

## FIELD ASSIGNMENT #3

### CULTURAL FOOD/TRADITION FOOD

Cultural groups tend to a lot of traditions with regard to food. Learning to eat food from a different culture is important especially to those who called to cross culture missions and evangelism. In my assignment to visit a home of a family from a different ethnic or tribe background and eat some of their tradition food, instead due to pandemic influences I had to do an interview, because of the government orders to minimize movement from house to the other to avoid the spread of the corona virus, I decided to have an interview in a public place where I met one business lady by the name Teresa Kemunto. Teresa is from Kisii community, one of the tribe in Bantu, an ethnic group who occupy the Kisii highlands in Nyanza Western Kenya.

The traditional food for Kisii people she told me are sorghum and millet flour ugali, matoke the green banana, natural green vegetables and sour milk. Although nowadays the natural green vegetables are planted at homes.

Among the various tradition food they have, Teresa told me more about the millet and sorghum flour ugali and the kind of natural green vegetable that are served with alternatively. These natural green vegetables they have their traditional names varying from chisaga, mrenda, a very slippery delicacy, manage and lisosa.

When serving the meal it is traditionally rule that the husband must be served the first regardless there is baby crying.

In case the ugali is served with chicken which they call in Kisii engoko, there are some parts that are purely for men. These parts are the back which they call omogongo, the chest which they call igekuba and the gizzard which they call imondo. According to the tradition gizzard is not supposed to be eaten by the women. It is a taboo for a woman to eat the gizzard [imondo]

Chicken meal is the most important meal you that is served to very important guest when they visit. This is not only to the Kisii community but in most Kenyan community. But there is one thing unique with the Kisii tradition is that in case the in-laws visit and the chicken meal is offered to him, he is not supposed to eat the chicken. It is traditionally forbidden for a man to eat chicken at in-laws place because it is believed that if he does it sign that he be cheating their daughter, so it is a trap that the man should avoid by all means possible. It is termed as a sign of lack of morals to desire the daughter and the mother.

About sour milk the way they prepare it is different from most of the Kenyan other tribe. Their's they first boil the milk then they leave it to get sour then they keep adding more milk as they drink.

In conclusion the interview has an eye opener to me as a pastor serving an cosmopolitan city where we have many of Kisii community who have become resident of Nakuru an we have the in the church.