

# Learn Zambian Words

## ENGLISH

Hello

Goodbye

How are you?

I am fine

Thank you

very much

## BEMBA

Shani

Shalapo Pitani

Uli Shani?

Ndi Bwino

Natotela

sana

## NYANJA

Bwanji

Bwino

Muli Bwanji?

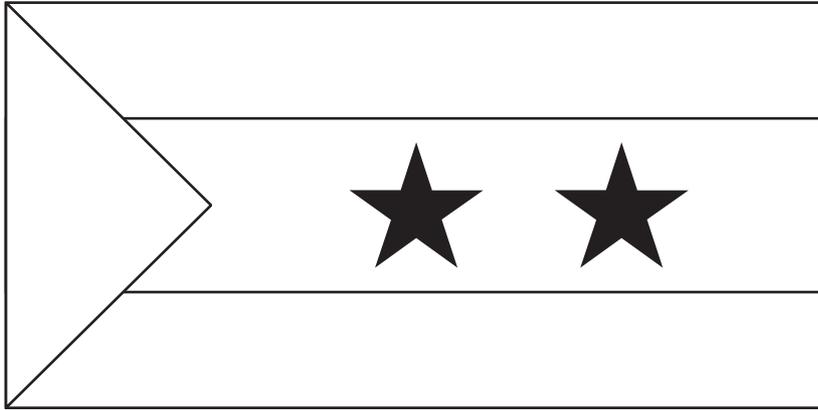
Ndili Bwino

Dzikomo

kwambili



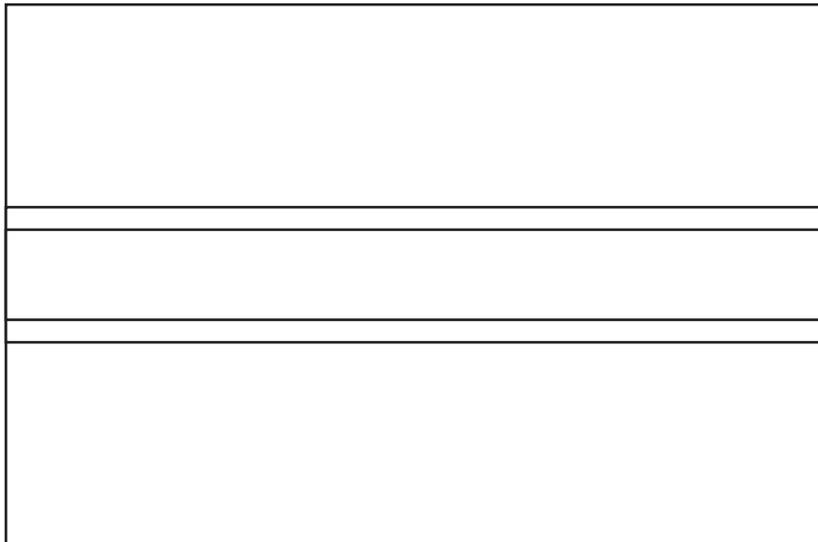
# Color The Flag



## SAO TOME AND PRINCIPE

### DIRECTIONS:

The top and bottom stripes are green and the middle stripe is yellow with black stars. The triangle on the left is red.

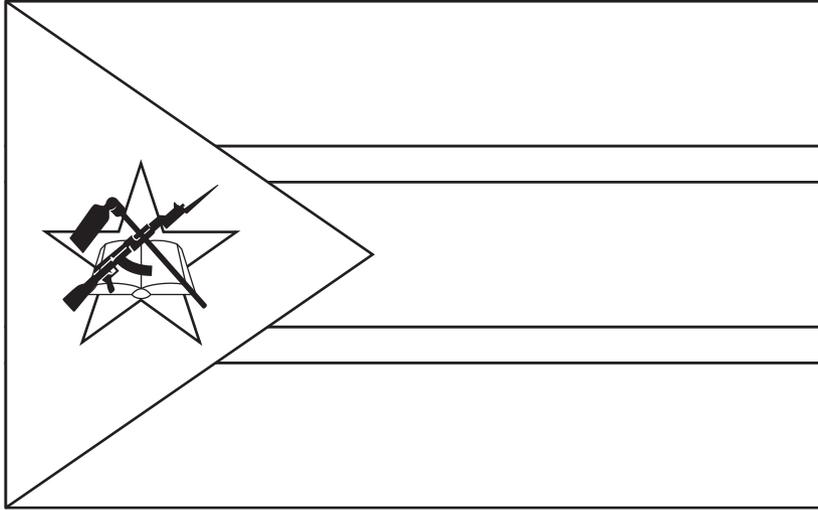


## BOTSWANA

### DIRECTIONS:

The top and bottom are light blue. The middle stripe is black and the narrow stripes to either side are white.

# Color The Flag

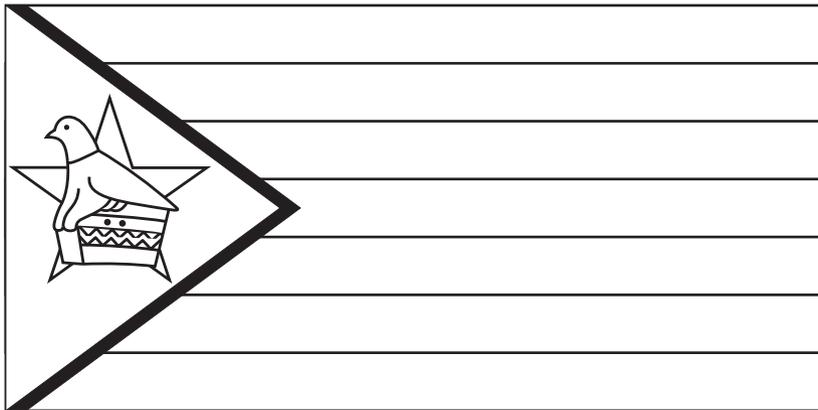


## MOZAMBIQUE

### DIRECTIONS:

The top stripe is green and the bottom stripe is yellow. The middle stripe is black and the narrow stripes to either side are white.

The triangle on the left is red. The star is yellow and the book white. The gun and hoe should be black.



## ZIMBABWE

### DIRECTIONS:

The seven horizontal stripes should be colored, from top to bottom, green, yellow, red, black, red, yellow, and green.

The triangle on the left is white, with a red star and yellow bird.

# Let's Cook!

## LEMON COOKIES (BOTSWANA)

### INGREDIENTS:

- 1 cup (227 grams) butter
- ½ cup (100 grams) granulated sugar
- ⅔ cup plus 1 tablespoon (199 grams) condensed milk
- ½ teaspoon (1 gram) grated lemon zest
- ½ teaspoon (2.5 grams) lemon juice
- 2 ¾ cups (343 grams) all-purpose flour
- 2 teaspoons (10 grams) baking powder
- 1 pinch salt
- powdered sugar, for dusting

### DIRECTIONS:

Preheat oven to 335F (160C). Grease a baking sheet.

Cream together the butter and sugar, then add the condensed milk and mix well.

Add the lemon juice and grated zest, then sift together the dry ingredients (except the powdered sugar) and add to the wet ingredients. Keep mixing until all the ingredients are well blended.

Take teaspoons of dough and roll them into balls, then place them on a greased baking sheet and flatten gently with a fork.

Bake for 12 to 15 minutes, or until starting to brown underneath. Let cool, then dust with powdered sugar.



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