

SUPER NSHIMA!

THIS a common meal THAT INCLUDES NSHIMA



By: Hidamel Gonzalez

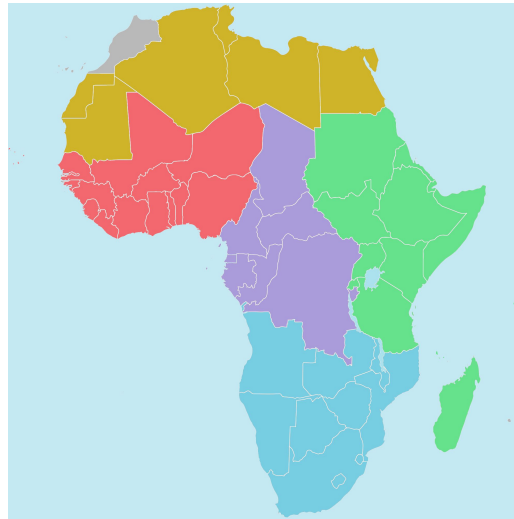
Table of Contents

- What is Nshima?.....2
- Is Nshima a **Good** or a **Service**?.....3
- Why should you eat Nshima?.....4
- What can we eat Nshima with?.....5
- What is Nshima mostly made of?.....6
- Do mostly african american people eat nshima?.....7
- Glossary.....8
- References.....9
- About the Author.....10

Q: What is Nshima

Nshima is a Maize flour porridge that you can eat with different things. It comes from southern parts of Africa. (I'll be telling you the things you can eat with Nshima.)

This is a map of Africa.



Q: Is this a **good** or **service**?

A: Nshima is a good because you can touch Nshima and hold Nshima, but you can do other things with Nshima too. Nshima is **Not** a service because it can't do things for you.

Did you know....That when you eat Nshima you are being a consumer

Q: Why should you eat Nshima?

A: The reason why we should eat Nshima is because Nshima is healthy and Nshima is starch, as we all know starch is good for our bodies. Nshima gives a long term energy to any physical work.

Did you know that too much starch at one time is bad for your body.

Q: What can you eat Nshima with?

A: you can eat Nshima with many different things like fish, yogurt, meat, poultry, pumpkin leaves, cooked lettuce, beans and many more.



This is Nshima with some meat.

Q: What is Nshima mostly made of

A:Nshima is mostly of made corn flour, wheat rice flour and finger millet flour. Corn is called Maize in Africa. Maize comes in different colors like red,orange,blue,black,brown and white.

This i Maize in different colors.



Q: Do mostly African-American people eat Nshima

A: Mostly African-American people eat Nshima, but people in America also eat Nshima.

Glossary

Good—Any object a person wants or needs to help them survive.

Service—Actions or one person performs for another.

poultry— domestic fowl such as chicken, turkey ducks and geese.

References

Expert-Mom

Website-<https://en.wikipedia.org/wiki/Nshima> Articles-<http://people.bridgewater.edu/~mtembo/menu/nshima/nshima.shtml>

This is Nshima with cooked lettuce.



About the Author



Hidamel is a friendly person. She has more than 4 friends named Keyaan, Yaniel, Gemima and Ava, her best friend is Riley Pawleck, and she has many more friends. Hidamel takes her life seriously, and she can stand up for what's right. She cares about who she loves. She wants every person in this world to pursue their dreams. When she grows up she wants to be a Doctor, a Surgical Doctor to take care of Mrs. Shea and her provider, her mother. Hidamel has a cat named Rocky. But most of all she gives thanks to all her teachers from Kindergarten to where she is now, because they give her the support and knowledge.