

# A FAMILY MEAL IN



## COOK & EAT

Work together as a family to prepare a traditional African meal (recipes on back). While you eat, try out some customs shared among many African cultures:

- Wash your hands before and after the meal.
- Serve the food in a communal bowl on a mat, rug, or low table.
- Sit around the food and eat with your right hand only (your left is reserved for personal hygiene).

## LEARN ABOUT AFRICA

Africa is a continent that includes 54 countries, with even more unique cultures (ways of life). It's also not a small place. Africa is bigger in size than China, India, the United States, and Europe combined.

There are more than 1,000 languages and dialects in Africa. One of those is Swahili. Try out a few words:

- Hello: *jambo*
- How are you?: *habari gani*
- Fine: *nzuri*
- See you later: *tutaonana*

The main religions of Africa are Christianity, Islam, traditional tribal and animist beliefs, and small percentages of Judaism, Hinduism, and other religions. Many countries protect religious freedom, but in some Muslim countries Christians are severely persecuted.

The primary climates include desert, semi-arid, coastal, riverine, and tropical.

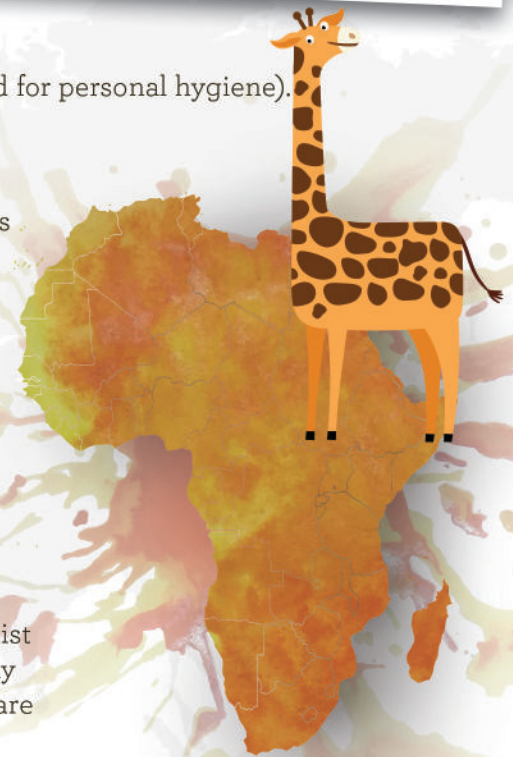
Some African traditions include:

- Breakfast often consists of bread and tea or leftovers from the day before.
- Families may eat one to three times a day, depending on their tradition, income, or availability of food.
- Muslims are forbidden to eat pork or drink alcohol.
- Men and women sometimes eat separately. Boys may eat with the men, or children will eat with the women.

## READ THE BIBLE AND PRAY

Elijah the prophet lived through difficult times. While the entire country experienced a famine, he had to trust God to provide food and water. Let's look at how God challenged a woman and provided for Elijah through her.

Read 1 Kings 17:1-16. Talk about how God takes care of His people. Pray together.



# AFRICAN RECIPES



## YELLOW RICE

2 C uncooked saffron rice (If you don't have this on hand, add ½ tsp turmeric and 1 tsp paprika to whatever rice you have)

4 C water or broth

1 tbsp. sugar

1 tsp. salt

2 tbsp. butter or olive oil

1 C raisins

Bring water to a boil in a medium-large saucepan. Add rice, sugar, salt, and butter. Cover and simmer for approximately 15 minutes. Stir in raisins and simmer until the liquid is absorbed. Serve warm.

Yields approximately 7 1-cup servings.

## AFRICAN VEGETABLE

Choose a vegetable from this list of commonly enjoyed African vegetables. Some of these are probably not in your pantry, but one or two might be.

Baobab leaf, cabbage, carrots, casava, cauliflower, cucumber, eggplant, garbanzo beans, green beans, peanuts, lettuce, okra, onion, palmtree pulp, peas, potato, squash, sweet potato, tomato, yam

## MOROCCAN COOKIES

½ C butter, softened

½ C powdered sugar

½ C all purpose flour

½ C cornstarch

¼ tsp. Baking powder

Combine all ingredients and stir well. Roll dough into 1-inch balls and place on a greased baking sheet.

Bake at 350° for 13–15 minutes or until done. Flatten cookies slightly after removing from the oven.

Yields approximately 20 small cookies.



# A FAMILY MEAL IN THE Far East

## COOK & EAT

Work together as a family to prepare a traditional Far Eastern meal (recipes on back). While you eat, try out some customs shared among Far Eastern cultures:

- Use chopsticks and spoons for your utensils. No forks!
- Give each person his or her own individual rice bowl. During the meal, place food items like meats and vegetables on top of your rice.
- Hold your rice bowl at chest level while eating. It is considered lazy to eat out of your rice bowl while it sits on the table!



## LEARN ABOUT THE FAR EAST

The region of the Far East includes China, Japan, Macau, Mongolia, North Korea, South Korea, and Tibet. All the countries have mountainous regions where elevation affects temperature and climate. Some countries also have large coastal regions where fishing is prevalent and provides an excellent source of food.

Much of the Far East has annual monsoons and typhoons that cause damage and loss of life through flooding, high winds, and contaminated water supplies. China has sub-tropical regions and islands, while North and South Korea have a climate more like the United States.

The main languages in the Far East include Chinese, Japanese, Korean, and English. Other languages include Russian, Cantonese, Wu, Kenjia, Min, Hakka, and aboriginal languages. Mandarin is the largest of the Chinese dialect groups and is spoken by 70 percent of all Chinese speakers. **Try these Mandarin Chinese words:**

- Hello: *Nǐ hǎo*
- Please: *Qǐng*
- Goodbye: *Zàijiàn*
- Thank you: *Xièxiè*

Religions in the Far East include Buddhism, Christianity, Confucianism, and shamanism, as well as mixtures of these religions. In the Communist country of China, the government encourages atheism and severely restricts the practice of Christianity. However, despite the threat of imprisonment that some Christians face, Christianity remains the fastest growing religion in China.

Noodles were first invented in China more than 5,000 years ago. Long noodles represent long life, so Chinese people eat noodles to celebrate birthdays.



## READ THE BIBLE AND PRAY

As Jesus traveled from place to place, large crowds of people followed Him. Even when He was tired, Jesus loved people and took care of their needs.

Read Mark 6:30-44. Talk about how Jesus displayed His love to the crowd. Ask, how can you show love to others today? Pray together.

# Fan Eastern Recipes

## FRIED RICE

3/4 cup chopped onion  
2 1/2 tablespoons oil  
2 eggs lightly beaten  
1/2 tsp soy sauce  
1/2 tsp sesame oil  
8 ounces chicken (or other meat), chopped  
1/2 cup shredded carrot  
1/2 cup frozen peas (or corn), thawed  
4 cups cooked rice (cold)  
4 green onions, chopped  
2 tablespoons light soy sauce

Heat 1 tbsp oil in wok; add chopped onions and cook until onions 8-10 minutes; remove from wok. Allow wok to cool slightly. Mix eggs, soy sauce, and sesame oil; set aside.

Add 1/2 tbsp oil to wok, swirling to coat surfaces; add egg mixture; and scramble. Remove.

Heat 1 tbsp oil in wok; add chicken, carrots, peas, and cooked onion; stir-fry for 2 minutes.

Add rice and green onions tossing to mix well; stir-fry for 3 minutes.

Add 2 tbsp of light soy sauce and eggs to rice mixture and fold in; stir-fry for 1 minute more; serve.

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## BOILED EGGS

Place eggs in a large saucepan. Cover eggs with cold water and bring to boiling over high heat. Reduce heat and simmer for 15 minutes. Drain water. Fill the saucepan with cold water and let stand for two minutes. Peel and serve eggs, or you may choose to allow children to peel their own eggs.

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## NOODLES

Purchase dry chicken flavor noodle soup packs from a local store. Prepare noodle soup mix according to package directions. Drain the broth before serving.

*Food for Thought:*

*In some Asian countries, uncooked noodles are like the Asian potato chip, and are sold in small snack bags. You may wish purchase some and give them a try!*



# A FAMILY MEAL IN SOUTHEAST ASIA

## Cook & Eat

Work together as a family to prepare a traditional Southeast Asian meal (recipes on back). While you eat, try out some customs shared among Southeast Asian cultures:

Use chopsticks or try eating with a fork in the left hand and a spoon in the right hand.

When eating rice from a small bowl, do not leave the bowl on the table. Instead, hold it closer to your mouth and eat from there. (In Vietnam, it is considered lazy to leave one's rice bowl on the table while eating!)

Pretend that one of you is a guest. Everyone else must be sure not to lift his or her head above that of the guest's, as is the tradition in Laos.

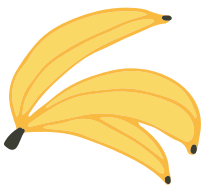
## Learn about Southeast Asia

Southeast Asia includes Cambodia, Indonesia, Laos, Malaysia, the Philippines, Thailand, Vietnam, and other countries. The topography of this region is very diverse: valleys and flat deltas in Vietnam, plateaus in Thailand and Laos, and fertile basins in the other countries provide rich, farmable land where rice and other crops are grown. In the Philippines, which consists of more than 7,000 islands, there are numerous volcanoes. Indonesia is the largest archipelago in the world, with more than 17,000 islands!

Southeast Asian countries all share a tropical or tropical monsoon climate. Rainfall is abundant and can be extreme in certain areas.

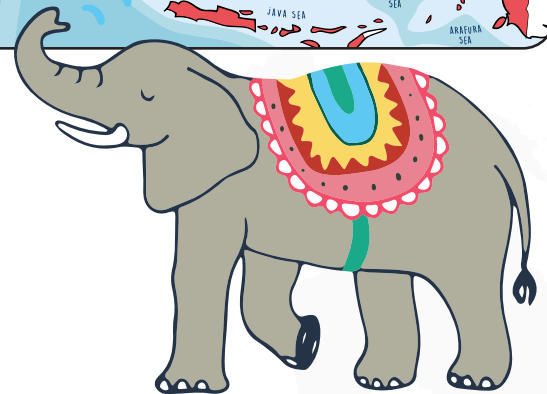
There are hundreds of native languages spoken in Southeast Asia, in addition to Western languages like English and French. Some of these native languages include Tagalog, Shan, Kayin, Mon, Chinese, and Malay. Try these Tagalog (or Filipino) words spoken in the Philippines:

- Good morning: *magandang umaga*
- Good evening: *magandang gabi*
- Please: *pakiusap*
- Thank you: *salamat*



Religions in Southeast Asia include Buddhism, Islam, and animism. The Philippines is predominantly Roman Catholic.

In Laos, foods may be communally served on the banana leaf in which it was cooked.



## Read the Bible and Pray

Jesus clearly depicts His heart to seek and to save the lost of the world in the parable of the Good Shepherd. In this story, we see the heart of Jesus as He shares the lengths to which a good shepherd will go in order to save his sheep.



Read John 10:1-18. Talk about Jesus' role as the Good Shepherd and the way He protects you as one of His sheep. Pray together.

# SOUTHEAST ASIAN RECIPES

## Chicken Adobo (serve with rice)

1 whole chicken (about 2 lbs.) cut into serving pieces or 2 pounds of cooked, boneless, skinless chicken, cubed  
1/2 C vinegar  
3 garlic cloves, crushed  
1/2 C soy sauce  
1/2 tsp whole peppercorns (optional)  
1-2 dried bay leaves (optional)

Mix all ingredients in a pot. Let stand an hour, or even overnight in the refrigerator. Cook covered on medium-high heat until mixture boils. Reduce heat to medium, turn meat, and cook, covered, for 30 to 45 minutes or until meat is tender and only a small amount of liquid is left. Serve with cooked rice. *NOTE: Peppercorns may be too spicy for children; omit to make a milder dish.*



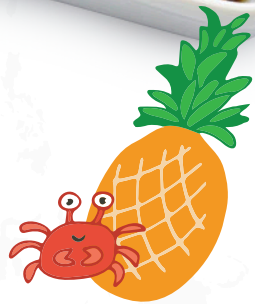
## Ginataang Spinach (Spinach in Coconut Milk)

2 bunches fresh spinach, cut into 3-inch pieces  
1/2 tsp ginger  
1/2 C diluted coconut milk  
1 hot chili pepper (optional)  
salt and pepper

In a skillet over medium heat, bring coconut milk, ginger, hot chili pepper, salt and pepper to a boil. Simmer for 3-4 minutes. Add spinach and cook for 2 minutes. Remove from pan and serve immediately. *NOTE: Omit chili pepper to make the dish less spicy.*

## Assorted Fruit

Purchase your choice of assorted fruits. Examples of fruits from Southeast Asia include dragon fruit, coconut, pomelo, mango, papaya, rambutan, and jackfruit. Cut fruit into bite-size pieces and arrange on a platter or in separate containers.



# South Asia



Work together as a family to prepare a traditional South Asian meal (recipes on back). While you eat, try out some customs shared among many South Asian cultures:

- Sit in a circle on a mat or rug. Put food in a common bowl and place it at the center of the circle.
- Have the girls serve the boys, a custom in some South Asian countries.
- Eat using your right hand only (it is considered bad manners to use your left hand). Be sure to wash your hands first!

The region of South Asia includes Bangladesh, Bhutan, India, Maldives, Myanmar (Burma), Nepal, and Sri Lanka. It is home to some of the world's tallest mountains, such as Mount Everest in Nepal. In India, the Ganges River area is the most populated area in the world.

Climates in South Asia vary from tropical and subtropical to semi-arid and alpine.

South Asia has many languages. In India alone, there are more than 300 languages. Hindi, the main language in India, has over 800 dialects. Try these Hindi words:

- Hello:
- Goodbye:
- Thank you:
- You're welcome:

Religions originating in South Asia include Hinduism, Buddhism, Jainism, and Sikhism. In India, 80% of people are Hindu. Hinduism is a polytheistic religion with over one million "gods."

Some South Asian customs relating to food include:



- People eat two to three meals a day, according to their area's culture.
- In some countries, the women serve everyone else first, then they eat last.
- Families eat together unless male guests are present, in which case women will eat separately.
- Hindus are not allowed to eat beef, and some Hindus are vegetarians.

Daniel's three friends—Shadrach, Meshach, and Abednego—make an important decision while living as captives in Babylon under King Nebuchadnezzar. Everyone else is bowing down to the golden image created by the king,



but the three men refuse to worship anything other than the One True God. Let's see how God is faithful to those who love Him and always provides a way out—even from a fiery furnace!

Read Daniel 3:19-30. Talk about how God protected Shadrach, Meshach, and Abednego and is also protecting you. Pray together.

# South Asian Recipes



1 1/2 c. dry red lentils  
1/4 tsp. turmeric, or more to taste  
4 Tbsp. ghee, butter or vegetable oil  
1 c. chopped tomatoes  
2 Tbsp. ghee or vegetable oil  
1-3 garlic cloves (crushed)

3 1/2 c. water  
1 1/2 tsp. salt  
1 c. minced onions  
1 Tbsp. grated fresh ginger  
1 Tbsp. *panch phanon* mix\*

\**Panch phanon* is an Indian spice mix, also known as “five spice” (do not substitute Chinese five spice!). This mix includes equal proportions of whole cumin, fenugreek, anise, mustard, and Indian black onion seeds (*kalunji*).

1. Rinse lentils well, add water, turmeric and salt. Bring carefully to boil and cook over low to medium heat, covered, for 25 minutes. Cover and cook another 10 minutes. Adjust salt.
2. While lentils are cooking, cook onions in a frying pan until they are golden brown (approx. 10 minutes), stirring constantly. Add tomatoes and ginger and continue cooking until the tomatoes decompose into a delicious and fragrant mush (approx. 8 minutes). Stir constantly so that the tomato mixture doesn't stick. Turn heat to low if necessary.
3. Scrape out this mush into the lentils and stir it in. Let lentils mixture sit while you make the spiced oil.
4. Do a quick rinse of the frying pan, without soap, and dry thoroughly. Add the remaining 2 Tbsp. oil and heat over medium high heat. When oil is hot, add *panch phanon* mix and heat until the seeds begin to pop, about 15 seconds. Turn off heat, add the crushed garlic, and let sizzle for about 30 seconds. Stir this mixture into the lentils/tomato mixture and serve with rice.

## BASMATI RICE

Purchase bags of uncooked basmati rice from a local grocery store and cook according to package directions.

## CLAPATI

For a quick version of this common Indian bread, we suggest one of the following options:

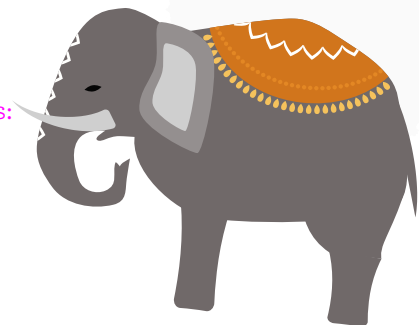
*“Flat-Out” brand Sandwich Wraps*

Purchase wraps at a local grocer. Cut each wrap into small pieces (8 per wrap).

OR

*Biscuit Flatbread*

Purchase ready-to-make biscuits (8-10 per can). Preheat oven according to package directions. Flatten biscuits to 1/4-inch thickness and place on ungreased baking sheets. Bake for 8-10 minutes or until golden brown.





# A FAMILY MEAL IN Middle East

## COOK & EAT

Work together as a family to prepare a traditional Middle Eastern meal (recipes on back). While you eat, try out some customs shared among many Middle Eastern cultures:

- A variety of hot teas or coffees are served with every meal. (Each area has its own specialized blends.)
- Traditionally people sit on the floor, mats, or pillows around a low table.
- Eating is done with the right hand only, or a piece of bread may be used as a scoop.

## LEARN ABOUT THE MIDDLE EAST

Almost every Middle Eastern country has a desert region. Saudi Arabia's Rub 'al Khali is the largest uninterrupted sand desert of the world. Temperatures throughout the Middle East vary with elevation and the seasons. They can range from  $-51^{\circ}\text{F}$  in the winter months of the mountains to  $122^{\circ}\text{F}$  in the desert summer.

The majority of countries of the Middle East are predominantly Sunni or Shia Muslim. According to Islamic laws, girls and boys are often educated separately. In strict Islamic states girls and women are denied educational opportunities altogether.

The main Middle Eastern languages include Arabic, Farsi (Persian), Russian, Armenian, French, Tajik, Azeri, Hebrew, Turkish, Cirassian, Kurdish, Urdu, English, Kyrgyz, and Uzbek. Here are a few Arabic phrases:

- Please: *min faDlik*
- Thank you: *shukran*
- You're welcome: *äafwan*
- Excuse me: *aläafw*

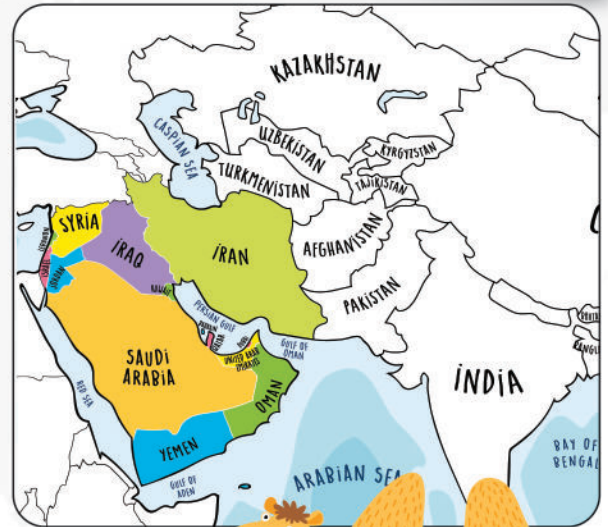
In Uzbekistan, the entire family sleeps in a central room during the winter months. When summer arrives, they move their sleeping quarters outside on a raised platform in the courtyard.

In Kyrgyzstan, a horse is sacrificed at the funeral of a respected elder and served at the funeral meal.

## READ THE BIBLE AND PRAY

Prayer is powerful! (In Farsi, Doa Ghodrat Darad) Why? Because God hears us when we pray. All the time. Even when we are afraid. When the disciple Peter was in prison his friends prayed for him all night long.

Read Acts 12:1-19. Talk about what we can learn from Peter and his friends. Pray together for Christians who face persecution in the Middle East.



# Middle Eastern Recipes

## HUMMUS

Buy pre-made hummus from your local grocery store, or try the following recipe.

2 (15 1/2 oz.) cans of chickpeas or garbanzo beans

1/2 tsp. cumin

1/2 tsp. chili powder (optional)

1 tsp. sesame seed oil

1 clove garlic, minced

2-3 tbsp. lemon juice

Salt and pepper to taste

Place all ingredients in a food processor and blend until mixture is of a paste-like consistency. Serve with pita bread. Yields approximately 2 1/2-3 cups.

NOTE: You can leave out the chili powder to make a much milder hummus.

## UMM ALI (EGYPTIAN BREAD PUDDING)

1 package frozen puff pastry

1 3/4 C chopped mixed nuts (pistachios, pine nuts, and almonds are traditional, but you may substitute walnuts, pecans, hazelnuts, or other nuts)

1/2 C coconut flakes

1/2 tsp. vanilla extract

1 (15 oz.) can of sweetened condensed milk

3 C water

1/2 C cream

Preheat the oven to 400°. Bake the puff pastry according to package directions. Meanwhile, combine the liquid ingredients and cook them over medium heat for 3-5 minutes. Allow this to cool.

Break the pastry into pieces and combine it in a large bowl with the nuts and coconut flakes. Pour the mixture into a greased 9x13 baking dish. Pour the cooled liquid over the nut mixture and bake, uncovered, for 15 minutes.

## PITA BREAD, CHEESE CUBES, DATES, AND GRAPES

Cut pita bread rounds into four sections each. Cut cheese into small cubes. Cut larger dates and grapes into smaller pieces.

