

Uganda

Africa

Menu

1. Cooked rice

2. Spinach simsim

Ingredients:

- 1 cup sesame seeds
- 8 Tbsp. water
- 1 1/4 lb. chopped spinach
- 2 Tbsp. butter

Directions:

In a heavy stewing pan, combine sesame seeds and water. Stir in spinach. Add more water if necessary; the amount of water used depends on how wet the spinach is. This mixture should cook in smallest amount of water possible. Bring to a boil. Simmer until seeds are cooked, 10 to 15 minutes. Add butter just before serving.

Consumption comparisons

Percentage of children underweight

United States of America: 1%

Uganda: 26%

Life in Uganda

Uganda, known as the “Pearl of Africa,” is made up of various ethnic groups and subcultures. Though there are more than 40 languages, English is the official language. About 86 percent of Ugandans work in agriculture. In sponsorship communities most farmers work at the subsistence level, struggling just to grow enough food to feed their families. World Vision is working alongside these families to help them improve production.

Typical meal

Ugandans usually have a bowl of rice in the middle of the day. Sometimes, it will be their only meal that day. Beans and vegetables are occasionally served with the rice.

Teopista with his family's food



Teopista Namuddu, 3, holding a basket of bananas and maize.

References:

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