

LESSON NOTES

Beginner S1 #1

What's Something You Do Every Day in Kenya?

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SWAHILI

1. Maria: Mohamed, mimi hukimbia asubuhi kila siku
2. Mohamed: Huh, wewe hufanya hivyo kila siku?
3. Maria: Kila siku kabla ya kula kiamsha kinywa.
4. Mohamed: Hiyo ni njia mwafaka ya kuanza siku yako.
5. Maria: Ukweli. Utashinda ukiskia mwenye nguvu na mchangamfu
6. Mohamed: Mimi huchelewa kuamka kwa hivyo mimi huoga na kuanza shughuli za siku
7. Maria: Ala! hata kiamsha kinywa haukuli?
8. Mohamed: Ndio, mimi huoga na kuondoka.

ENGLISH

1. Ali: Mohamed, I run every day in the morning.
2. Mohamed: Wow, you do that on a daily basis?
3. Ali: Every day before eating breakfast.
4. Mohamed: That's an appropriate way to start your day.
5. Ali: True. You spend the rest of your day feeling happy and energetic.

CONT'D OVER

6. Mohamed: I usually wake up late and so I just shower and start my daily activities.
7. Ali: What! You don't even take breakfast?
8. Mohamed: Yes, I just take a bath and leave.

VOCABULARY

Swahili	English	Class
kimbia	to run	verb
mazoezi	exercises	noun
kabla	before	preposition
oga	to shower	verb
mwenye nguvu	energetic	adjective
chelewa	to be late	verb
amka	to wake up	verb
ondoka	to leave	verb
kiamsha kinywa	breakfast	noun

SAMPLE SENTENCES

<p>Kimbia kwa duka ulete kiberiti tuwashe moto</p> <p>"Run to the shop and bring a matchbox, to light the fire."</p>	<p>Kufanya mazoezi kutakusaidia kupoteza uzito</p> <p>"Doing exercises will help you lose weight."</p>
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<p>Inabidi niwasilishe insha kabla ya mwisho wa wiki, lakini sijui niandike kuhusu nini?</p> <p>"I have to submit an essay by the end of the week, but I don't know what to write about."</p>	<p>Mimi sipendi kuoga na maji baridi.</p> <p>"I don't like taking a shower in cold water."</p>
<p>Mtoto wako anaonekana ni mwenye nguvu sana. Hajapumzika kwa dakika 30.</p> <p>"Your baby is so energetic. He hasn't rested for about 30 minutes."</p>	<p>Nilichelewa kwenda kwa mkutano jana.</p> <p>"I was late for the meeting yesterday."</p>
<p>Nilichelewa kwenda kwa mkutano jana.</p> <p>"I was late for the meeting yesterday."</p>	<p>Mtoto ameamka saa hii na analia.</p> <p>"The baby has just woken up and he is crying."</p>
<p>Ondoka afisini sasa ili ioshwe.</p> <p>"Leave the office now for it to be cleaned."</p>	<p>Ulikula nini kwa kiamsha kinywa?</p> <p>"What did you have for breakfast?"</p>
<p>Leo nilikula viazi vitamu kama kiamsha kinywa.</p> <p>"Today I had sweet potatoes for breakfast."</p>	<p>Ulikula nini kwa kiamsha kinywa?</p> <p>"What did you have for breakfast?"</p>

VOCABULARY PHRASE USAGE

mazoezi ("exercises")

Mazoezi is in plural form. The singular form is *zoezi*.

You use this word when talking about physical activities such as running, dancing,

and engaging in sports, among other things.

This word is usually used in the field of health and fitness.

For example:

1. *Ukifanya mazoezi, mwili wako unatoa jasho.*
"When you exercise, your body produces sweat."

***mwenye nguvu* ("energetic")**

Mwenye nguvu is one adjectival phrase, singular, made of *mwenye* meaning "belonging to something" and *nguvu* meaning "energy."

This phrase is used to refer to the ability to handle tasks requiring body energy or strength.

For example:

1. *Kukimbia hufanya mtu awe mwenye nguvu.*
"Running makes one energetic."

***kiamsha kinywa* ("breakfast")**

Kiamsha kinywa is a phrase made up of two words. *Kiamsha* means "something that wakes up something" while *kinywa* refers to the mouth. Literally, the phrase indicates something that wakes up the mouth, so "breakfast."

For example:

1. *Leo nilikula matunda kama kiamsha kinywa changu.*
"Today I ate fruit for breakfast."

GRAMMAR

The Focus Of This Lesson Is Using Present Simple Tense to Describe Daily Activities.

Mohamed, mimi hukimbia asubuhi kila siku.
"Mohamed, I run every day in the morning."

1. Learning how to use present simple tense.

Let's start with an example in the dialogue:

1. *Mimi hukimbia asubuhi kila siku.*
"I run every day in the morning."

Verbs in Swahili are words used for action, expression purposes, or a state of form or being. They can be conjugated into present tense, past tense, and future tense.

Present tense verbs explain a current or present time happening.

For example, *Naongea Kiswahili* meaning "I speak Swahili."

In Swahili, all verbs have the prefix *na-* used in cases of present continuous tense. For instance, *na-enda* "I am going," or *na-andika* "I am writing." For simple present tense the applicable prefix is *hu-* *mimi huenda* "I go," *mimi huandika* "I write".

The infinitive verbs here are *enda* "to go," and *andika* "to write."

Present simple tense is different from present continuous in Swahili.

Present simple tense expresses something that takes place regularly, in other words, it is a habitual tense. The prefix *hu-* is used with the verb. A good example is *Mimi hupiga mswaki kila siku.* meaning "I brush my teeth everyday." Present continuous tense in Swahili is a "now" tense.

Here are other examples:

1. *Unatazama runiga sasa?*
"Are you watching TV now?"
2. *Najiangalilia runinga sasa.*
"I am watching TV now."

2. Adverbs of frequency

1. *kila siku kabla*
"Every day before"

These are Swahili words that modify phrases and verbs related to frequency directly. Swahili has adverbs of manner such as *haraka* meaning "quickly," and *vigumu* meaning "difficult." Adverbs of frequency include *kila siku* "every day," *mara kwa mara* "sometimes," or *Mara tatu*, "three times."

3. Using adjectives to describe activities

In Swahili, some **verbal adjectives** describe activities and are connected to verbs. A good example of their use in the dialogue is *utashinda ukiwa mchangamfu* meaning "You will spend the rest of the day feeling happy." The verbal adjective in this case is *changamfu*, "happy."

Examples from the dialogue:

1. *Kila siku kabla ya kula kiamsha kinywa.*
"Every day before eating breakfast."
2. *Mimi huchelewa kuamka kwa hivyo mimi huoga na kuanza shughuli za siku*
"I usually wake up late and so I just shower and start my daily activities."

Sample Sentences

1. *Mimi huamka saa kumi asubuhi kila siku.*
"I wake up at 4.00 a.m every day."
2. *Sisi hupewa chai bila sukari.*
"We are usually given tea without sugar."
3. *Dada yangu hupika mayai kila siku.*
"My sister cooks eggs every day."

CULTURAL INSIGHT

Discussing Daily Activities

In Kenya, most people in urban areas jog in the morning to keep fit. On the other hand, their counterparts in the village engage in farming activities which offer exercise benefits. There isn't any specific etiquette about what to wear while jogging in the street.

Useful expression:

1. *Nguo za michezo*
"Sportswear."