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A-level Food and Nutrition

SENIOR Five term 3

TOPIC 3/4: Planning and Preparation of Meals (Part I)

Competency: The learner plans and prepares balanced meals efficiently, while considering dietary needs to promote health and minimise wastage of resources.

(i) Milk and Milk Products

- **Nutritive Value:** Rich in protein (casein, whey), calcium, vitamin D, riboflavin, and fats.
- **Economic Value:** Widely available, supports dairy industry and livelihoods.
- **Dietetic Value:** Easily digestible, important for bone health, growth, and recovery.
- **Culinary Value:** Used in beverages, desserts, sauces, cheese, yogurt, butter.

(ii) Meat, Fish, and Poultry

- **Nutritive Value:** High-quality protein, iron (heme), zinc, B-vitamins, omega-3 (fish).
- **Economic Value:** Major source of income, export commodity, supports livestock/fisheries.
- **Dietetic Value:** Builds muscle, prevents anemia, supports immune function.
- **Culinary Value:** Roasted, stewed, fried, grilled; versatile in cuisines.

(iii) Offals (Organ Meats)

- **Nutritive Value:** Extremely nutrient-dense—iron, vitamin A, B12, folate.
- **Economic Value:** Low-cost protein source, reduces food waste.
- **Dietetic Value:** Beneficial for anemia prevention, but should be consumed moderately due to cholesterol.
- **Culinary Value:** Used in soups, stews, fried dishes (e.g., liver, kidney, tripe).

(iv) Eggs

- **Nutritive Value:** Complete protein, vitamins A, D, B12, choline, selenium.
- **Economic Value:** Affordable, widely available, supports poultry farming.
- **Dietetic Value:** Easily digestible, supports growth, brain development, and satiety.
- **Culinary Value:** Boiled, fried, scrambled, baked, used in pastries and binding.

(v) Cereals, Pulses, and Nuts

- **Nutritive Value:**
 - Cereals: Carbohydrates, B-vitamins, fiber.
 - Pulses: Protein, iron, folate, fiber.
 - Nuts: Healthy fats, protein, vitamin E, magnesium.
- **Economic Value:** Staple foods, affordable, widely cultivated.
- **Dietetic Value:** Provide energy, satiety, and plant-based protein.
- **Culinary Value:** Bread, porridge, stews, nut pastes, snacks.

(vi) Fruits and Vegetables

- **Nutritive Value:** Vitamins (C, A, K), minerals, antioxidants, fiber.
- **Economic Value:** Support horticulture, local markets, exports.
- **Dietetic Value:** Prevents micronutrient deficiencies, supports digestion, reduces chronic disease risk.
- **Culinary Value:** Eaten raw, cooked, juiced, in salads, soups, sauces.

(vii) Textured Vegetable Protein (TVP)

- **Nutritive Value:** High protein (soy-based), low fat, cholesterol-free.
- **Economic Value:** Affordable meat substitute, supports vegetarian diets.
- **Dietetic Value:** Good for weight management, heart health, vegetarian/vegan diets.
- **Culinary Value:** Used in stews, curries, patties, meat substitutes.

(viii) Roots, Tubers, and Plantain

- **Nutritive Value:** High in carbohydrates (starch), potassium, vitamin C, fiber.
- **Economic Value:** Staple crops (cassava, sweet potato, yam, plantain), affordable and accessible.
- **Dietetic Value:** Provide energy, satiety, gluten-free options.
- **Culinary Value:** Boiled, roasted, fried, mashed, fermented (e.g., posho, matoke).

(ix) Products of Each Food Group

- **Milk Products:** Cheese, yogurt, butter, cream.

- **Meat/Fish/Poultry Products:** Sausages, cured meats, dried fish, chicken broth.
- **Offal Products:** Liver pâté, tripe soup, kidney pies.
- **Egg Products:** Mayonnaise, custards, cakes, pasta.
- **Cereal Products:** Bread, pasta, breakfast cereals, beer.
- **Pulse Products:** Lentil flour, bean paste, soy milk.
- **Nut Products:** Peanut butter, nut oils, almond milk.
- **Fruit/Vegetable Products:** Juices, jams, pickles, dried fruits.
- **TVP Products:** Soy chunks, veggie burgers, meat substitutes.
- **Root/Tuber/Plantain Products:** Cassava flour, chips, fermented beverages, plantain crisps.

Summary Table

Food Group	Nutritive Value	Economic Value	Dietetic Value	Culinary Value
Milk	Protein, calcium, vitamins	Dairy industry	Bone health	Drinks, desserts
Meat/Fish/Poultry	Protein, iron, B-vitamins	Livestock/fisheries	Muscle, anemia prevention	Roasted, stewed
Offals	Iron, vitamin A, B12	Low-cost protein	Anemia prevention	Soups, stews
Eggs	Complete protein, vitamins	Poultry farming	Growth, satiety	Boiled, baked
Cereals/Pulses/Nuts	Carbs, protein, fiber, fats	Staple crops	Energy, plant protein	Bread, stews
Fruits/Vegetables	Vitamins, minerals, fiber	Horticulture	Digestion, disease prevention	Raw, cooked
TVP	Plant protein	Affordable substitute	Vegetarian diets	Curries, patties
Roots/Tubers/Plantain	Carbs, potassium	Staple crops	Energy, gluten-free	Boiled, fried
Products	Derived foods	Value-added industry	Nutrient diversity	Wide culinary uses

Conclusion

Each food group contributes uniquely to **nutrition, economy, dietetics, and culinary diversity**. Together, they form the backbone of balanced diets and sustainable food systems.

Examples of Recipes Using Foods, Eggs, Milk, and Cheese

1. Vegetable Omelette with Cheese

- **Ingredients:** Eggs, milk, grated cheese, onions, tomatoes, green peppers, salt, oil.
- **Method:** Beat eggs with milk, add chopped vegetables, cook in a pan, sprinkle cheese before folding.
- **Nutritional Value:** High protein, calcium, vitamins from vegetables.

2. Creamy Milk Porridge

- **Ingredients:** Maize flour (posho), milk, sugar/honey, cinnamon.
- **Method:** Cook maize flour with water, add milk for creaminess, sweeten lightly.
- **Nutritional Value:** Energy from carbs, protein and calcium from milk.

3. Cheese and Egg Sandwich

- **Ingredients:** Bread, boiled egg slices, cheese, lettuce, tomato.
- **Method:** Layer boiled eggs and cheese between bread slices with vegetables.
- **Nutritional Value:** Balanced carbs, protein, fat, fiber.

4. Milk and Cheese Sauce for Vegetables

- **Ingredients:** Milk, butter, flour, grated cheese, salt, pepper.
- **Method:** Make a white sauce with milk, butter, flour; add cheese; pour over steamed vegetables.
- **Nutritional Value:** Enhances vegetable intake with protein and calcium.

Examples of recipes for different categories of people

1. Children

- **Dish:** Creamy milk porridge with honey.
- **Reason:** Easy to digest, energy-rich, calcium for bone growth.
- **Serving:** Small bowls, warm, lightly sweetened.

2. School-age Children

- **Dish:** Cheese and egg sandwich.

- **Reason:** Balanced nutrients for growth and learning.
- **Serving:** Packed in lunch boxes, cut into halves for easy eating.

3. Adolescents

- **Dish:** Vegetable omelette with cheese.
- **Reason:** High protein for muscle growth, vitamins for development.
- **Serving:** Served hot with chapati or bread.

4. Adults

- **Dish:** Milk and cheese sauce over steamed vegetables.
- **Reason:** Balanced diet, supports bone health, prevents deficiencies.
- **Serving:** Served on dinner plates with rice or potatoes.

5. Elderly

- **Dish:** Soft scrambled eggs with milk and cheese.
- **Reason:** Easy to chew and digest, high protein to prevent muscle loss.
- **Serving:** Served warm with mashed plantain or soft bread.

Summary Table

Group	Dish	Nutritional Focus	Serving Style
Children	Creamy milk porridge	Energy, calcium	Small warm bowls
School-age	Cheese & egg sandwich	Balanced nutrients	Lunch box halves
Adolescents	Veg omelette with cheese	Protein, vitamins	Hot with chapati
Adults	Cheese sauce on vegetables	Balanced diet	Dinner plates
Elderly	Soft scrambled eggs	Easy digestion, protein	Warm with soft sides

Conclusion

By combining **eggs, milk, and cheese** with staple foods, you can create nutrient-rich recipes tailored to different age groups and needs. Preparation and serving styles should match the **digestive capacity, lifestyle, and nutritional requirements** of each group.

Meals to suit different categories of people

1. The Concept of the Eatwell Guide

Definition: The Eatwell Guide is a visual representation developed by Public Health England that shows how different food groups contribute to a healthy, balanced diet.

Purpose: Helps people understand proportions of foods to eat daily for health and disease prevention.

Food Groups in the Guide:

- (i) **Fruit and Vegetables** – at least 5 portions a day (about 40% of the plate).
- (ii) **Starchy Carbohydrates** – whole grains, potatoes, rice, bread (about 38% of the plate).
- (iii) **Proteins** – beans, pulses, fish, eggs, meat (about 12%).
- (iv) **Dairy and Alternatives** – milk, yogurt, cheese, fortified plant-based drinks (about 8%).
- (v) **Oils and Spreads** – small amounts of unsaturated fats.

Additional Guidance: Drink plenty of water, limit foods high in sugar, salt, and saturated fat.

2. Designing Your Own “My Plate”

“My Plate” is a simplified version of the Eatwell Guide, often used in nutrition education. It divides a plate into sections to show proportions of food groups.

Here’s a **balanced “My Plate” design:**

- (i) **½ Plate: Fruits and Vegetables**
 - Examples: spinach, cabbage, tomatoes, mangoes, oranges, bananas.
 - Role: Provide vitamins, minerals, fiber, antioxidants.
- (ii) **¼ Plate: Starchy Carbohydrates**
 - Examples: matoke, posho, rice, cassava, sweet potatoes.
 - Role: Main source of energy and fiber (if whole grain).
- (iii) **¼ Plate: Protein Foods**
 - Examples: beans, groundnuts, fish, chicken, eggs, beef.
 - Role: Build and repair tissues, support growth.

(iv) **Side Portion: Dairy or Alternatives**

- Examples: milk, yogurt, cheese, or fortified soy milk.
- Role: Calcium and protein for bone health.

(v) **Small Portion: Healthy Oils/Fats**

- Examples: avocado, sesame oil, sunflower oil.
- Role: Essential fatty acids, vitamin absorption.

(vi) **Drink:** Water or unsweetened beverages.

Summary Table from which a student can design “MyPlate”

Plate Section	Examples	Role in Nutrition
½ Fruits & Vegetables	Mango, spinach, cabbage	Vitamins, minerals, fiber
¼ Starchy Carbs	Matoke, rice, cassava	Energy, fiber
¼ Protein Foods	Beans, fish, eggs, chicken	Growth, repair
Side Dairy	Milk, yogurt, cheese	Calcium, protein
Small Oils/Fats	Avocado, sunflower oil	Healthy fats, absorption
Drink	Water	Hydration

Conclusion

The **Eatwell Guide** provides a framework for balanced eating, while **My Plate** is a practical tool to visualize proportions at mealtime. By filling half your plate with fruits and vegetables, a quarter with starchy carbs, and a quarter with protein, plus a side of dairy and small amounts of healthy fats, you can meet your nutritional needs in a simple, everyday way.

The factors to consider when planning meals for the different categories of people

When planning meals for different categories of people, nutritionists and caregivers must consider a wide range of **biological, social, cultural, and economic factors**. Each age group or special category (children, adolescents, adults, elderly, pregnant women, sick individuals, athletes) has unique needs.

Key Factors in Meal Planning

1. Age and Growth Stage

- **Infants & Children:** Require nutrient-dense meals rich in protein, calcium, iron, and vitamins for growth.

- **Adolescents:** Need extra energy and protein for rapid growth and hormonal changes.
- **Adults:** Focus on balanced meals for maintenance, disease prevention, and productivity.
- **Elderly:** Require softer, easy-to-digest foods, with emphasis on protein, calcium, vitamin B12, and fiber.

2. Physiological Status

- **Pregnant & Lactating Women:** Higher needs for iron, folate, calcium, protein, and energy.
- **Athletes:** Increased energy, protein, and hydration requirements.
- **Sick or Convalescent Individuals:** Easily digestible, nutrient-rich foods to aid recovery.

3. Nutritional Requirements

- **Energy:** Adjusted based on activity level and age.
- **Macronutrients:** Balance of carbohydrates, proteins, and fats.
- **Micronutrients:** Adequate vitamins and minerals (iron, calcium, vitamin D, folate).
- **Water:** Hydration is essential across all groups.

4. Health Conditions

- **Diabetes:** Controlled carbohydrate intake, high fiber, low sugar.
- **Hypertension:** Low sodium, high potassium foods.
- **Obesity:** Calorie control, nutrient-dense meals.

5. Economic Factors

- Affordability and availability of foods.
- Use of locally available staples (matoke, beans, cassava, groundnuts, fish).
- Avoiding waste and maximizing cost-effectiveness.

6. Cultural and Religious Considerations

- Respecting food taboos, traditions, and preferences.
- Incorporating culturally accepted staples (e.g., matoke in Uganda, rice in Asia).

7. Food Preparation and Culinary Factors

- Texture and digestibility (soft foods for children/elderly).
- Variety and palatability to encourage intake.
- Safe cooking methods to preserve nutrients.

8. Special Needs

- Allergies (e.g., lactose intolerance, gluten sensitivity).
- Vegetarian or vegan diets (ensure plant-based protein sources).
- Accessibility for people with disabilities or limited mobility.

Summary Table

Category	Key Considerations
Infants/Children	Growth, nutrient density, soft texture
Adolescents	High energy & protein, iron, calcium
Adults	Balanced diet, disease prevention
Elderly	Easy digestion, protein, calcium, B12
Pregnant/Lactating	Extra iron, folate, calcium, protein
Athletes	High energy, protein, hydration
Sick Individuals	Soft, nutrient-rich, easy to digest
Economic/Cultural	Affordability, local staples, traditions

Conclusion

Meal planning must be **individualized**: it balances nutritional science with cultural, economic, and personal needs. The goal is to ensure **adequate energy, essential nutrients, and enjoyable meals** that suit the health and lifestyle of each group.

Sample Meal Plans by Category

1. Infants (6–12 months)

- **Needs:** High nutrient density, soft texture, iron, calcium, protein.
- **Meal Plan:**
 - Breakfast: Mashed matoke mixed with milk.
 - Snack: Mashed ripe banana.
 - Lunch: Soft bean puree with a little groundnut sauce.
 - Dinner: Mashed sweet potato with fish broth.
- **Focus:** Easy to digest, iron-rich, calcium for bones.

2. Children (1–9 years)

- **Needs:** Energy for growth and play, protein, calcium, vitamins.
- **Meal Plan:**

- Breakfast: Porridge made with milk + fruit (mango or papaya).
- Lunch: Rice with beans and vegetable stew.
- Snack: Boiled egg + orange juice.
- Dinner: Matoke with groundnut sauce and steamed greens.
- **Focus:** Balanced energy, protein for growth, vitamin C for immunity.

3. Adolescents (10–18 years)

- **Needs:** Extra energy and protein for growth spurts, iron (especially girls), calcium.
- **Meal Plan:**
 - Breakfast: Chapati with egg and milk tea.
 - Lunch: Posho with beef stew and cabbage.
 - Snack: Groundnuts + roasted maize.
 - Dinner: Matoke with fish and avocado.
- **Focus:** Iron for blood, protein for muscle, calcium for bones.

4. Adults (19–64 years)

- **Needs:** Maintenance, disease prevention, balanced macros.
- **Meal Plan:**
 - Breakfast: Millet porridge with milk.
 - Lunch: Rice with chicken and vegetable salad.
 - Snack: Roasted groundnuts + fruit (pineapple).
 - Dinner: Sweet potato with beans and greens.
- **Focus:** Balanced diet, fiber for digestion, moderate fats.

5. Elderly (65+ years)

- **Needs:** Easy-to-digest foods, protein to prevent muscle loss, calcium, vitamin B12.
- **Meal Plan:**
 - Breakfast: Soft scrambled eggs with milk tea.
 - Lunch: Mashed matoke with fish stew.
 - Snack: Yogurt with ripe banana.
 - Dinner: Soft sweet potato with bean puree and greens.
- **Focus:** Soft texture, nutrient density, bone and muscle health.

6. Pregnant & Lactating Women

- **Needs:** Extra energy, protein, iron, folate, calcium.
- **Meal Plan:**
 - Breakfast: Millet porridge enriched with milk.
 - Lunch: Rice with liver stew and greens.
 - Snack: Boiled egg + fruit (mango).
 - Dinner: Matoke with groundnut sauce and fish.
- **Focus:** Iron for blood, folate for fetal development, calcium for bones.

7. Athletes

- **Needs:** High energy, protein for muscle repair, hydration, electrolytes.
- **Meal Plan:**
 - Breakfast: Chapati with eggs and milk.
 - Lunch: Rice with beef stew and vegetable salad.
 - Snack: Groundnuts + banana.
 - Dinner: Sweet potato with fish and avocado.
- **Focus:** Carbs for energy, protein for recovery, hydration.

Summary Table

Category	Key Needs	Sample Meal
Infants	Soft, nutrient-dense	Mashed matoke with milk
Children	Energy, protein, vitamins	Rice + beans + greens
Adolescents	Extra energy, iron, calcium	Chapati + egg + milk
Adults	Balanced diet, fiber	Sweet potato + beans
Elderly	Soft, protein, calcium	Scrambled eggs + milk
Pregnant/Lactating	Iron, folate, calcium	Rice + liver + greens
Athletes	High energy, protein	Rice + beef + salad

Conclusion

Meal planning must **match the physiological needs** of each group: infants need soft nutrient-dense foods, children need energy for growth, adolescents need extra protein and iron, adults need balance, elderly need soft nutrient-rich meals, pregnant women need iron and folate, and athletes need high-energy meals.

Factors and Behaviors Influencing Traditional Dishes

1. Dietary Behaviours

- People often choose traditional dishes because they are **familiar, comforting, and culturally accepted**.
- Habits formed in childhood (e.g., eating matoke, posho, or beans daily in Uganda) persist into adulthood.
- Traditional dishes are often linked to **family rituals and celebrations**, reinforcing their use.

2. Eating Habits

- **Meal timing:** Traditional dishes often align with cultural meal patterns (e.g., heavy lunch, light supper).
- **Portion sizes:** Larger portions of staples (matoke, cassava, rice) reflect cultural emphasis on satiety.
- **Preparation methods:** Boiling, steaming, or stewing is common, influencing nutrient retention and taste.

3. Cultural and Social Influence

- Traditional dishes symbolize **heritage and identity** (e.g., matoke in Buganda, millet in Northern Uganda).
- **Social gatherings** (weddings, funerals, festivals) reinforce traditional food use.
- Food taboos and beliefs (e.g., restrictions on certain meats or offals) shape choices.

4. Health and Nutritional Trends

- Growing awareness of **nutrition and health** influences traditional food use:
 - Preference for whole grains, legumes, and vegetables.
 - Reduced consumption of fatty meats or heavily salted foods.
- Traditional dishes are often valued for being **natural, minimally processed, and nutrient-rich**.

5. Accessibility

- Availability of local staples (matoke, beans, groundnuts, cassava) determines their use.
- Seasonal variations affect fruit and vegetable consumption.
- Urbanization may reduce access to traditional foods, replacing them with fast foods.

6. Influence of Globalization

- Exposure to global cuisines (pizza, fried chicken, burgers) competes with traditional dishes.
- Younger generations may prefer modern foods for convenience and status.
- Fusion cooking blends traditional and global foods (e.g., chapati “rolex” with eggs and vegetables).

7. Economic Factors

- Traditional dishes often rely on **locally available, affordable staples**, making them cost-effective.

- Rising food prices may shift consumption from meat/fish to cheaper plant-based staples.
- Household income influences whether traditional meals are supplemented with protein-rich foods (meat, milk, eggs).

Summary Table

Factor	Influence on Traditional Dishes
Dietary behaviours	Familiarity, comfort, cultural acceptance
Eating habits	Meal timing, portion sizes, preparation methods
Cultural/social	Heritage, rituals, taboos, celebrations
Health/nutrition trends	Preference for natural, nutrient-rich foods
Accessibility	Seasonal availability, urban vs rural differences
Globalisation	Competition with modern foods, fusion cuisines
Economic factors	Affordability, income levels, cost of staples

Conclusion

The choice and use of traditional dishes are shaped by a **complex interplay of culture, health, economics, and global influences**. While traditional foods remain central to identity and nutrition, modern trends and globalization are reshaping eating behaviors. The challenge is to **preserve traditional dishes** while adapting them to meet current health and lifestyle needs.

Examples of Traditional Dishes by Region

1. Central Region (Buganda) – Matoke with Groundnut Sauce

- **Planning:** Select fresh matoke (green bananas), groundnuts, onions, tomatoes.
- **Preparation:** Peel matoke, wrap in banana leaves, steam until soft. Roast and grind groundnuts into paste.
- **Cooking:** Simmer groundnut paste with onions, tomatoes, and spices to make sauce. Mash steamed matoke.
- **Serving:** Serve mashed matoke with rich groundnut sauce, often accompanied by greens.

2. Eastern Region – Malewa (Smoked Bamboo Shoots)

- **Planning:** Obtain dried smoked bamboo shoots, groundnut paste, onions.
- **Preparation:** Soak malewa in water to soften, cut into pieces.
- **Cooking:** Cook malewa with groundnut paste, onions, and tomatoes until tender.
- **Serving:** Traditionally served with posho (maize meal) or rice.

3. Northern Region – Simsim Paste with Millet Bread

- **Planning:** Millet flour, sesame seeds (simsim), water.
- **Preparation:** Roast sesame seeds, grind into paste. Mix millet flour with hot water to make thick bread (kwon).
- **Cooking:** Simmer simsim paste with onions and tomatoes.
- **Serving:** Serve millet bread with simsim sauce, often with beans or greens.

4. Western Region – Eshabwe (Ghee Sauce)

- **Planning:** Ghee (clarified butter), salt, water, sometimes herbs.
- **Preparation:** Whisk ghee with warm water and salt until creamy.
- **Cooking:** Traditionally no cooking—prepared as a cold sauce.
- **Serving:** Served with millet bread, matoke, or sweet potatoes during ceremonies.

5. West Nile Region – Cassava with Fish Stew

- **Planning:** Fresh cassava, Nile perch or tilapia, onions, tomatoes, spices.
- **Preparation:** Peel cassava, cut into chunks. Clean fish, season with salt and lemon.
- **Cooking:** Boil cassava until soft. Fry onions and tomatoes, add fish, simmer into stew.
- **Serving:** Serve cassava with fish stew, often eaten communally.

Summary Table

Region	Dish	Preparation	Serving
Central	Matoke + Groundnut Sauce	Steam matoke, cook groundnut paste	Mashed matoke with sauce
Eastern	Malewa	Soak bamboo shoots, cook with groundnuts	With posho or rice
Northern	Millet Bread + Simsim Sauce	Make millet bread, cook simsim paste	Bread with sauce
Western	Eshabwe	Whisk ghee with water	With millet bread/matoke
West Nile	Cassava + Fish Stew	Boil cassava, simmer fish stew	Cassava with stew

Conclusion

Uganda's traditional dishes are **regionally diverse**, reflecting local crops, cultural practices, and cooking methods. Planning involves sourcing local staples, preparation emphasizes traditional techniques (steaming, grinding, roasting), cooking often uses simple methods, and serving highlights communal eating and cultural rituals.

Examples of suitable Accompaniments for Traditional Ugandan Dishes

1. Matoke with Groundnut Sauce (Central Region)

- **Accompaniments:**
 - **Steamed Greens** (dodo, nakati, spinach) – add vitamins and fiber.
 - **Fresh Tomato & Onion Salad** – provides freshness and vitamin C.
 - **Fruit Dessert** (ripe mango or pineapple slices).
- **Preparation:** Steam greens lightly, season with onion. Slice tomatoes and onions raw.

2. Malewa (Smoked Bamboo Shoots, Eastern Region)

- **Accompaniments:**
 - **Posho (maize meal)** – staple carbohydrate.
 - **Chapati** – adds variety and texture.
 - **Avocado slices** – healthy fats and freshness.
- **Preparation:** Cook posho until firm, fry chapati, slice avocado.

3. Millet Bread with Simsim Sauce (Northern Region)

- **Accompaniments:**
 - **Bean Stew** – protein-rich complement.
 - **Boiled Sweet Potatoes** – extra carbohydrate source.
 - **Vegetable Relish** (cabbage or okra).
- **Preparation:** Boil beans until soft, stew with onions and tomatoes. Steam sweet potatoes.

4. Eshabwe (Ghee Sauce, Western Region)

- **Accompaniments:**
 - **Millet Bread (Kwon)** – traditional pairing.
 - **Steamed Matoke** – balances richness of ghee.
 - **Fresh Vegetable Salad** – lightens the meal.
- **Preparation:** Steam matoke, prepare salad with cucumber and tomato.

5. Cassava with Fish Stew (West Nile Region)

- **Accompaniments:**
 - **Boiled Rice** – adds variety to starch.
 - **Steamed Greens** – provide micronutrients.
 - **Fruit (papaya or watermelon)** – refreshing finish.
- **Preparation:** Boil rice, steam greens, slice fruit.

Summary Table

Traditional Dish	Suitable Accompaniments	Preparation
Matoke + Groundnut Sauce	Steamed greens, tomato salad, fruit	Steam greens, slice salad
Malewa	Posho, chapati, avocado	Cook posho, fry chapati
Millet Bread + Simsim Sauce	Bean stew, sweet potatoes, vegetable relish	Boil beans, steam potatoes
Eshabwe	Millet bread, steamed matoke, salad	Steam matoke, prepare salad
Cassava + Fish Stew	Rice, greens, fruit	Boil rice, steam greens

Thank You

Dr. Bosa Science