

# What's for tea today?



Food here ..... and in Zambia

Here in the UK  
we have lots of different foods!



# What about people in Zambia?





**Zambia**







# Nshima!



Breakfast



Lunch



Dinner

.....or maybe only one meal



# Is that all the people eat?



# It's hard work, growing food



Hoeing, weeding, watering, and picking

# Things can improve



# Better diet, healthier lives

