6. 5. asali

## ENGLISH

1. What are five popular Kenyan food souvenirs?
2. 1. banana cocoa-carob
3. 2. cinnamon apple tea
4. 3. hot spiced apple juice
5. 4. white tea
6. 5. honey

## VOCABULARY

Swahili	English	Class
juisi ya ndizi na kokoa	banana cocoa-carob	noun



chai ya mdalisi na matufaha	cinnamon apple tea	noun
juisi hoho ya matufaha	hot spiced apple juice	noun
chai nyeupe	white tea	noun
asali	honey	noun

## SAMPLE SENTENCES

<p><b>Juisi ya ndizi na kokoa ni bora kwa mtu mgonjwa.</b></p> <p>"Banana cocoa-carob is good for a patient."</p>	<p><b>Harufu ya chai ya mdalisi na matufaha huvutia kutoka mbali.</b></p> <p>"The smell of cinnamon apple tea is enticing from a great distance."</p>
<p><b>Wakati mwingi mimi hunywa katika mkahawa juisi hoho ya matufaha.</b></p> <p>"Most times, I drink hot spiced apple juice in a coffee restaurant."</p>	<p><b>Chai nyeupe ni ghali lakini bora sana kwa afya.</b></p> <p>"White tea is expensive but very good for health."</p>
<p><b>Kijiko kimoja cha asali kwa siku huepusha daktari.</b></p> <p>"A spoon of honey a day keeps the doctor away."</p>	

## CULTURAL INSIGHT

### 1. Banana cocoa-carob

Banana carob is thick, creamy, and popular, especially among vegetarians because it is sugar-free and low in fat content.

### 2. Cinnamon apple tea

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Cinnamon apple tea is dominated by the aromatic smell of cinnamon and the sweetness of apples. The aromatic burst with the combination of sweet, spicy flavors is comforting and invigorating at the same time.

### **3. Hot spiced apple juice**

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This hot and tasty drink can be enjoyed anytime. Preparing hot spiced apple juice is simple since it does not require skills, just a little imagination and taste.

### **4. White tea**

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White tea is a speciality of its own kind made with tea buds and new young leaves. The leaves are steamed or sun dried, thus retaining most of their nutrients. White tea is popular for its medicinal properties.

### **5. Honey**

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Honey, both raw and refined, is known for its nutritious values, although raw honey is known to retain all of its health benefits since it is never strained, filtered, or heated.

## LESSON NOTES

# Culture Class: Essential Swahili Vocabulary S1 #9 Animals

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## CONTENTS

- 2 Swahili
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

# 9

# SWAHILI

1. What are five common animals in Kenya?
2. 1. simba
3. 2. ndovu
4. 3. chui
5. 4. nyati
6. 5. kifaruru

# ENGLISH

1. What are five common animals in Kenya?
2. 1. lion
3. 2. elephant
4. 3. leopard
5. 4. buffalo
6. 5. rhino

## VOCABULARY

Swahili	English	Class
kifaruru	rhino	noun

simba	lion	noun
ndovu	elephant	noun
chui	leopard	noun
nyati	buffalo	noun

## SAMPLE SENTENCES

<p><b>Kifaru ana hisia ya hali ya juu ya kusikia na kunusa.</b></p> <p>"The rhino has a good sense of hearing and smelling."</p>	<p><b>Simba ni jina lililovuma sana hadi likatumiwa katika sinema ya "Lion King. "</b></p> <p>"The name "simba " is very popular, and it is featured in the "Lion King" movie."</p>
<p><b>Simba anasimama kisha anaendelea kutembea.</b></p> <p>The lion pauses and then continues walking.</p>	<p><b>Sehemu kadhaa nchini India, ndovu hufugwa nyumbani.</b></p> <p>"In some places in India, elephants are tamed."</p>
<p><b>Mwanawe ndovu anachezea uchafu kwenye bunga la wanyama.</b></p> <p>The baby elephant is playing with dirt in a zoo.</p>	<p><b>Chui na duma wanafanana sana.</b></p> <p>"Leopards and cheetahs look alike."</p>
<p><b>Nyama ya nyati ni tamu sana.</b></p> <p>"Buffalo meat is very delicious."</p>	<p><b>Nyati wanaforomaliana.</b></p> <p>The buffalos are playfully sparring with each other.</p>

## CULTURAL INSIGHT

### 1. Lion

Dubbed the King of Beasts, the lion is always on the list of animals to see on a safari. Lions have been held in awe because of their beauty and strength. They live in prides of around 15 lions, with many being females headed by a dominant male.

## **2. Elephant**

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Gigantic and intelligent, elephants are worth seeing, and witnessing elephants bathing is an experience. Elephants are herbivores and the largest living animals on land.

## **3. Leopard**

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Nicknamed the “silent hunter,” the leopard is held in awe for its mysterious aura. They are cunning predators often dreaded for killing domestic animals. They are very adaptable and can survive just in any environment.

## **4. Buffalo**

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Often confused with the domestic cow, the buffalo is treasured as one of the most important mammals in Africa. The buffalo is dependent on water, thus it is rarely found in arid and semi arid areas.

## **5. Rhino**

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Rhinos are divided into white and black rhinos; however, it is not the skin tone that differentiates them. The white rhino has a wide mouth for grazing and a low hanging head and hump shoulders. The black rhino has a pointed mouth for grasping foliage and a hooked nose with a raised head.

## LESSON NOTES

# Culture Class: Essential Swahili Vocabulary S1 #10 National Parks

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## CONTENTS

- 2 Swahili
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

# 10

## SWAHILI

1. What are five national parks in Kenya?
2. 1. Bunga la wanyama la Maasai Mara
3. 2. Bunga la wanyama la Ziwa Nakuru
4. 3. Bunga la wanyama la Mlima Kenya
5. 4. Bunga la wanyama la Amboseli
6. 5. Bunga la wanyama la Tsavo

## ENGLISH

1. What are five national parks in Kenya?
2. 1. Maasai Mara National Park
3. 2. Lake Nakuru National Park
4. 3. Mount Kenya National Park
5. 4. Amboseli National Park
6. 5. Tsavo National Park

## VOCABULARY

Swahili	English	Class
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Bunga la wanyama la Maasai Mara	Maasai Mara National Park	proper noun
Bunga la wanyama la Ziwa Nakuru	Lake Nakuru National Park	proper noun
Bunga la wanyama la Mlima Kenya	Mount Kenya National Park	proper noun
Bunga la wanyama la Amboseli	Amboseli National Park	proper noun
Bunga la wanyama la Tsavo	Tsavo National Park	proper noun

## SAMPLE SENTENCES

<p><b>Bunga la wanyama la Maasai Mara hupata watalii wengi sana kila mwaka.</b></p> <p>"The Maasai Mara National Park receives a lot of tourists every year."</p>	<p><b>Bunga la wanyama la Ziwa Nakuru linapendeza zaidi kwa sababu ya flamingo wake.</b></p> <p>"Lake Nakuru National Park is especially attractive for its flamingos."</p>
<p><b>Bunga la Wanyama la Mlima Kenya una vilele vitatu.</b></p> <p>"Mount Kenya National Park consists of three peaks."</p>	<p><b>Nyumba za Maasai zinaonekana kutoka kwa Bunga la wanyama la Amboseli.</b></p> <p>"The Maasai houses can be seen from the Amboseli National Park."</p>
<p><b>Karibu siku nzima inahitajika kuzuru Bunga la wanyama la Tsavo.</b></p> <p>"Almost a whole day is needed to tour the Tsavo National Park."</p>	

## CULTURAL INSIGHT

### 1. Maasai Mara National Park

---

The Maasai Mara national park tops the list of the most popular wildlife parks in Kenya. It is home to the popular big five: the lion, elephant, buffalo, cheetah, and hippo. in addition to other wild animals.

## **2. Lake Nakuru National Park**

---

A renown lake park for its large flock of flamingos, and its natural production of soda, this park hosts white rhino, warthog, giraffe, hippo, and lion. It is also a home for ostriches and many different species of birds.

## **3. Mount Kenya National Park**

---

Mount Kenya is the second highest mountain in Africa. It happens to be on UNESCO's World Heritage List and is consider to be a seat for the Kikuyu god Ngai. It hosts unique species of animals, lakes, mineral springs, and forests.

## **4. Amboseli National Park**

---

A host to more than 50 different animal species and 400 species of birds, Amboseli is also popular for its breathtaking views of Mount Kilimanjaro in neighboring Tanzania and the surrounding plains below.

## **5. Tsavo National Park**

---

Tsavo National Park is vast with a wild landscape divided into the East and West Tsavo. The West side has a commanding view point and an underwater glass tank in which you can see crocodiles and elephants bathe among the hippos.

## LESSON NOTES

# Culture Class: Essential Swahili Vocabulary S1 #11

## Geographical Features

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## CONTENTS

- 2 Swahili
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 4 Cultural Insight

# 11

## SWAHILI

1. What are five well-known geographical features in Kenya?
2. 1. bahari
3. 2. mito
4. 3. kisiwa
5. 4. pango
6. 5. ziwa

## ENGLISH

1. What are five well-known geographical features in Kenya?
2. 1. oceans
3. 2. rivers
4. 3. island
5. 4. caves
6. 5. lake

## VOCABULARY

Swahili	English	Class
bahari	ocean	noun

mito	river	noun
kisiwa	island	noun
pango	cave	noun
ziwa	lake	noun

## SAMPLE SENTENCES

<p><b>Bahari za shangaza kwa kuweza kubeba uzito wa jahazi.</b></p> <p>"Oceans are puzzling for their ability to carry the weight of a ship."</p>	<p><b>Mito inawezatumika kama pahali pa kuogelea.</b></p> <p>"Rivers can be used as a spot for swimming."</p>
<p><b>Lamu ni mahali pa kuzuru wakati wa likizo katika pwani la Kenya.</b></p> <p>"Lamu is a must-visit during a vacation on the coast of Kenya."</p>	<p><b>Watalii wanapenda kuzuru kisiwa cha Madagascar.</b></p> <p>"Tourists like visiting the island of Madagascar."</p>
<p><b>Pango panaogopesha usiku.</b></p> <p>"Caves are scary at night."</p>	<p><b>Kisa cha mwanaume mmoja mjini kibera aliyeishi kwa pango kwa sababu haguezakupumu kodi ya nyumba inadhibitisha kulemewa kwa serikali katika kutekeleza wajibu wao.</b></p> <p>"The story of a man in Kibera who lived in a cave because he could not afford to pay rent shows failure of the government in its responsibilities."</p>

<p><b>Pango hili ni pana sana.</b> "This cave is very wide."</p>	<p><b>Mashindano ya voliboli huwia sana katika pwani la ziwa.</b> "Interesting volleyball competitions are held on the shores of the lake."</p>
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## CULTURAL INSIGHT

### 1. Oceans

Kenya has the Indian Ocean to the Southeast. The coast has a coral reef that protects the beaches from destructive waves. Kisite, Watumu, and Malindi are the three parks found along the Kenyan coast.

### 2. Rivers

Most rivers in Kenya have their source from the highland regions and flow westward to Lake Victoria, eastward to the Indian Ocean, or northward to Lake Turkana.

### 3. Island

Lamu is a notable island along the coast of Mombasa. It has been used as a port for centuries now. Lamu Island was formed by the subversion of the coastline due to the rise in the level of the sea.

### 4. Caves

Caves in Kenya have been a home to various ethnic groups, rebels, and the outlawed as recently as the 1980s. However, elephants now use most caves as sleeping quarters.

### 5. Lake

Lake Victoria and Lake Turkana are the two most significant lakes in Kenya. Lake Victoria is shared by three countries: Uganda, Tanzania, and Kenya. It is the second largest freshwater lake in the world and the main source of the River Nile. Lake Turkana is found in the northern part of Kenya.

## LESSON NOTES

# Culture Class: Essential Swahili Vocabulary S1 #12 Cities

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## CONTENTS

- 2 Swahili
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

# 12



## SWAHILI

1. What are five well-known cities in Kenya?
2. 1. Nairobi
3. 2. Mombasa
4. 3. Nakuru
5. 4. Kisumu
6. 5. Eldoret

## ENGLISH

1. What are five well-known cities in Kenya?
2. 1. Nairobi
3. 2. Mombasa
4. 3. Nakuru
5. 4. Kisumu
6. 5. Eldoret

## VOCABULARY

Swahili	English	Class
Nairobi	Nairobi	proper noun

Mombasa	Mombasa	proper noun
Nakuru	Nakuru	proper noun
Kisumu	Kisumu	proper noun
Eldoret	Eldoret	proper noun

## SAMPLE SENTENCES

<p><b>Katika Afrika kusini na ya kati, mji wa Nairobi unasharifiwa kuwa kama mji mkuu wa NewYork.</b></p> <p>"In east and central Africa, the city of Nairobi is likened to New York City."</p>	<p><b>Mji wa Mombasa una sehemu nyingi na bora zaidi pa kustarehe kwa watilli.</b></p> <p>"The city of Mombasa has some of the best tourist destinations in the country to relax."</p>
<p><b>Katika kitongoji cha Nakuru, Bwana Leakey aligundua kisukuku ya binadamu.</b></p> <p>"Dr. Leakey discovered human fossils in the region of Nakuru."</p>	<p><b>Kisumu inajulika sana kwa aina nyingi za samaki.</b></p> <p>"Kisumu is popular for many kinds of fish."</p>
<p><b>Uwanja wa ndege wa Eldoret inajulikana sana kwa kusafirisha maua katika nchi za nje.</b></p> <p>"Eldoret International Airport is well known for transporting horticultural products to other countries."</p>	

## CULTURAL INSIGHT

### 1. Nairobi

Nairobi, the capital city of Kenya and a constituent of Nairobi County, is one of Africa's largest and most interesting cities. The city happens to be the safari capital of Africa, with tourists all over the world visiting it. It is the most populated city in

eastern Africa with a population of about three million.

## **2. Mombasa**

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The second largest city in Kenya, Mombasa lies along the Indian Ocean. Mombasa is the headquarters of the Coast Province and a regional and economic hub known for its major port, international airport, and tourist activities.

## **3. Nakuru**

---

The third largest city in Kenya, Nakuru is the capital of Kenya's Rift Valley Province and Nakuru County. It has the largest residency in the whole country and is home to Lake Nakuru, a soda lake that's part of Lake Nakuru National Park.

## **4. Kisumu**

---

Kisumu, the capital of Kisumu County, serves as the principal city of western Kenya. It comes second after Kampala as the most important port city in the greater Lake Victoria basin.

## **5. Eldoret**

---

Eldoret is a popular tourist destination that's located within the Rift Valley part of Kenya. Within Eldoret is a training center founded by the International Association of Athletics Federation, where national and international athletes can train.

## LESSON NOTES

# Culture Class: Essential Swahili Vocabulary S1 #13

## Sports

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## CONTENTS

- 2 Swahili
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

# # 13

## SWAHILI

1. What are five popular sports in Kenya?
2. 1. riadha
3. 2. basketiboli
4. 3. raga
5. 4. voliboli
6. 5. kandanda

## ENGLISH

1. What are five popular sports in Kenya?
2. 1. athletics
3. 2. basketball
4. 3. rugby
5. 4. volleyball
6. 5. soccer

## VOCABULARY

Swahili	English	Class
riadha	athletics	noun

basketiboli	basketball	noun
raga	rugby	noun
voliboli	volleyball	noun
kandanda	soccer	noun

## SAMPLE SENTENCES

<p><b>Kenya ni maarufu duniani nzima katika mbio za riadha.</b></p> <p>"Kenya is popular all over the world for athletics."</p>	<p><b>Tangu basketiboli ivume, watu wengi hukusanyika katika viwanja tofauti kuucheza au kuutazama.</b></p> <p>"Since basketball became famous, many people have gathered in different fields to play or watch the game."</p>
<p><b>Wavulana na wasichana wanacheza basketiboli.</b></p> <p>The boys and girls are playing basketball.</p>	<p><b>Timu ya raga ya Kenya ni miongoni mwa timu bora ya raga katika bara la Afrika.</b></p> <p>"The Kenya rugby team is among the best rugby teams in Africa."</p>
<p><b>Kila mwaka, wanamichezo wa voliboli wa chini ya miaka 23 hujitayarisha kwa michezo ya kitaifa ya FIVB.</b></p> <p>"Every year, volleyball players under 23 train to prepare for the FIVB World Championship."</p>	<p><b>Wakati mwingine, watu hukesha kuona kandanda.</b></p> <p>"Sometimes, people stay awake all night to watch soccer."</p>
<p><b>Wachezaji wanacheza kandanda.</b></p> <p>The players are playing soccer.</p>	

## CULTURAL INSIGHT

## 1. Athletics

---

Since the 1960s, Kenya has produced more world-class athletes in long distance running than any other country in the world. The history of track and field in Kenya goes back to the formation of the Amateur Athletics Association in 1951.

## 2. Basketball

---

Basketball has become a popular sport in Kenya with tournaments held all over the country, although most champion teams are found within the main cities. These include Cooperative Bank, International Christian Centre, and Lava Warriors, among others.

## 3. Rugby

---

Rugby's popularity in Kenya is due to the excellence of the Kenyan Sevens Team in tournaments and rugby sevens format. The sport is under the umbrella of the Kenya Rugby Football Union, which was formed in 1923.

## 4. Volleyball

---

Volleyball is gaining popularity not only locally but also in the international scene. Both men's and women's teams have dominated continental volleyball for some time.

## 5. Soccer

---

Soccer is one of the most-watched sports in Kenya. The Kenya national soccer team had its first game in 1926. Kenya has participated in every World Cup qualification campaign since 1974; however, it has never qualified for the finals.

## LESSON NOTES

# Culture Class: Essential Swahili Vocabulary S1 #14

## Recreational Activities

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## CONTENTS

- 2 Swahili
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

# 14



# SWAHILI

1. What are five popular recreational activities in Kenya?
2. 1. Kutembelea jamii
3. 2. Sinema
4. 3. Disko
5. 4. Kandanda
6. 5. Muziki

# ENGLISH

1. What are five popular recreational activities in Kenya?
2. 1. Visiting relatives
3. 2. Movie
4. 3. Discos
5. 4. Soccer
6. 5. Music

# VOCABULARY

Swahili	English	Class
kutembelea jamii	visiting relatives	phrase

sinema	movie	noun
disko	discos	noun
kandanda	soccer	noun
muziki	music	noun

## SAMPLE SENTENCES

<p><b>Watu huchangamuka wakitembelea jamii zao manyumbani.</b></p> <p>"People are often happy when they visit their relatives in the country."</p>	<p><b>Kuna sinema nyingi sana hadi ukashindwa utatazama ngani.</b></p> <p>"There are so many movies that it's difficult to decide which movie to watch."</p>
<p><b>Vijana wa umri chini ya kumi na nane hawaruhusiwi kwenda kwa disko.</b></p> <p>"People below the age of eighteen are not allowed to go to the discos."</p>	<p><b>Kandanda ni mchezo wa kupendeza lakini una mchafuko mwingi.</b></p> <p>"Soccer is an interesting game, but it is too rough."</p>
<p><b>Wakati mwingine, watu hukesha kuona kandanda.</b></p> <p>"Sometimes, people stay awake all night to watch soccer."</p>	<p><b>Wachezaji wanacheza kandanda.</b></p> <p>The players are playing soccer.</p>
<p><b>Muziki ni sabuni ya roho.</b></p> <p>"Music soothes the soul."</p>	

## CULTURAL INSIGHT

### 1. Visiting relatives

---

Kenyans are family-oriented. Many urban families travel to rural areas to visit other family members on the weekends and holidays.

## **2. Movie**

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Kenyans are fond of watching international films in theaters in the big cities. Action and martial arts movies are the most popular.

## **3. Discos**

---

Kenyans like going to the disco as a treat after a week's hard work. Discos are found in most cities, but the ones found in big cities like Nairobi are very sophisticated. Florida 2000, Carnivore, and Bubbles have become famous discos.

## **4. Soccer**

---

Most soccer games are held on the weekends in big stadiums or public fields. Neighborhoods are often filled with the cheers of children playing soccer.

## **5. Music**

---

Music is part and parcel of the Kenyan lifestyle. Folk songs can be popular, although popular international music from different genres is blended with local Kenyan artists and often played for hours on radio and TV stations.

## LESSON NOTES

# Culture Class: Essential Swahili Vocabulary S1 #15

## Tourist Attractions and Places

---

## CONTENTS

- 2 Swahili
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

# 15

## SWAHILI

1. What are five popular tourist attractions and places in Kenya?
2. 1. Bunga la wanyama la Maasai Mara
3. 2. Mlima Kenya
4. 3. Ziwa Nakuru
5. 4. Malindi
6. 5. Kisiwa cha Lamu

## ENGLISH

1. What are five popular tourist attractions and places in Kenya?
2. 1. Maasai Mara National Reserve
3. 2. Mount Kenya
4. 3. Lake Nakuru
5. 4. Lamu Island
6. 5. Lamu island

## VOCABULARY

Swahili	English	Class
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Bunga la wanyama la Masai Mara	Masai Mara National Reserve	proper noun
Mlima Kenya	Mount Kenya	proper noun
Ziwa Nakuru	Lake Nakuru	proper noun
Malindi	Malindi	proper noun
Kisiwa cha Lamu	Lamu Island	proper noun

## SAMPLE SENTENCES

<p><b>Bunga la wanyama la Maasai Mara hupata watalii wengi sana hasa katika miezi ya Julai hadi Oktoba.</b></p> <p>"Maasai Mara National Reserve receives lots of tourists, especially in the months of July to October."</p>	<p><b>Inaaminika kuwa, watu wa eneo ya mlima Kenya walikuwa wanaabudu chini ya mlima huu.</b></p> <p>"It is believed that people living around Mount Kenya used to worship on its slopes."</p>
<p><b>Picha ya flamingo ya ziwa Nakuru ilitumika kwa vitabu vya kuandika.</b></p> <p>"A picture of a flamingo of Lake Nakuru was used on the cover page of notebooks."</p>	<p><b>Malindi ni pahali pazuri pa kuzuru katika utalii wa pwani wa Mombasa.</b></p> <p>"Malindi is a good place to visit during a tour to the coast of Mombasa."</p>
<p><b>Ukitaka onjo ya maisha kale ya Mombasa, tembelea Kisiwa cha Lamu.</b></p> <p>"If you want a taste of the good old days, visit Lamu Island."</p>	

## CULTURAL INSIGHT

### 1. Maasai Mara National Reserve

Maasai Mara is widely known as one of Africa's greatest wildlife reserves, particularly for its abundance of lions, leopards, and cheetahs, and the great wildebeest migration commonly known as the Great Migration.

## **2. Mount Kenya**

---

Mount Kenya is the highest mountain in Kenya and is ranked second-highest in Africa after Kilimanjaro. The slopes are covered with forests, and the mountain is crowned with snow. Mount Kenya is technically hard to climb; however, fit trekkers have managed to climb its lower summits.

## **3. Lake Nakuru**

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Lake Nakuru is home to millions of flamingoes that are usually attracted by the abundance of algae in the lake. The lake is found in the central part of Kenya and forms a bigger part of Nakuru National Park.

## **4. Malindi**

---

Malindi is known for its extensive coral reefs and beautiful beaches. Surfing, snorkeling, deep-sea fishing, and other water sports are popular there. Within its vicinity is the Malindi Marine National Park, which features fine beaches, clear water, and lots of colorful fish.

## **5. Lamu Island**

---

Lamu is Kenya's oldest living town, so it has a kind of uniqueness and charm that's identified with fun, like using donkeys and boats as a means of transportation. The number of motorized vehicles on the island is low, as residents prefer to walk from one point to another.

## LESSON NOTES

# Culture Class: Essential Swahili Vocabulary S1 #16

## Common Things in the Home

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## CONTENTS

- 2 Swahili
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

# 16



# SWAHILI

1. What are five common things in Kenyan homes?
2. 1. Televisheni
3. 2. Redio
4. 3. Kiti
5. 4. Jiko
6. 5. Kitanda

# ENGLISH

1. What are five common things in Kenyan homes?
2. 1. Television
3. 2. Radio
4. 3. Sofa
5. 4. Stove
6. 5. Bed

## VOCABULARY

Swahili	English	Class
televisheni	television	noun

redio	radio	noun
kiti	sofa	noun
jiko	stove	noun
kitanda	bed	noun

## SAMPLE SENTENCES

<p><b>Televisheni ni bei nafuu siku hizi hivyo basi watu wana fulsa ya kuimiliki.</b></p> <p>"Televisions are cheap, meaning people have a chance to own one."</p>	<p><b>Redio ni chombo maarufu kinachoeneza matukio ya kila siku.</b></p> <p>"The radio is the most popular gadget used to spread news about everyday happenings."</p>
<p><b>Kiti kinachoweza kutumika kama kitanda ni cha faida sana kwa nyumba ya aina yoyote.</b></p> <p>"A sofa that can be used as a bed is beneficial to any house."</p>	<p><b>Jiko inagharama ya chini ikitumiwa kwa biashara.</b></p> <p>"A charcoal stove costs less when used in a business."</p>
<p><b>Vitanda ni ghali kwa sababu ya miundo kadhaa zinazopenya kwenye soko.</b></p> <p>"Beds are expensive because of different designs that are introduced in the market."</p>	

## CULTURAL INSIGHT

### 1. Television

Most Kenyans have a television so they can keep up with local and international news. Usually the television is placed in the living room where everyone, even visitors, can watch it.

## 2. Radio

---

Radios can be found in every Kenyan home. They allow listeners to keep up with the news and enjoy entertainment.

## 3. Sofa

---

It is unusual to find Kenyans sitting on the floor. In most living rooms, you will find a sofa set with a dining table. Not everyone can afford the flashy sets, so you will find them in many different styles, from wood to leather ones, depending on someone's social status.

## 4. Stove

---

With the introduction of modern equipment for cooking, most Kenyan homes have gas cookers or paraffin stoves, but charcoal stoves come in handy when Kenyans want to grill meat.

## 5. Bed

---

Just as it is important for Kenyans to have chairs, so it is for them to have beds. Rarely will you find Kenyans sleeping on the floor unless a situation demands for it.

## LESSON NOTES

# Culture Class: Essential Swahili Vocabulary S1 #17

## Commonly-Used Medicines and Drugs

---

## CONTENTS

- 2 Swahili
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

# 17

## SWAHILI

1. What are five common commonly-used types of medicine and drugs in Kenya?
2. 1. Dawa ya sumu ya nyoka
3. 2. Dawa ya miti shamba
4. 3. Asprini
5. 4. Piriton
6. 5. Panadol

## ENGLISH

1. What are five common commonly-used types of medicine and drugs in Kenya?
2. 1. Snake bite herbs
3. 2. Herbal medicine
4. 3. Aspirin
5. 4. Piriton
6. 5. Panadol

## VOCABULARY

Swahili	English	Class
dawa ya sumu ya nyoka	snake bite herbs	noun

dawa ya miti shamba	herbal medicine	noun
asprini	aspirin	noun
piriton	piriton	noun
panadol	panadol	noun

## SAMPLE SENTENCES

<p><b>Ni muhimu kujifunza jinsi ya kutibu kiumo cha nyoka kwa vile tiba yake ni nadra sana.</b></p> <p>"It is important to learn to treat snake bites because its medicine is very rare."</p>	<p><b>Enzi hizi, watu wengi wanatumia madawa ya miti shamba kuponesha magonjwa tofauti.</b></p> <p>"In this age, many people use herbal medicine to cure different kinds of diseases."</p>
<p><b>Mtindo bora ni lazima ufuatwe ukitumia asprini na matibabu mengine.</b></p> <p>"The proper dose should be observed when taking aspirin with other medication."</p>	<p><b>Ukimeza piriton kwa kiasi kubwa wakati mmoja, usishangae kujipata kaburini</b></p> <p>"If you take piriton in a large quantity at once, do not be surprised to find yourself in the grave."</p>
<p><b>Panadol ni miongoni mwa tembe zinazotumika sana nchini Kenya.</b></p> <p>"Panadol is among the most-used tablets in Kenya."</p>	

## CULTURAL INSIGHT

### 1. Snake bite herbs

Herbs used for snake bites were prepared as infusions, decoctions, or macerations. In some cases, the snake teeth were mixed with *Opilia amentecia*, a type of woody vine, to treat the poisoning.

## 2. Herbal medicine

---

Herbal medicine comes in different forms to cure different diseases ranging from malaria to diabetes, among others. Many people are resorting to herbal medicine, especially after its profound positive effects on stubborn diseases.

## 3. Aspirin

---

Aspirin is a medicine commonly used to relieve pain, mostly headaches, stomach aches, and general pain. Aspirin can be administered as a liquid or as a tablet.

## 4. Piriton

---

Piriton comes in liquid and tablet form. It is commonly used by adults to fall asleep. It is also used to alleviate cold symptoms in small children.

## 5. Panadol

---

This is widely used in Kenya as a pain reliever. It is also good for lowering the body temperature in case of fever. Panadol can, however, make it seem as if someone has been cured, yet in reality, the disease is still increasing within the body.

## LESSON NOTES

# Culture Class: Essential Swahili Vocabulary S1 #18

## Disasters

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## CONTENTS

- 2 Swahili
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

# 18



# SWAHILI

1. What are five common types of disasters in Kenya?
2. 1. Mafuriko
3. 2. Njaa
4. 3. Ugonjwa wa mlipuko
5. 4. Poromoko
6. 5. Tufani

# ENGLISH

1. What are five common types of disasters in Kenya?
2. 1. Flood
3. 2. Famine
4. 3. Epidemics
5. 4. Landslides
6. 5. Rainstorms

## VOCABULARY

Swahili	English	Class
njaa	famine	noun

ugonjwa wa mlipuko	epidemics	noun
poromoko	landslides	noun
tufani	rainstorms	noun
mafuriko	flood	noun

## SAMPLE SENTENCES

<p><b>Serikali inahofia kuwa watu thelathini wamekufa kwa njaa.</b></p> <p>"The government is concerned that about 30 people have died because of famine."</p>	<p><b>Dawa ya malaria, yakimezwa mapema, ni kinga bora ya maradhi ya malaria.</b></p> <p>"Anti-malaria medicine, when taken in advance, is good for preventing malaria infection."</p>
<p><b>Ni muhimu serikali ikabiliane na ukataji miti ilikupunguza kesi za maporomoko.</b></p> <p>"It is important that the government restrict the cutting of trees to reduce landslides."</p>	<p><b>Tufani kwa wingi huja kwa ghafla.</b></p> <p>"Many times, rainstorms comes abruptly."</p>
<p><b>Mafuriko katika eneo ya nyando ilizidi masiku kadhaa.</b></p> <p>"Floods in the Nyando region lasted for some days."</p>	<p><b>Gari linajisukuma katika mafuriko.</b></p> <p>The jeep is pushing through the flood.</p>

## CULTURAL INSIGHT

### 1. Flood

Heavy rainfall season in Kenya runs from mid-April through May, and the short rain season runs from September to November. The areas that are usually prone to

flooding are around the Lake Victoria Basin in the surrounding areas of Budalangi along the river Nzoia; the Kano plains along the river Nyando; and the surrounding areas of the Tana river.

## **2. Famine**

---

Severe drought ranks at the top as the main cause of famine in Kenya, especially in the northern areas. This has often resulted into a food crisis that threaten the livelihood of people and their livestock.

## **3. Epidemics**

---

In the list of epidemics that hit Kenya, malaria leads in the cause of morbidity and mortality in Kenya. Almost every Kenyan is at risk of malaria. It is the main cause of death among children, the most vulnerable group, followed by pregnant women.

## **4. Landslides**

---

Landslides in Kenya occur mostly during the rainy season and are intensified by flooding. They have gotten worse as a result of deforestation and are triggered by rapid saturation of the soil, which reduces cohesion, surface tension, and friction.

## **5. Rainstorms**

---

It is not unusual for Kenya to get heavy storms during the rainy season. During this time, blackouts, damage to buildings, and trees on cars, buildings, and roads are common.

## LESSON NOTES

# Culture Class: Essential Swahili Vocabulary S1 #19

## Frequently-Used Modes of Transportation

---

## CONTENTS

- 2 Swahili
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

# 19

# SWAHILI

1. What are five common modes of transportation in Kenya?
2. 1. Basi
3. 2. Treni
4. 3. Ndege
5. 4. Bodaboda
6. 5. Teksi

# ENGLISH

1. What are five common modes of transportation in Kenya?
2. 1. Bus
3. 2. Train
4. 3. Plane
5. 4. Bike taxis
6. 5. Taxi

## VOCABULARY

Swahili	English	Class
basi	bus	noun

treni	train	noun
ndege	plane	noun
bodaboda	bike taxis	noun
teksi	taxi	noun

## SAMPLE SENTENCES

<p><b>Idadi za basi kufika jijini Nairobi zimeongezeka.</b></p> <p>"The number of buses to the central business district in Nairobi have increased."</p>	<p><b>Treni mpya ya kuenda hadi Kismayu inastarehe.</b></p> <p>"The new train that goes to Kismayu is comfortable."</p>
<p><b>Treni imejaa pomoni.</b></p> <p>"The train is very full."</p>	<p><b>Mwana mziki kwa jina Jaguar amejihami sasa na ndege kuonyesha misuli ya utajiri wake.</b></p> <p>"The artist by the name of Jaguar has armed himself with a plane to show the muscles of his wealth."</p>
<p><b>Igawa bodaboda zinatumika kwa wingi, zimekuwa vyombo vya ajali za barabarani.</b></p> <p>"Although bike taxis are frequently used, they have become objects of traffic accidents."</p>	<p><b>Uzuri wa teksi ni kuwa itakufikisha hadi unakoenda.</b></p> <p>"Taxis are good because they take you right to your destination."</p>

## CULTURAL INSIGHT

### 1. Bus

---

The public bus system is one of the most popular and cheapest modes of transportation in Kenya. For the buses operating within a city and its suburbs and the surrounding towns, the fare is paid on board. But the long distance buses require advance booking, usually at the bus office.

## **2. Train**

---

Trains in Kenya mainly serve the main cities and are used for long-distance travel. The long-distance trains are separated into three compartments of first, second, and third class. Train tickets for both long- and short-distance trains can be obtained from the train station or from the local travel agent.

## **3. Plane**

---

Airplanes are the best way to get to distant places in Kenya faster. Kenya offers domestic flights between major cities such as Mombasa, Kisumu, and Eldoret. These flights usually take one hour. Charter planes are also available to smaller cities, games parks, and remote places.

## **4. Bike taxis**

---

Bike taxis are either bicycle or motorbike taxis. They offer cheap and reliable transportation to areas that cannot be easily accessed by public transport. Since they can maneuver through traffic, most people prefer them because they can reach their destination faster.

## **5. Taxi**

---

Taxis are popular for those who want to control the flexibility of their travel in Kenya. Plenty of taxis are available for short distance travel or one trip across the city or its suburbs at an upfront fee. Cars for hire are readily available at the airport and from car rental companies.

## LESSON NOTES

# Culture Class: Essential Swahili Vocabulary S1 #20

## Shops or Services in Town

---

## CONTENTS

- 2 Swahili
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

# 20



## SWAHILI

1. What are five common shops or services in Kenya?
2. 1. Supamaketi
3. 2. Soko la mboga
4. 3. Jengo la maduka
5. 4. Baa
6. 5. Salun

## ENGLISH

1. What are five common shops or services in Kenya?
2. 1. Supermarket
3. 2. Food market
4. 3. Shopping mall
5. 4. Bars
6. 5. Salon

## VOCABULARY

Swahili	English	Class
soko la mboga	food market	noun

jengo la maduka	shopping mall	noun
baa	bars	noun
salun	salon	noun
supamaketi	supermarket	noun

## SAMPLE SENTENCES

<p><b>Katika soko la mboga waweza kujua aina tofauti ya vyakula vilivyo nchini.</b></p> <p>"In the food market, one can find out about many different foods that are found in the country."</p>	<p><b>Jengo la maduka la Westgate, Nairobi, ilishambuliwa na magaidi wa Al-shabab.</b></p> <p>"Westgate Mall in Nairobi was attacked by a terrorist group known as Al-shabaab."</p>
<p><b>Imekuwa hatari kustarehe kwa baa hadi usiku mkuu wa manane.</b></p> <p>"It has become dangerous to stay in the bar after midnight."</p>	<p><b>Saluni za Kenya zinanawiri kwa vile wanaume pia wameanza kujirembesha kiasi.</b></p> <p>"Many Kenyan salons are doing well because men have also started making themselves up."</p>
<p><b>Supamaketi imekuwa njia bora ya kununua vitu vingi kwa wakati mmoja.</b></p> <p>"Supermarkets are convenient for buying many products at once."</p>	

## CULTURAL INSIGHT

### 1. Supermarket

Kenyan supermarkets are expanding regionally and offer a broad range of products. Most supermarkets accept payment in Visa, M-pesa and gift vouchers. Kenyans can also shop online and have their products delivered to them.

## 2. Food market

---

Foods ranging from fresh fruits and vegetables to roasted and dried foods are found in large quantities in food markets. In most cases, the prices are standard for the products that are on sale.

## 3. Shopping mall

---

Kenyan malls have become a common place for shopping. Malls are attractive to everyone, although it is the rich and middle class who shop here frequently. Malls are also known for providing a relaxing and exciting atmosphere because of the presence of lounges, amusement parks, movie theaters, and the like.

## 4. Bars

---

After a day of hard work, some Kenyans opt to relax with a bottle of Kenyan beer, spirits, or wine in a bar with friends.

## 5. Salon

---

Kenyan salons are well known for hairstyling and makeovers. While they're popular with locals, tourists also frequent them in order to get Kenyan hairstyles such as braids and cornrows.

## LESSON NOTES

# Culture Class: Essential Swahili Vocabulary S1 #21

## Popular Chain Stores

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## CONTENTS

- 2 Swahili
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

# #21

## SWAHILI

1. What are five popular chain stores in Kenya?
2. 1. Nakumatt
3. 2. Bata
4. 3. Uchumi
5. 4. Wimpy
6. 5. Bw.Price

## ENGLISH

1. What are five popular chain stores in Kenya?
2. 1. Nakumatt
3. 2. Bata
4. 3. Uchumi
5. 4. Wimpy
6. 5. Mr. Price

## VOCABULARY

Swahili	English	Class
Nakumatt	Nakumatt	proper noun

Bata	Bata	proper noun
Uchumi	Uchumi	proper noun
Wimpy	Wimpy	proper noun
Bw.Price	Mr. Price	proper noun

## SAMPLE SENTENCES

<p><b>Nakumatt imeenea katika sehemu za mashambani nchini Kenya na katika nchi majirani.</b></p> <p>"Nakumatt has spread to the rural areas of Kenya and to the neighboring countries."</p>	<p><b>Viatu vya bata vinapendwa sana kwa viatu vya shule na ofisini.</b></p> <p>"Bata shoes are a popular brand for school and office wear."</p>
<p><b>Baada ya kunusurika kusambaratika, Uchumi ilifufuka na kuenea nchini kote na katika nchi majirani.</b></p> <p>"After narrowly escaping collapse, Uchumi took off and spread not only all over the country but around the region too."</p>	<p><b>Vijana wengi hukusanyika Wimpy kustarehe kwa kukula na kupiga domo.</b></p> <p>"Many young people gather in Wimpy to relax while eating and chatting."</p>
<p><b>Bidhaa vya nyumba kutoka Bw. Price vinavuma hasa kwa sababu ni bidhaa vya kisasa na za kudumu.</b></p> <p>"Home products from Mr. Price are popular because they are modern and long-lasting."</p>	

## CULTURAL INSIGHT

### 1. Nakumatt

Nakumatt is a Kenyan supermarket chain. The name is an abbreviation for Nakuru Mattress. As of November 2012, it had 37 stores across Kenya, Uganda, Rwanda, and Tanzania.

## **2. Bata**

---

Bata, also known as Bata Shoe Organization, is a family-owned global footwear and fashion accessory manufacturer and retailer. It has outlets in both small and major cities all over the country.

## **3. Uchumi**

---

Uchumi Supermarkets, often referred to simply as Uchumi, is a Kenyan supermarket chain. The name Uchumi means "economy" in Swahili. Currently, Uchumi maintains outlets in Kenya, Tanzania, and Uganda and aims to establish a presence in Burundi, Rwanda, and South Sudan in the next few years.

## **4. Wimpy**

---

Wimpy is a chain of fast food restaurants, most of which are located in Nairobi. Most of its meals are hamburger-based, but you could also find very good fries and other fast food.

## **5. Mr. Price**

---

Mr. Price Home is about affordable modern living, offering the latest in contemporary home textiles and home accessories.

## LESSON NOTES

# Culture Class: Essential Swahili Vocabulary S1 #22

## Artists and Musicians

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## CONTENTS

- 2 Swahili
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

# 22



# SWAHILI

1. Who are five popular artists and musicians in Kenya?
2. 1. Jaguar
3. 2. Emmy Kosgei
4. 3. Avril
5. 4. Jua Kali
6. 5. Diddi Kimer

# ENGLISH

1. Who are five popular artists and musicians in Kenya?
2. 1. Jaguar
3. 2. Emmy Kosgei
4. 3. Avril
5. 4. Jua Kali
6. 5. Diddi Kimer

# VOCABULARY

Swahili	English	Class
Jaguar	Jaguar	proper noun

Emmy Kosgei	Emmy Kosgei	proper noun
Avril	Avril	proper noun
Jua Kali	Jua Kali	proper noun
Diddi Kimer	Diddi Kimer	proper noun

## SAMPLE SENTENCES

<p><b>Ushuhuda wa Jaguar ni himizo kuwa maisha duni ni wa muda mfupi ukiwa na bidii.</b></p> <p>"Jaguar's testimony is an encouragement that an inferior life is just for a while if you work hard."</p>	<p><b>Nyimbo zake Emmy Kosgei nizakipekee ukiongezea mtindo wa mavazi yake ya kiafriaka.</b></p> <p>"Emmy Kosgei's songs are unique along with her manner of African dress."</p>
<p><b>Laana ya matendo na uchi wa Avril, haungeweza kuzuia hamu yake ya kuwa mashuhuri.</b></p> <p>"Criticism of her nude acts would not slow down Avril's pursuit of fame."</p>	<p><b>Jua Kali anatoa changamoto kuwa talanta inaweza kuzwa kutoka utotoni.</b></p> <p>"Jua Kali states that talent can be harnessed from childhood."</p>
<p><b>Mtindo mpya wa mzuki wa Diddi Kimer umelakiwa na usikivu kutoka kwa wananchi na vyombo vya matangazo.</b></p> <p>"The new style of Diddi Kimer has incited interest from the general public and media organizations."</p>	

## CULTURAL INSIGHT

### 1. Jaguar

Most Kenyans identify with the song "Kipepeo" by Jaguar, a Kenyan singer who has caught media attention for his massive wealth and style. He speaks of his humble

beginnings especially after he lost his mother when he was young. Now he is one of the wealthiest artists in Kenya.

## **2. Emmy Kosgei**

---

Born in 1980, Emmy Kosgei is known for her richly African musical style with melodious instruments and inspiring gospel music. She is a devout Christian who is known for her song “Taunet Nelel,” which she sang during the historic Promulgation of the New Constitution in Kenya.

## **3. Avril**

---

Born on April 30, Judith Nyambura Mwangi, a.k.a Avril, is both a recording and performing artist in Kenya. Her song “Kitu Kimoja” is very popular.

## **4. Jua Kali**

---

Paul Julius Nunda is a Kenyan hip hopper and rapper well known by his stage name Jua Kali, which is translated as “fierce sun.” He is among the founding members of Calif Records, and his style of rapping stands out in the form called genge, through which he performs songs in Swahili and Sheng.

## **5. Diddi Kimer**

---

Techno House Music is a rare breed of music in Kenya, but Diddi Kimer is a promising talent who wants to bring it into the spotlight. Diddi’s known for the song “Olenkodikod,” which means “rolling” in Maasai. A video featuring the song, showcases the Maasai culture with the message that we should not take life for granted or else it may leave us rolling on the ground.

## LESSON NOTES

# Culture Class: Essential Swahili Vocabulary S1 #23 Writers

---

## CONTENTS

- 2 Swahili
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

# # 23

## SWAHILI

1. What are five popular writers in Kenya?
2. 1. Ngũgĩ wa Thiong'o
3. 2. Grace Ogot
4. 3. Koigi wa Wamwere
5. 4. Wangari Maathai
6. 5. Chacha Nyaigotti-Chacha

## ENGLISH

1. What are five popular writers in Kenya?
2. 1. Ngũgĩ wa Thiong'o
3. 2. Grace Ogot
4. 3. Koigi wa Wamwere
5. 4. Wangari Maathai
6. 5. Chacha Nyaigotti-Chacha

## VOCABULARY

Swahili	English	Class
Ngũgĩ wa Thiong'o	Ngũgĩ wa Thiong'o	proper noun

Grace Ogot	Grace Ogot	proper noun
Koigi wa Wamwere	Koigi wa Wamwere	proper noun
Wangari Maathai	Wangari Maathai	proper noun
Chacha Nyaigotti-Chacha	Chacha Nyaigotti-Chacha	proper noun

## SAMPLE SENTENCES

<p><b>Ngũgĩ wa Thiong'o ni mmoja wa waandishi walio toroka nchini kwa sababu ya maoni yao ya wazi kwa serikali.</b></p> <p>"Ngũgĩ wa Thiong'o is among the writers who went into exile because of their open criticism of the government."</p>	<p><b>Uadishi wake Grace Ogot hasa kwa mpangilio wa visa vya kitamaduni na vya kisasa vinavutia kusoma.</b></p> <p>"Grace Ogot's blend of traditional and modern settings in her writings compels the reader."</p>
<p><b>Kwake Koigi wa Wamwere, sepetu ni sepetu sio kijiko kikubwa.</b></p> <p>"For Koigi wa Wamwere, a spade is a spade, not a big spoon. "</p>	<p><b>Profesa Wangari Maathaai alinyanyaswa alipopigania uboreshaji wa mazingira.</b></p> <p>"Professor Maathai was tortured when she was fighting for the sustainability of the environment."</p>
<p><b>Wangari Maathai anakumbukwa zaidi kwa bidii yake ya kulinda mazingira.</b></p> <p>"Wangari Maathai is remembered for her efforts to protect the environment."</p>	<p><b>Tamthilia zake Chacha Nyaigotti-Chacha ni zakusisimua sana.</b></p> <p>"Chacha Nyaigotti-Chacha's plays are very fascinating."</p>

## CULTURAL INSIGHT

### 1. Ngũgĩ wa Thiong'o

---

Renown Kenya writer Ngugi wa Thiongo's works range from novels to plays, short stories, and essays. They have gained publicity and criticism regionally and throughout the world.

## **2. Grace Ogot**

---

Grace Ogot is one of the greatest African writers. Her style of writing is unique, as she uses rhetoric to capture traditional African settings in developing her plots. Her stories mainly revolve around the Lake Victoria region and the traditions of the Luo people.

## **3. Koigi wa Wamwere**

---

A politician, human rights activist, journalist and a writer, Koigi became popular because of his controversies with the Jomo Kenyatta and Daniel Moi's governments.

## **4. Wangari Maathai**

---

Wangari Muta Maathai, the African known as the "Iron Lady," is remembered for a long list of success and accomplishments but most notably for the GreenBelt Movement and receiving the 2007 Nobel Peace Prize.

## **5. Chacha Nyaigotti-Chacha**

---

Professor Chacha Nyaigotti is a well-known Kenyan playwright and Swahili language educationist. His publications include "Traditional Medicine in Africa," "Hukumu," and the popular "Marejeo."

## LESSON NOTES

# Culture Class: Essential Swahili Vocabulary S1 #24

## Historical Figures

---

## CONTENTS

- 2 Swahili
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

# #24



## SWAHILI

1. Who are five historical figures in Kenya?
2. 1. Dedan Kimathi
3. 2. Mwai Kibaki
4. 3. Jomo Kenyatta
5. 4. Daniel Torotich Arap Moi
6. 5. Wangari Maathai

## ENGLISH

1. Who are five historical figures in Kenya?
2. 1. Dedan Kimathi
3. 2. Mwai Kibaki
4. 3. Jomo Kenyatta
5. 4. Daniel Torotich Arap Moi
6. 5. Wangari Maathai

## VOCABULARY

Swahili	English	Class
Dedan Kimathi	Dedan Kimathi	proper noun

Mwai Kibaki	Mwai Kibaki	proper noun
Jomo Kenyatta	Jomo Kenyatta	proper noun
Daniel Torotich Arap Moi	Daniel Torotich Arap Moi	proper noun
Wangari Maathai	Wangari Maathai	proper noun

## SAMPLE SENTENCES

<p><b>Isingekuwa ujasiri wa Dedan Kimathi, pengine Kenya haingepata uhuru mapema.</b></p> <p>"If it were not for the courage of Dedan Kimathi, maybe Kenya would not have attained independence early."</p>	<p><b>Ingawa kulikuwa na ghasia wakati Rais Kibaki aliteuliwa mwaka wa 2007, Rais huyu anakumbukwa zaidi kwa kuinua uchumi wa Kenya.</b></p> <p>"In spite of the chaos when president Kibaki was elected in 2007, there's no doubt that he is remembered for boosting the Kenyan economy."</p>
<p><b>Mzee Kenyatta alipigana kufa kupona kuona kuwa Kenya imepata uhuru.</b></p> <p>"The late Kenyatta fought tooth and nail for Kenya to attain independence."</p>	<p><b>Kulikuwa na ghasia nyingi Kenya wakati wa mamlaka wa Moi.</b></p> <p>"There was a lot of disorder in Kenya during Moi's reign."</p>
<p><b>Profesa Wangari Maathai alinyanyaswa alipopigania uboreshaji wa mazingira.</b></p> <p>"Professor Maathai was tortured when she was fighting for the sustainability of the environment."</p>	<p><b>Wangari Maathai anakumbukwa zaidi kwa bidii yake ya kulinda mazingira.</b></p> <p>"Wangari Maathai is remembered for her efforts to protect the environment."</p>

## CULTURAL INSIGHT

## 1. Dedan Kimathi

---

Also known as Kimathi wa Waciuri, Kimathi was a leader of the rebel group the Mau Mau, which organized an uprising against the British colonial government in the 1950s. Kimathi and his group are considered to be heroes who fought for Kenyan independence, although they were defeated by the Kenyan government after Kimathi was executed in 1957.

## 2. Mwai Kibaki

---

Known for his highly intelligent and competent technocrat way of leadership, Mwai Kibaki served as the Kenyan president from December 2002 to April 2013. However, during the 2007-2008 political instability, a Grand Coalition Government was formed in which president Kibaki remained president while a newly created prime minister position was formed.

## 3. Jomo Kenyatta

---

He was the first prime minister from the time Kenya gained independence in 1963 to 1964 and later became the first president of the republic of Kenya until his death in 1978. Kenyans regard him as the founding father of the nation.

## 4. Daniel Torotich Arap Moi

---

Moi was Kenyatta's successor. He reacted to an unsuccessful coup by temporarily closing the University of Nairobi and bestowing more power on himself. Under his rule, Kenya was left in a rift of corruption, tribalism, high population growth, unemployment, and political instability until when he stepped down.

## 5. Wangari Maathai

---

As the founder of The Green Belt Movement in 1977, Wangari Maathai greatly contributed to Kenya's environmental sustainability. She became the first African woman to win the Nobel Peace Prize in 2004.

## LESSON NOTES

# Culture Class: Essential Swahili Vocabulary S1 #25 Tribes

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## CONTENTS

- 2 Swahili
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

# # 25

## SWAHILI

1. What are five well-known tribes in Kenya?
2. 1. Kikuyu
3. 2. Luhya
4. 3. Luo
5. 4. Swahili
6. 5. Maasai

## ENGLISH

1. What are five well-known tribes in Kenya?
2. 1. Kikuyu
3. 2. Luhya
4. 3. Luo
5. 4. Swahili
6. 5. Maasai

## VOCABULARY

Swahili	English	Class
Luhya	Luhya	proper noun

Luo	Luo	proper noun
Swahili	Swahili	proper noun
Maasai	Maasai	proper noun
Kikuyu	Kikuyu	proper noun

## SAMPLE SENTENCES

<p><b>Mashindano ya kupigana kwa ng'ombe ndume ni tamaduni ya jadi miongoni mwa wa luhya.</b></p> <p>"Bull fighting is an ancient competition that still exists among the Luhyas. "</p>	<p><b>Waluo wamekuwa miongoni mwa wanasiasa mashuhuri tangu Kenya ipate uhuru.</b></p> <p>"Luos have been among the active politicians since Kenya got its independence."</p>
<p><b>Waswahili wanajulikana kwa hotuba na michezo ya sanaa yanayopendeza sana.</b></p> <p>"Swahilis are known for good Swahili rhetoric and theatrical activities."</p>	<p><b>Wakenya wengine ng'ambo hutumia mavazi ya Maasai kuwakilisha vazi la Kenya.</b></p> <p>"Some Kenyans abroad use the Maasai attire as a representation of the Kenyan dress."</p>
<p><b>Wakikuyu hupanda vyakula tofauti kwa sababu ya hali nzuri ya anga.</b></p> <p>"The Kikuyus grow a lot of different foods because of favorable weather conditions."</p>	

## CULTURAL INSIGHT

### 1. Kikuyu

The Kikuyu is an ethnic group found mostly in the central part of Kenya, but because of their active engagement in business, they are found in anyplace in the country.

## 2. Luhya

---

The Luhya are distributed in Kenya, Uganda, and Tanzania. Their percentage in Kenya ranks them as the second largest ethnic group in Kenya, with about 16 sub-ethnic groups. They are agriculturalists in the western fertile highlands.

## 3. Luo

---

Luos are Nilotic ethnic groups made up of several ethnically and linguistically related groups found in the Sudan, Ethiopia, Uganda, Congo, and Tanzania. They are the fourth largest group in Kenya and occupy the area around the Lake Victoria basin.

## 4. Swahili

---

The Swahili occupy the coastal area of Kenya. They are a product of intermarriage between the original Kenyans and migrants from the Persian gulf, the Portuguese and the Omani who came to trade and conquer the coast. They are known for art, literature, and architecture.

## 5. Maasai

---

The Maasais are a nomadic group that are well-known in the world and distinguished for sustaining their culture in an era when most Kenyans are embracing contemporary culture.



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	Introduction	13	Sports
1	National Holidays	14	Recreational Activities
2	Foods	15	Tourist Attractions and Places
3	Beverages	16	Common Things in the Home
4	Popular Home-cooked Meals	17	Commonly-Used Medicines and Drugs
5	Sweets and Desserts	18	Disasters
6	Fruits	19	Frequently-Used Modes of Transportation
7	Vegetables	20	Shops or Services in Town
8	Food Souvenirs	21	Popular Chain Stores
9	Animals	22	Artists and Musicians
10	National Parks	23	Writers
11	Geographical Features	24	Historical Figures
12	Cities	25	Tribes

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