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AFRIKA, VUTSHILA NI NDHAVUKO

EHANSI KA SENTHARA YA M.E.R. MATHIVHA YA TINDZIMI TA

EKA XITSONGA

"MASTERS OF ARTS"

XA

XITSALWANA XO ENGETELA EKA SWILAVEKO SWA XIKAMBELO

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NKANELO WA SWIN'WANA SWA SWIXEVO SWA NDHAVUKO WA VATSONGA

Abstract

The title of this research is "The critical analysis of some of sauces of the Vatsonga." This research consists of six chapters which critically discuss the different sauces of Vatsonga . The present researcher believes that the concept sauce, which is the main focus of this research, is applicable in different literature genres. The main aim of this study is to critically analyse the concept sauce, types of sauces and the nutritional value of these sauces.

Chapter one

This chapter consists of the following aspects namely: Aims, objectives, research methods, key concepts and literature review.

Chapter two

This chapter will critically analyse the Vatsonga sauces which are like meat e.g. Termites, locusts, mopani worms, fishes and mushrooms. The research will focus on description, how to prepare dishes and nutritional informations.

Chapter three

In this chapter, the researcher will mainly focus on sauces which are planted by using seeds namely: Pumpkin, leaves, beans, nuts etc. The researcher will also focus on description, how to prepare dishes and nutritional information of the dishes or sauces under study.

Chapter four

In this chapter, the researcher will focus on the vegetables which germinate without being planted namely : mixiji, bangala, guxe, thyeke and ntotoho. In the above mentioned aspects, the researcher will focus on their description, how to prepare dishes and nutritional information.

Chapter five

This chapter will mainly focus on the differences of sauces within the Vatsonga culture.

Chapter six

This chapter will provide the summary of the research, recommendations and references.