



Siambango's mother sells tomatoes to earn a little money to help feed her family.

Most Zambians grow some of their own food to eat. Any extra food can be sold in the local market. Their diet is made up of maize, vegetables, fish or chicken and sour milk. Although simple, it is nutritious and provides a balanced diet.

Zambian Food



Many women in Zambia carry their shopping home on their heads.



Green vegetables such as cabbage are eaten as an accompaniment to small dried river fish called 'kapenta'.



For breakfast Siambango has sour milk 'mabishi' and 'nshima' which is pounded maize cooked with water until it is soft and thick like porridge.

