# Uganda

## Your Take with Amanda




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| Genre | Health and Nutrition |
| No. of episodes | 116 |
| Dur. / episode | 30 minutes |
| Language of the programme | English |
| On-air since | 2018 |
| Freq. of broadcast | Weekly |
| Org. broadcast time | 18H00 Sunday |
| Rpt. Broadcast time(s) | 10H40 Monday |
| Target audience - gender | M / F |
| Target audience – age group | 15-35 |
| Target audience – income group | Middle |

Watch trailer here

Synopsis

Viewers send health or food related questions via social media. Host Amanda then shares the solutions in studio, providing informative solutions to health-related issues caused by poor eating habits.