



SNACK:
Lassi (Lah-see)



Lassi is a traditional Indian drink. It is generally made from plain yogurt and water. Depending on the province of India it is sometimes spiced with cumin, or cinnamon, or sweetened with honey, or sugar, or fruit. This recipe makes 2 cups.

INGREDIENTS: 1 cup yogurt, 3/4 cup fresh pineapple, chunks or 1 5.5-ounce can pineapple in juice, juice from 1/2 lime, or to taste, 2 teaspoons honey or sugar, or to taste, 5 or 6 ice cubes

INSTRUCTIONS:

1. Place all ingredients in a blender. Blend until mixed. (If using canned pineapple, add some or part of the juice in the can, to taste.)
2. Serve immediately or chill until ready to drink. Vary It! This recipe uses pineapple, but experiment with your own favorite fruits and flavorings. Try cardamom, nutmeg or mint!



PRAYER:
**God Always
Provides For Us**



Lord, thank you for loving us and sending your healing power. We pray for those who are sick and ask for your healing to come to them. Thank you that you can heal our hearts and our bodies. We pray for kids like Vija and Siddartha in India, and kids like them, and pray that they continue to grow strong and healthy while going to school. Thank you for providing for their needs. Amen.



GAME:
**Break the Circle of
Hunger**

MATERIALS: A piece of chalk to draw a circle on the floor or a stick to draw on the ground (or tape)

INSTRUCTIONS:

1. Divide the group into two equal teams. One team represents people in poverty and the other one represents poverty and hunger itself.
2. Draw a circle on the floor or the ground. The poverty team stays within the circle. The “poverty and hunger” team stays outside the circle.
3. At your signal (clap, whistle or shout), the players inside the circle try to break out of it. The players outside the circle try to keep them in.
4. Once a player breaks out of the circle, he becomes a “helper” and tries to help people inside the circle to break out of it. If no one breaks out, select one or two people to be “helpers”.
5. Continue the game for a few minutes, then change sides and play a second round.

DISCUSSION POINTS:

1. How easy is it for a person who is poor to get out of the circle of hunger and poverty?
2. In which ways can people be supported to break out of hunger and poverty?
3. Can you identify similar situations in real life?



PRESENTED BY



CBM

Hunger Bites in India



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CBM

*embracing a broken world
through word & deed*

LEARNING OBJECTIVE For children to learn about the concept of food security

KEY CONCEPT God Always Provides For Us

BIBLE APPLICATION Genesis 9:3

MISSION ADVENTURE India



BIBLE VERSE:
Genesis 9:3

God Always Provides For Us



INTRODUCTION:

Have you ever wondered where your next meal was coming from? That is a very real question for many people. There are many reasons why people do not have enough to eat, as we learned last lesson. God is generous and desires that everyone has food and a healthy life. We can become more generous too and learn to share what we have with other people!



BACKGROUND:
India

India is the second most populous country in the world with an estimated 1.2 billion people and the third-largest economy by GDP, according to the World Food Programme. Despite steady economic growth and self-sufficiency in food grains production, high levels of poverty, food insecurity and malnutrition persist in India. Poverty and malnutrition are the greatest issues in India today.

India has one of the highest malnutrition rates in the world. One-third of its children are born with low birth-weight, 43 percent of children under five are underweight, 48 percent are stunted and 20 percent are wasted. Micronutrient deficiencies are extremely high with almost 75 percent of children under age three being anemic, 62 percent deficient in vitamin A and over 13 million infants remaining unprotected from iodine deficiency disorders. There are large differentials in the prevalence across states and socio-economic groups. Sixty percent of the malnutrition burden exists in low income states: Bihar, Chhattisgarh, Jharkhand, Madhya Pradesh, Odisha, Rajasthan and Uttar Pradesh.

The government's policy commitment to address malnutrition and the multitude of programs that are being implemented, progress in reducing undernutrition has been slow. It therefore becomes imperative to address the malnutrition challenge and to prevent and reduce maternal and child malnutrition as early as possible across the life cycle.

Through CBM's partner, the BLESS (Burden & Love for the Economically & Socially Suppressed) nutrition program has been a success as the villagers cooperation and interest levels have been a great help in achieving the goals of the project. Lifestyles have changed, and villagers participate in all activities and are benefited financially and with improved health. In turn, this benefits the overall community.

BLESS has helped the local community improve their knowledge of hygiene, nutrition, cooking - improving the health of the family by learning healthy habits, eating healthier food and concentrating on children's education.



People are learning the value of leafy vegetables grown at home instead of spending money for costlier food.

On top of that, awareness meetings are regularly held through the program, where topics discussed include the importance of breastfeeding, seasonal diseases, environmental sanitation, kitchen garden development, sanitation and personal hygiene.

BLESS also provides financial assistance for starting vegetable businesses, growing fruits, rearing goats, and tailoring units and provisions shops. Skills training is also provided along with this. And most importantly, medical services and immunizations are provided through local Baptist churches.

As communities are being transformed, the change in the health and well-being of so many continues to be of great encouragement to others witnessing these changes.



MISSION
ADVENTURE
STORY:

Hunger Bites in India



Hello from India, from the village of Aradaspally! Meet brothers Vija and Siddhartha, who are excited to share about how their small village has been transformed. Siddhartha is 8 years old, and Vija is 10 years old.

Their favorite games to play include cricket, the national sport of India, as well as kabbadi, a traditional game similar to playing tag. Vija wishes to be a school teacher when he is older, because he loves school and learning. Siddhartha on the other hand, wants to become a doctor, in order to help heal people who are sick. This is something both Vija and Siddhartha are familiar with.

"It was not very nice being sick," Siddhartha shares. "We would get fevers a lot, our heads would hurt, and we often got other infections too. Sometimes our knees and fingers would hurt a lot. It was very painful."

"Yes, Siddhartha and I could not go and play with our friends, and it was hard to go to school or do chores when we were sick," adds Vija. "We are both glad that we are healthy now, and can work and play as much as we want to!"

The way Vija and Siddhartha became healthy again was through a CBM-funded program called BLESS (Burden & Love for the Economically & Socially Suppressed), which helped their grandfather Ramalu and their village by offering tips to help improve farming. This produced more healthier food to eat. The program is run through the South Lallaguda Baptist Church in India. Before the help of BLESS, it was very hard and expensive to farm. But the boys' family received seeds and training from BLESS which produced healthier crops and more variety of foods like vegetables, for better nutrition than ever before.

The seeds the family used to buy never sprouted well, and they always had to use lots of chemicals to grow the crops. Now their family can actually keep some of the crop and use it as seeds for the next season because it grows much better. Not only that, BLESS taught them a different way to farm that protects and saves the earth from getting destroyed, called conservation farming. Almost no chemicals for killing bugs and parasites or fertilizing the soil are required, which used to destroy the crops. Instead, composting is taught, and new native plants (azola) & oils (neem) are introduced to fertilize and protect crops naturally.

Things really have changed in the village of Aradaspally for Ramalu and his grandsons. Being healthy, now having enough food to eat and money to pay for school and other needs that could not be afforded in the past. With programs like BLESS, there is hope - and it started with some seeds!



DISCUSSION QUESTIONS:

1. What does BLESS stand for?
2. What does Siddhartha want to do when he is older? Why does he want to do that?
3. What do you want to do when you're older?
4. What happened to Vija and Siddhartha before they were food secure?
5. Name one way that Vija and Siddhartha became food secure because of BLESS.
6. How can you bless someone you know by being generous?

DISCUSSION ACTIVITY:

Ask students to think about why many people are hungry when there is enough food for everybody. (*Some do not understand there is enough food to be shared; some do not care if other people are hungry.*)

Ask students for ideas on how to fight hunger. (*Paying people fairly for what they do or the food they grow; giving unsold food from shops to people who need it; helping people who do not have enough to eat to grow more food.*)



ACTIVITY:
Indian Flag Craft



Using the template of the Indian flag included with the lesson, create your own mosaic flags! Consider making ones for each country focused in this package of *Kids Care*.

MATERIALS: White, orange, green and blue paper squares, glue, scissors

INSTRUCTIONS: Cut a supply of paper squares or tear into pieces by hand in advance, or allow children to do it. Glue paper squares to the flag template in the order of Indian flag colors and create your very own mosaic!