

This is Cathryn here with Paul
We're going to do an interview about Paul's food likes and dislikes
Paul is going to introduce himself

My name is Paul
I'm 16 years old

Paul lives in Zimbabwe
Paul, Can you tell me what you had for breakfast this morning

I just ate cereal; porridge and cerevita mixed together and I had buns at 10 o'clock.

Buns, sweet buns!
And what do you eat for lunch at home

Usually, maybe rice sometimes and maybe sometimes sadza depending on the weather. Sometimes when it's cold we usually have sadza with chicken or maybe meat

Can you explain what sadza is; what it looks like, what it's made from and what it tastes like?

Sadza is made from maize. Maize is actually grinded in small particles and it's a stiff porridge made from maize.

And what does it taste like?

I don't really know, because it's so many years since I've been having it, but it looks tasty to me.

What do you eat in the evening?

Usually that's Sadza and vegetables as usual, like spinach.

And where do you or your parents get your food from?

Usually I will buy it from the near shops, or sometimes I'll get it from our relatives out in the country.

Can you tell us what sort of food your relatives bring you?

Sometimes they bring what I like to call sweet cassava and beans and groundnut.

And they bring it because they've grown it themselves?

Yes sure.

Do you grow any food in your house?

Yes we do, we grow rice and maize.

Can you tell me the vegetables you grow at home, what they are and how you eat them?

The type of vegetable rape which we grow. It grows very well. It usually take some few weeks to grow so it is easy for us. We cut it into small pieces and mix it with oil and cook it.

And you say you also grow maize at home.. how do you eat that?

They have peel, so we peel off the peel and eat cobs

The food that your parents buy, they buy it from supermarkets? And is there anywhere else they buy it from?

They do sometimes buy it from passing villages, sometimes it's even cheaper.

Do your parents go out every day to get vegetables and buy food, or do they buy it less frequently?

Less frequently and usually they buy it in bulk so they don't have to go every time to the shops.

The food that you buy.. where does it come from?

It comes from the supermarkets and it is usually exported from different countries.

So is some of the food grown in Zimbabwe and some of the food is grown in neighbouring countries.

Most of it is grown out and our staple food maize is grown here in Zimbabwe.

And have you seen the food growing on the farms nearby?

We sometimes make trips to the farms.

And does some of the food arrive in trucks at the supermarket?

Yes sometimes it does.

Is most of the food that you eat fresh or in cans or dried some way?

It actually depends on the year. It might be the drought and not fresh. If it rains we have fresh food.

If it's not fresh food is it dried or preserved in a different way?

No, we usually get it like that.. not even dried.

Do you buy the food and prepare it at home, or is it already prepared and ready to eat?

It all depends on the type of food you are buying. You might be buying takeaway or sometimes you might want to prepare it on your own.

What do you do with your waste food?

We dig pits at the back of our yard and throw the food in the pit.

Is that just the food or other rubbish as well?

Yes sometimes it's mixed waste food and rubbish as well.

And at school what do you do with the waste food there?

They have bins for the schools and after having our lunch or after break time we throw the waste away in the pits.

Is that just the food waste or all of the waste?

All of the waste.

Have you noticed any changes in the type of food that is available?

I've noticed a lot of changes, there is low quality food nowadays and some of the food is not really good for our health.

Do you ever eat in restaurants or cafés?

Yes.

How often do you eat in restaurants, do you eat out with your parents?

My mother is usually out on business, so I go out with friends and relatives.

And what's your favourite restaurant?

My favourite restaurant is Cheviot

And what sort of food do they serve there?

They serve foreign food like rice, chicken, sausages, pork.

And what's your favourite meal?

Maybe pork.

And are you happy with the type of food you eat, or is there any changes you'd like to see?

I would like to be able to eat pasta more often!

Thank you very much Paul, you've been very helpful there.