

BASIC FOOD AND NAMES:

Fofo (FuFu)	=	Usung
Efere	=	Soup
Udia	=	Yam
Ndidia	=	Food (generic name)
Enem	=	Sweet Yam or potato
Ikpong	=	Coco yam
Usung Udia	=	Pounded yam
Iwa / Akadi	=	Gari
Ukom	=	Plantain
Efere ikon	=	Melon soup
Edikang ikong	=	Dry soup
Efere Ntuen	=	Pepper Soup
Ntuen	=	Pepper
Inung	=	Inung
Obu	=	Crayfish
Ekporoko	=	Stock fish
Fish	=	Iyak
Bananna	=	Mboro
Edesi	=	Rice
Beans	=	Okoti
Isip Oyop	=	Coconut