

According to *Intercultural Communication in Contexts*, culture is a learned pattern of behavior and attitudes shared by a group of people. (pp. 85) The impact of Kenyan Culture has inspired me to have a wonderful life experience and accept myself as the person that I am today. I learned my culture in three ways: language, cuisine and religion. I learned the language to observe the knowledge, I raised from a religious background to appreciate and I experience the cuisine to accept and represent my cultural identity. I learned these things as I grew up and became the person that I am.

Religion is very important for my culture because I was raised in a Christian background. “Kenya is a predominantly Christian country located along the East African coast (P. 1).” When I was little, my family sang some songs and read the bible in their tribal language, Kikuyu. Today, we pray on a daily basis. Every time, when someone is sick or going through a rough time in their life, we always pray as a way of encouragement. We usually participate in church during the weekend. According to Credo Reference, “the vast majority of Kenyans who immigrate to the United States are Christian, and many join a church, finding it helps ease the adjustment process to their new country, particularly if other Kenyan immigrants are members (P. 22).”

The Kenyan Cuisine has been impacted by many diverse cultures. *Ugali, nyama choma* and *sakuma wiki* are typically an African food, however, most Kenyan cuisines are impacted by the Swahili Culture. It influences other cultures which are more unique and different than other African countries. According to *African Geographic*, “safaris are made all the better when you eat local food, and Swahili food dishes are delicious. With a beautiful blend of Arab, Indian and Portuguese influences, Swahili cuisine uses a variety of spices like coriander, clove, chili and black pepper together with a range of staples like maize, cassava, rice, wheat and sorghum. (P. 1).” This information describes why I am truly proud of my roots. My culture is more abroad

where it does not have to just concentrate on a particular thing, it is a little bit of everything that helps me to be more open-minded. *Sukuma wiki* is one of my favorite Kenyan dishes. “*Sukuma wiki* is a fried dish with chopped spinach, onions, tomatoes, or other vegetables. (P. 29)”

Additionally, “traditional Kenyan cuisine reflects the agricultural products of the region. Kenyan recipes are generally inexpensive and nourishing, relying heavily on potatoes, rice, and maize. (P. 29).”

Swahili is Kenya’s national language. It is the *Lingua Franca* which is a widely spoken foreign language in Africa. According to *AME Language*, “Swahili (Kiswahili among its speakers) is a Bantu language spoken in East and Central Africa (P.1).” According to *Credo Reference*, “Swahili is spoken by 30 million people, chiefly in Tanzania, Kenya, Congo (Kinshasa), Burundi, and Uganda, and serves as a lingua franca for additional millions in E Africa, including Europeans, Arabs, and Indians as well as Africans (P.1).” However, in the United States, Swahili is not as common as the major languages: English, Spanish and Vietnamese. Swahili is the only foreign language that I hear spoken at home and not as common in public. It helps me appreciate the diversity of other people’s languages. When my family goes to work or somewhere in public, they speak English “because most Kenyans speak English, immigrants in the United States generally do not face linguistic obstacles and are comfortable switching to English as their principal language (P. 20).”

Culture is the learning experience that is based off different perspectives. Language, cuisine and religion are the three ways which impacted my Kenyan Culture. It has affected my life in a lot of ways and has helped me understand my nationality and know where I am coming from. I expressed my culture because I learned it through my family who came to America to

live a better life. As a Kenyan-American, I learned the experience to adjust and thankful to define a true reflection of myself.

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