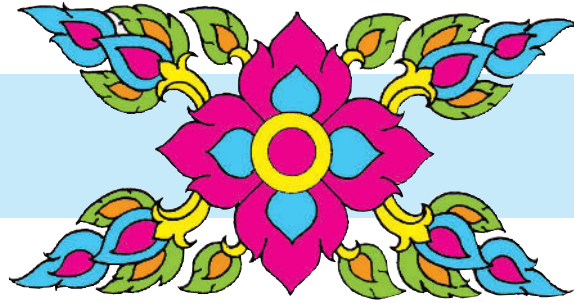


“Let the Children Come to Me”

Classroom Resources



A mission project of the Lutheran Heritage Foundation
Translating and publishing Lutheran materials around the world
(800)554-0723 • www.LHFmissions.org



Thank You

Thank you for adopting the “Let the Children Come to Me” mission project, sponsored by the Lutheran Heritage Foundation. We are thankful for your support and for the support of your students.



As a teacher, you can well understand the need for a strong curriculum and creative resources for helping your students learn. Sunday school teachers in Southeast Asia, most of whom come from a Buddhist background, realize this same need. Through the offerings of you and your students, LHF will be able to give the people of Thailand, Cambodia and Indonesia the Sunday school curriculum they need to teach Jesus’ littlest lambs about His great love for them.

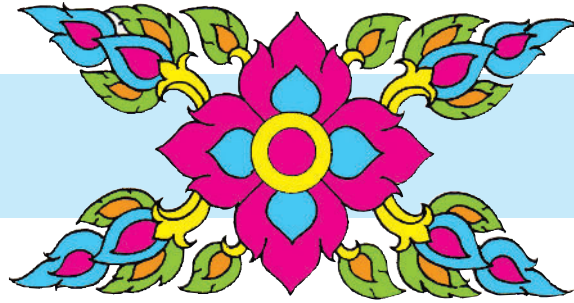
In this packet are several activities you can share with your students to help them learn more about their brothers and sisters in Christ, who just happen to live half-way around the world.



Several of these activities reference online links to videos and additional information that you and your students will enjoy. To make it more convenient to access these sites, LHF has posted the links to these pages on the LHF website. To access this list, go to www.LHFmissions.org/ChildrensLinks

As you look through this packet, you may find that some of these activities are better suited to a Lutheran day school setting, while others will work well in a Sunday school classroom. Feel free to pick and choose the activities you think will best help your students identify with their Southeast Asian brothers and sisters in Christ.

Again, our thanks, and may God bless you, your students and the gifts you gather to help spread the Gospel throughout the world.



Generating Enthusiasm & Support

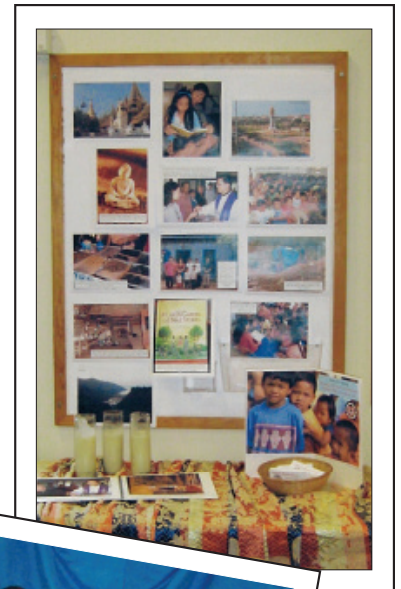
"We had a 'Mission Outpost' component to our VBS each day and had congressional members speak about recent mission trips and/or missionary work of relatives (we even had current LCMS missionaries from Nigeria visit us!). It made for a very educational and interesting week for the students. Most of all, they learned that the love of Jesus extends to every corner of the globe..." - *Mt. Olive Lutheran Church, Loveland, CO*

"We gave all the families a small collection box (like a mite box, but for kids) and as they filled the box, we put the coins in a large jar. The collection went on for about eight months, and congregation members also contributed." - *St. John's Lutheran Church, Port Washington, WI*

"At each opening session (held on the first Sunday of the month), the children would hold up a string of printed pictures of books, the number of which represented how much we had collected to that point. What a thrill it was to announce that they had raised enough for 234 books! And what a long length of books that was! The spontaneous applause was tremendous, and you could tell the children were so excited about what they had been able to accomplish by partnering with your wonderful organization."
- *St. John Lutheran Church, Kendallville, IN*

"We did this project as kind of a challenge. Our kids ALWAYS want to do a boy vs. girl type thing. I wrapped two boxes up like gifts—bows and everything. One was in pink paper (for the girls' offerings), the other was blue (for the boys' offerings). The kids were to drop their offering in the respective box. In the display area, we put up one pink or blue book for every \$10 that the kids raised. It made for a nice conversation piece for anyone who entered our gathering room." - *St. Paul Lutheran Church, Blue Earth, MN*

"[To help raise money for this mission project,] the junior high youth assisted the God Squad (third to fifth graders) in creating homemade Christmas cards, which were then purchased by the congregation members. May this money further the work of proclaiming the Gospel, as it is confessed in the *Small Catechism*." - *Good Shepherd Lutheran Church, Marion, IL*



Loveland, CO - The Erber family visited during the Mt. Olive Lutheran Church VBS to talk about life as missionaries in Nigeria.



St. Paul Lutheran Church Sunday school
Royal Oak, MI

"We began our project in January with a Super Sunday that included the crafts from your materials and authentic Indian food. We kept track of our [mission offering] progress by putting a Bible sticker on a huge map of India and a flower on a garland each time we had enough money donated for another book." – *St. Paul Lutheran Church, Royal Oak, MI*

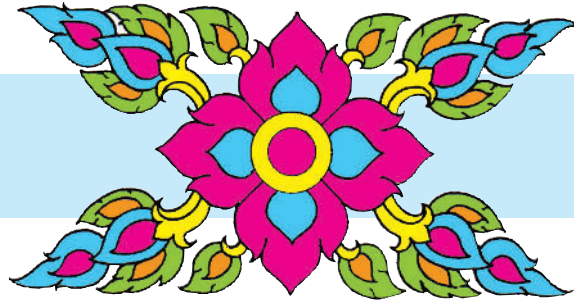
"The kids here felt sad that our brothers and sisters in Kenya could not get hymnals in their language to sing praises to God. So we collected money by serving a Valentine's Day dinner, passed out coin boxes, and had a Pizza Inn fundraiser. We hope they enjoy the new hymnals!" - *Zion Lutheran Church, Watauga, TX*

"We chose 3 countries to highlight over the course of the year: Guatemala, Venezuela, and Mexico. Each member presented a short bit of information (we called it a mission minute, but it usually became several minutes) which told about a country's history, national flag, the culture, or how receiving the Bible in Spanish could help spread the Word in that location. We enjoyed researching for information to share and the kids really got into the project and learning more about each country.

"The children got a taste of what it might be like to be in a place where they didn't know or understand what was being spoken when they had a visit from a Spanish-speaking guest. Their look of puzzlement turned to 'aha!' when the speaker gave clues in English as to what she was saying. It gave them a new understanding of what it would be like for someone to receive a Bible that is written in a language they do not know." - *St. John's Lutheran Church, Port Washington, WI*



Mt. Calvary Lutheran Church Sunday school
Greenville, MI



New Languages

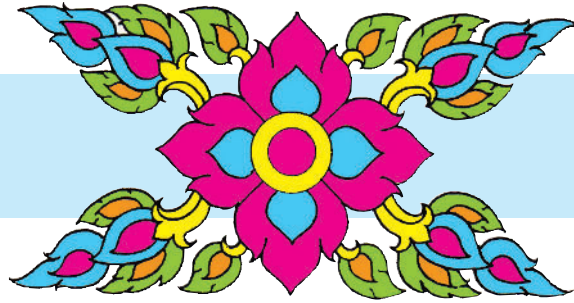
A few words and phrases

Imagine trying to read a Bible written in a language other than your own. How much could you decipher? This is the situation faced by our brothers and sisters in Christ all around the world. They need good Lutheran materials in their languages, so that they may learn more about Jesus.

Southeast Asian languages aren't always easy for Americans to learn. For example, the Thai language has its own alphabet with 44 consonants and 34 vowels, and there are no spaces between the words of sentences. In addition, Thai is a tonal language. There are 5 tones, and if you don't "sing" a word quite right then it could mean up to 5 different things!

Try teaching your students a few words or phrases in the languages of Southeast Asia. To translate words or phrases that aren't included here, or to hear a pronunciation of them, go to www.translate.Google.com and enter the text, then select the language you wish to translate it into.

	Thai	Khmer	Bahasa	Vietnamese	Chinese
Hello	Sawasdi	Johm riab sua	Halo	Chào	Ni hao
Goodbye	La kon	Lia suhn hao-y	Selamat tinggal	Tam biet	Zàijiàn
Jesus Christ	Phra yesu khrist		Yesus Kristus	Chúa Giêsu Kitô	Yesu jidu
Thank you	Khxbkhun	Aw kohn	Terima kasih	Cam on ban	Xièxiè
One	Nung	Muuy	Satu	Mot	Yee
Two	Song	Pii	Dua	Hai	Uhr
Three	Sam	Bai	Tiga	Ba	Sahn
Four	Sii	Buhn	Empat	Bon	Suh
Five	Haa	Phrum	Lima	Nam	Woo



Bible Lesson Enrichment

The following activities are ones that will be part of LHF's Sunday school curriculum for Southeast Asia. They will reinforce the students' understanding of lessons from *A Child's Garden of Bible Stories*. Because of the poverty level of many churches and individuals in Southeast Asia, only the simplest materials will be used. Many places don't have electricity (no photocopiers), and the teachers might have access to only one set of crayons and a few pairs of scissors.

Lesson #5: The Flood Object Lesson/Craft

Ask, *After the flood, what did God put in the sky to remind Him never again to destroy the earth in that way? (A rainbow) What does a rainbow look like? (Let the children describe one.) Rainbows appear at the end of storms when the sun comes out and a little rain is still falling. The colors in the rainbow are made as the sunlight passes through the raindrops and is reflected through the drops of rain. What colors do you see in a rainbow? (Red, orange, yellow, green, blue, indigo, and violet)*

As you hand out the cross patterns to trace on paper or the cross pattern you've already duplicated on paper, ask, *When you see a cross, of what are you reminded? (We remember that Jesus died on the cross and came alive again to save us from our sins.) God kept His promise to save us from our sins by sending His Son Jesus to be our Savior. Let's color in these crosses with bright rainbow colors to remind us that God keeps all of His promises to us, especially His promises to save us through Jesus.*

Hand out red, orange, yellow, green, blue, indigo (dark blue-purple), and violet crayons. Have the students use these colors to decorate their cross shape with colorful rainbow stripes. Tell the students to color as hard and as dark as they can until their entire cross is covered with color. Then have the students turn over their cross and color the opposite side, coloring again as hard



and as dark as they can. (NOTE: So that crayon wax does not get on the table or floor where the students are coloring, do not cut out the crosses until the students have finished coloring them.) When students are finished, have them cut out their cross shapes. Then hold them up to a sunny window and see how bright the colors become. (NOTE: Tell children not to tape their crosses on a window at home. The crayon wax will melt in the heat and stain the glass.)

Lesson #6: Abraham's Faith in God

Object Lesson/Craft

Duplicate the star pattern on the next page onto white cardstock paper or lightweight cardboard (one sheet of two stars per student). Or copy one pattern from below, cut out the star, and use it to trace two stars per student on lightweight cardboard. If necessary, precut the cardstock stars for four-year-olds before you do the craft project. Older students can cut out the stars themselves.

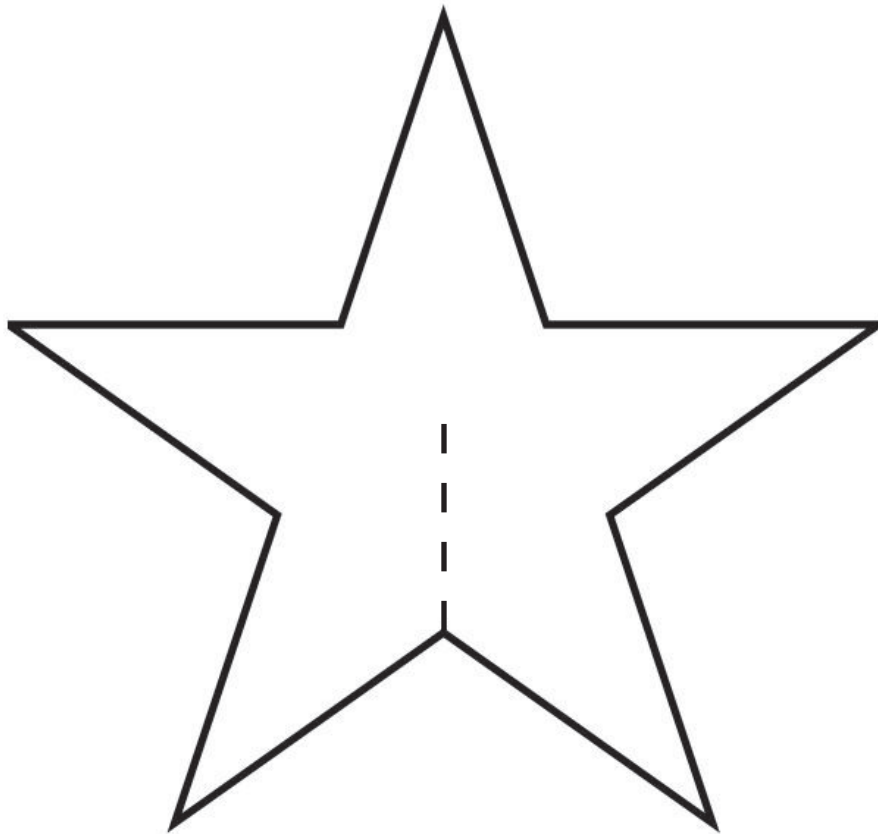
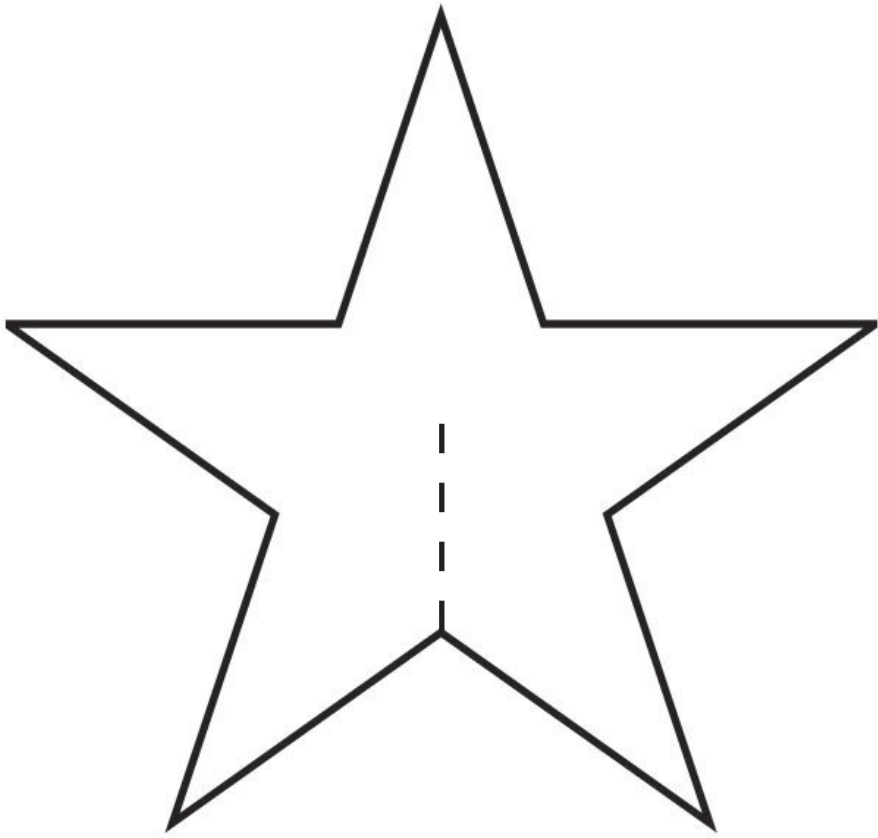
Ask, What promise did God give Abraham as he looked up at the stars in the sky? (God promised Abraham that he would have so many children that he would not be able to count all of them.) Let's make a craft that reminds us of God's promise to Abraham and that reminds us of God's promise to love and forgive us for Jesus' sake.

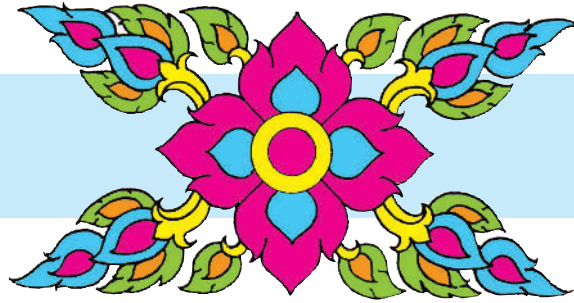
Hand out the sheets with the two duplicated stars, one per student, along with pairs of scissors. Have students carefully cut out the outline of each star. Then direct students to make a cut into each of the stars along the dotted lines. Or, hand out precut stars to four-year-olds.

Provide crayons for students to use to decorate both sides of each of their stars. Direct the students to draw at least one cross shape and one heart shape on each side of each star to remind them that God's greatest promise to us is the love and forgiveness of Jesus our Savior.

If you have glitter, small pieces of ribbon or cloth, or small pieces of colored paper available, students can also glue these on the stars to decorate them.

When the stars are decorated, show the students how to connect the two stars by sliding them together through the slits they have cut. Gently bend the connected stars so that they will stand up on their own.





Crafts

New Year's Day Greeting Cards

Vietnamese people send greeting cards to family and friends for Tet Nguyen-Dan (New Year's Day Celebration). Tet is celebrated both privately in one's home and in the streets with dragon dancers. In Vietnam, Tet is seen as everyone's birthday, and everyone becomes one year older on that day. Most families send colorful cards to family members and friends.

Materials:

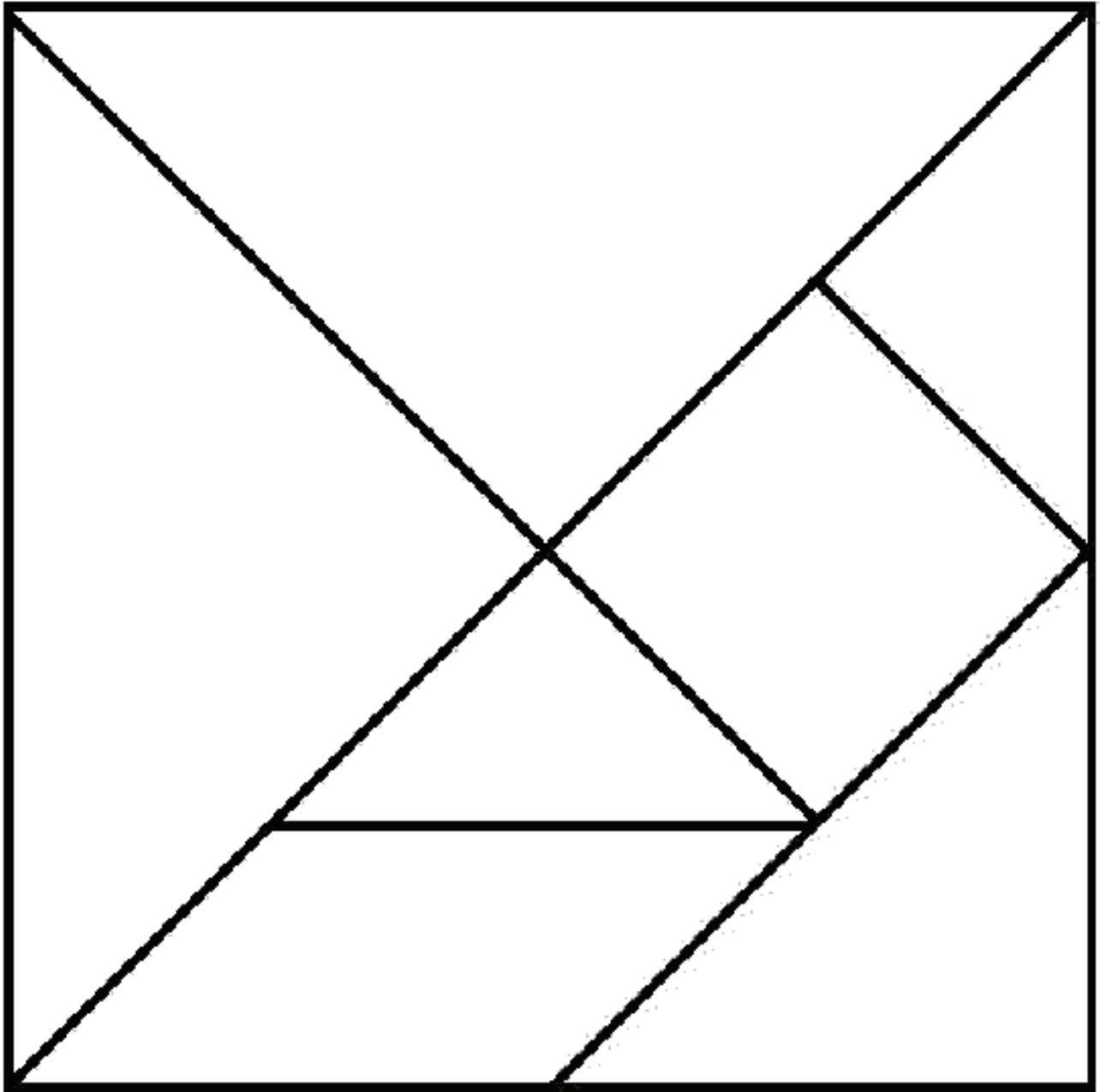
Thin cotton fabric
Thin white cardboard
A piece of white paper
A black pen
Watercolor paints
Acrylic glue
Embroidery hoop

Directions:

1. Stretch the cotton fabric over the hoop.
2. Paint the fabric with white glue mixed with water and let it dry.
3. Draw a design on white paper in black pen, marking out the edges of the design with a rectangular box.
4. Next, trace the design onto the fabric in black ink and color it in with watercolor paints.
5. Fold the thin cardboard into a card. Cut out a rectangular window in the front of the card where the painted fabric will show. This window should be slightly smaller than the rectangle box that holds the design on the fabric.
6. Cut out the design from the fabric.
7. On the backside of the card cover, run a thin line of glue around the edge of the window you cut in previously. Now gently press the fabric into the glue, so that the design shows through the window.
8. Add a Christian greeting or blessing for the New Year and send it to someone special!

Tangrams

This Asian puzzle was invented a few thousand years ago by a man named Tan. Reproduce the pattern on the next page onto a heavy weight paper and give to the children to cut out. Challenge the children to use the shapes to make a duck, fish or flying bird. What other pictures can they create?



Shadow Puppets

For hundreds of years, the Thai have entertained crowds of people with large shadow puppet shows. Sometimes the shows would include more than 100 puppets! To create the show, a puppet is held behind a screen in a darkened room. A light is shone onto the puppet from behind the screen. The audience, sitting in front of the screen, can see the puppet's shadow as it moves about.

Materials:

Large pieces of heavyweight paper or light cardboard

Pencils

Scissors

Tape

Drinking straws (not the bendable type)

A large screen (large sheets of white butcher paper or newsprint also work)

A reading lamp

What is your religion lesson for the day? Re-enacting the story with shadow puppets is a great way to reinforce today's lesson. But you can choose any story, or even have the children make up their own.

1. Draw the story's characters (people or animals) on the paper and cut them out.
2. Tape the straws to the back of the shadow puppets.
3. Stand behind the screen. Hold the puppets up.
4. Shine the reading lamp onto the puppets from behind the screen. You should be able to see their shadows showing through the front of the screen.
5. Act out the play.

Paper Roses

Thai people often present people they care for and respect with a beautiful, white handmade flower. These flowers are hung from doorknobs, mirrors, and other places as symbols of good wishes.

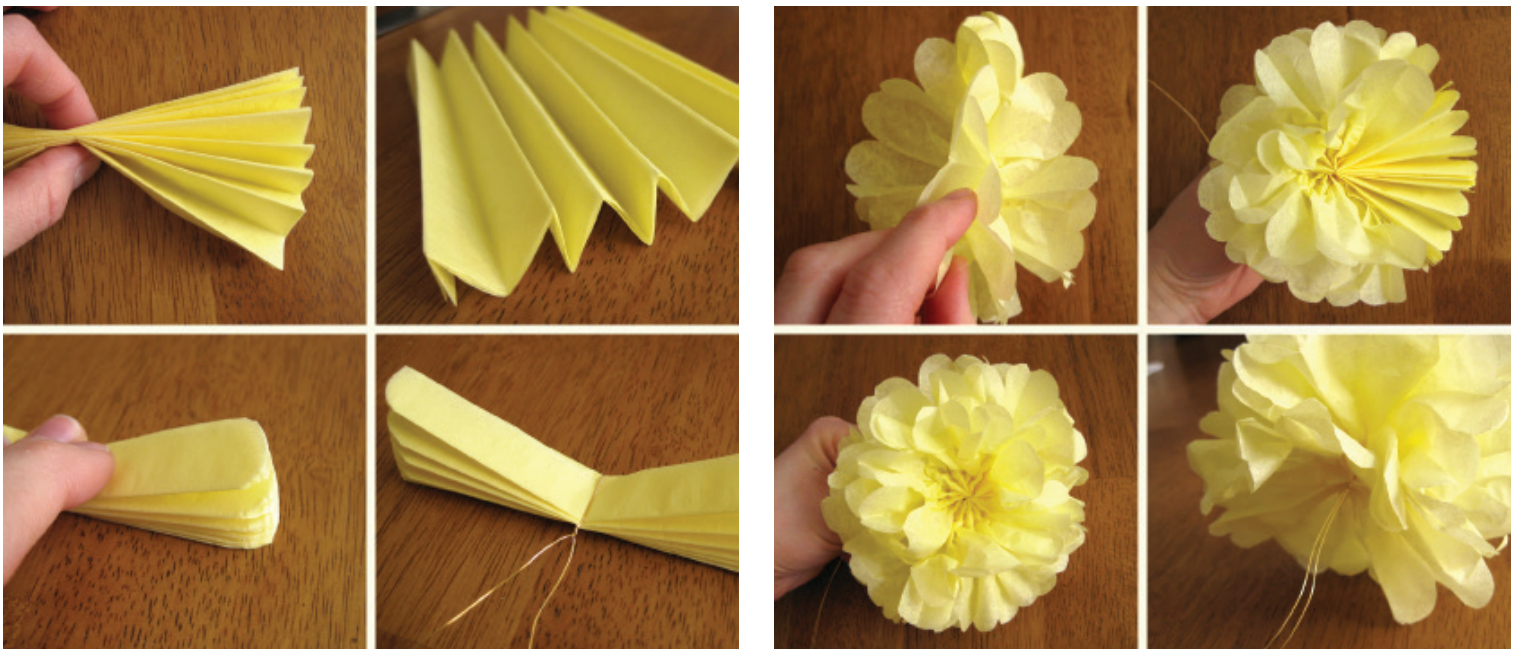
There are several approaches to making handmade flowers you can use with your students. Here is one way, which is demonstrated with an online video found at http://www.youtube.com/watch?v=LDdxtUt_5c&feature=fvwrel

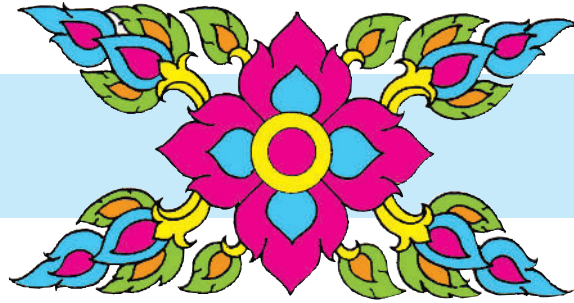
For each rose, you will need:

A stack of a 4-6 rectangles of white tissue paper
1 or 2 green pipecleaners

Directions:

1. Neatly stack the pile of tissue paper rectangles.
2. Keeping the stack intact, fold the tissue paper into a fan.
3. Fold the green pipecleaner in half around the center of the fan-folded paper and twist it to keep it in place. It will appear as though the pipecleaner is pinching the center of a fanned out bowtie. If you like, you can use a scissors to round off each end.
4. Continue twisting the two pieces of pipecleaner through to the ends. This forms the stem of the rose.
5. If desired, use a second pipecleaner to form leaf shapes. Bend and twist the second pipecleaner to attach the leaf shapes to the stem.
6. One by one, separate each layer of tissue paper and pull the paper up, toward the center of the flower. Each layer will form a separate rose "petal."





Games and Activities

Several of Americans' favorite field games are also played in Southeast Asia, including the sack race ("balap karung"), tug-o-war ("tarik tambang") and badminton, which is a particular favorite in Indonesia. During recess, gym or play time, invite your students to participate in the games Southeast Asian children play during their free time.

Makan Kerupuk ("Eating Kerupuk")

2 or more players

Kerupuk is an Indonesian traditional food also known as prawn crackers. "Eating Kerupuk" is a race where a kerupuk is tightly tied to a string hanging from the ceiling. The participants are blindfolded and placed in front of the kerupuks (one for each child). While keeping their hands behind their backs, the participants race to see who can eat the kerupuk the fastest.

Try substituting a cookie with a hole in the middle (such as Keebler® Fudge Stripe™ cookies) or a doughnut for this fun and tasty activity.

Pencil in a Bottle

unlimited number of players

String is tied around a participant's waist and a pencil is tied to the other end of the string, which runs down the backside of a participant. The pencil must not be hitting the ground when the participant stands up straight. Then, the participant must try to put the pencil into the glass bottle, which has been placed between his or her feet.

Marble Race

2 or more participants

A participant holds a spoon in his or her mouth and a marble is placed on the spoon. Then, participants race to the finish line by walking as fast as they can.

Mah Kha Diew (Thailand)

4 or more players

1. Draw a circle in the dirt or sand using a stick (or use chalk on pavement). Make it large enough for all the players to hop in and out of the circle. A diameter of 3 to 6 feet should work well.
2. Choose a person to be "It."
3. "It" stands inside the circle.
4. The other players move in and out of the circle only by hopping.
5. The players inside the circle can then be tagged by "It," but "It" can only use his or her foot to (gently) tag the other players.
6. As "It" tries to tag the players, they can run inside the circle or hop to get out of it.
7. Once "It" tags a player, that player now becomes "It."

"Muoy, pi, bey" (Cambodia)

unlimited number of players

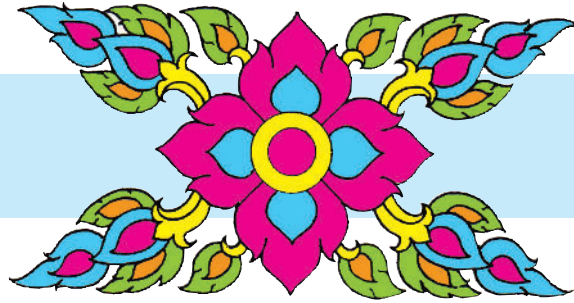
1. Draw two parallel lines in the dirt (or on pavement with chalk).
2. Say the rhyme, "Muoy, pi, bey," and on "bey," one child jumps from the starting line to the far side of the second line.
3. Repeat the rhyme until every child has had a turn.
4. Now draw a new second line a little farther away. Whenever a child cannot jump as far as the second line, he or she is out.
5. Now draw the new line even a little further away, and all the children again jump from the first line. Play continues in this manner until only one child is left.

Main Karet Gelang (Indonesia)

2 or more players – can be played individually or with teams

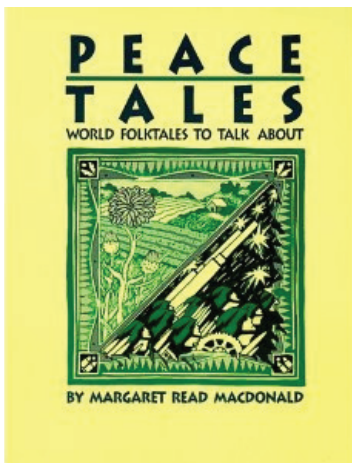
Indonesian children play this game by tying together 40 or so rubber bands. Use another rubber band to tie the clump around the middle. If you don't have enough rubber bands to play this way, you can also use a small rubber ball or a badminton birdie.

1. Toss the rubber band wad, ball, or birdie into the air.
2. Kick the rubber band wad with one foot.
3. Keep kicking the wad to keep it in the air. If a player or team lets the wad hit the ground, play stops.
4. Whichever player or team keeps the wad up in the air for the most number of kicks wins.



Literature/Story Time

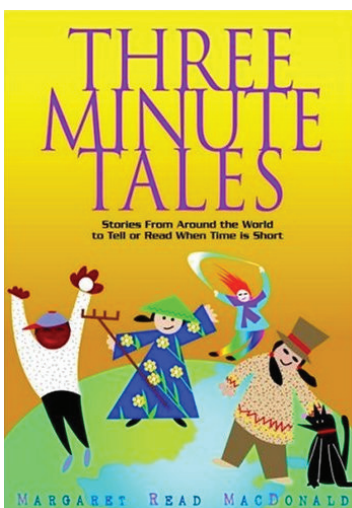
Below are several storybooks that are appropriate for elementary aged children and feature the folklore of Southeast Asia. Since the majority of Southeast Asia comes from a Buddhist or animist background (belief that all things in nature have spirits), some of their folklore can reflect these beliefs. Use this as a starting point of conversation with your students. Why is it more important than ever that the children of Thailand, China, and Burma be told about Jesus Christ and all that He has done for them?



Peace Tales: World Folktales to Talk About

By Margaret Read McDonald

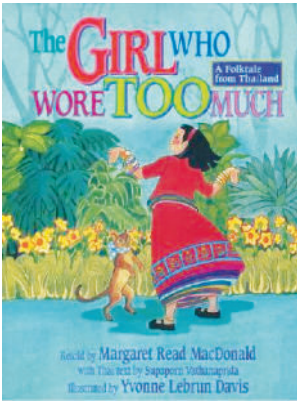
From Publishers Weekly: MacDonald's collection of folktales, proverbs and fables from diverse cultures is meant to encourage youngsters to think and talk about how certain actions have peaceful consequences, while others lead to conflict. The importance of patience, understanding and working together is the common theme connecting the selections, which include Zen tales, Japanese and Polynesian legends, Mexican fables and Native American stories... ages 7 and up.



Three Minute Tales: Stories From Around the World to Tell or Read When Time is Short

By Margaret Read McDonald

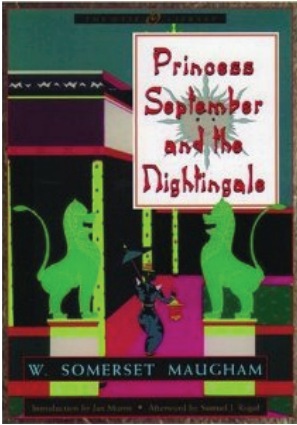
From School Library Journal: MacDonald has compiled more than 70 short, easy-to-learn tales that are ideal for beginning a program or filling in short lags that may occur during a performance. Some selections take as little as 30 seconds to tell. They come mainly from Asia, Europe, and the Americas, and are subdivided by the occasions for which they are best suited: tales to tell on a walk, scary tales, humorous tales, tales for the very young, participatory tales. A few are even provided in fingerplay form. A useful addition to professional and parenting collections.



The Girl Who Wore Too Much

By Margaret Read McDonald

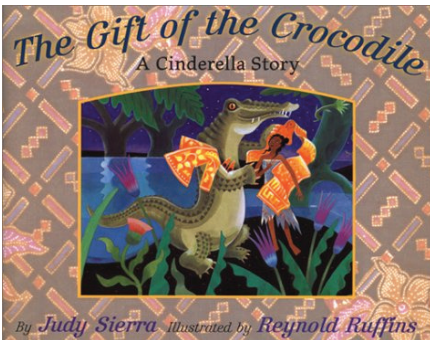
From School Library Journal: An old cautionary tale from Thailand. Aree's parents shower their daughter with brilliant silk dresses and lovely jewels. A dance held in a nearby village offers Aree a chance to display her sumptuous wardrobe. Determined to be the most beautiful girl there, she cannot decide upon one dress or one jewel, so she ends up wearing all of them. She is so weighed down with layers of finery that she cannot keep up with her friends as they walk over the hill to the dance. The text is printed in Thai at the bottom of each page...ages 3-7.



Princess September and the Nightingale

By W. Somerset Maugham

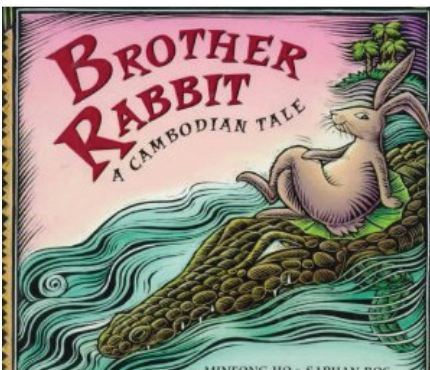
From School Library Journal: Set in Siam (now Thailand), the tale concerns the friendship between Princess September, the ninth daughter of the king and queen of Siam, and a nightingale that flies freely in and out of the palace. The young princess' eight older sisters convince her to protect her beloved bird by locking him in a cage. She follows their advice, telling him that she only wants to make him happy. He responds: "I cannot sing unless I'm free, and if I cannot sing I die." He almost expires before she sets him free, an act that brings her lifelong rewards...ages 6-10.



The Gift of the Crocodile: A Cinderella Story

By Judy Sierra

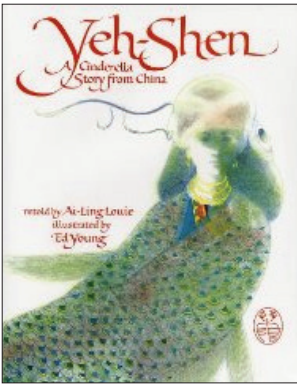
From School Library Journal: An Indonesian retelling of the Cinderella story. Ruffins's handsome acrylic paintings reflect the Indonesian love of color and pattern. Page design varies to include bordered illustrations, vignettes, and several eloquent silhouettes. Sierra's retelling is strong and fun to read aloud. Ages 5-10.



Brother Rabbit: A Cambodian Tale

By Minfong Ho and Saphan Ros

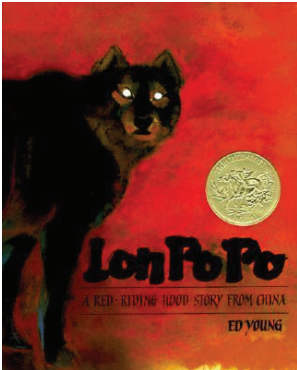
From School Library Journal: Trickery reigns supreme as clever Brother Rabbit gets the best of everyone. His main opponent is a crocodile, whom he convinces to ferry him across the river in exchange for a cure for his scaly skin. From that point on, the two constantly spar for the upper hand. Even though the pictures include a host of details depicting Cambodian village life, the illustrations look great at a distance, making this eminently suitable for group sharing. Ages 5-8.



Yeh-Shen: A Cinderella Story from China

By Ai-Ling Louie, Illustrated by Ed Young

One of the oldest known versions of Cinderella, dating back to 9 BC China. Ages 4-8.



Lon Po Po: A Red-Riding Hood Story from China

By Ed Young

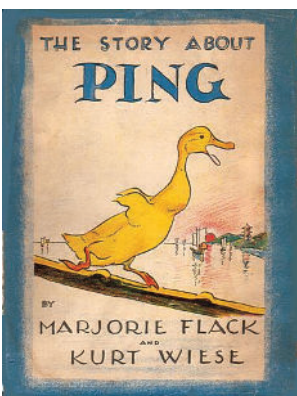
From Publishers Weekly: This version of the Red Riding Hood story features three daughters left at home when their mother goes to visit their grandmother. Lon Po Po, the Granny Wolf, pretends to be the girls' grandmother, until clever Shang, the eldest daughter, suspects the greedy wolf's real identity. Like ancient Oriental paintings, the illustrations are frequently grouped in panels. Ages 4-8.



Tikki Tikki Tembo

By Arlene Mosel

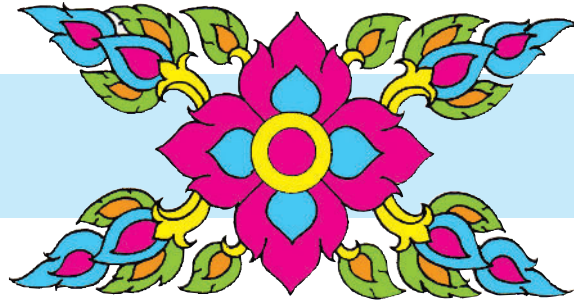
From Amazon.com Review: Arlene Mosel retells an old Chinese folktale about how the people of China came to give their children short names after traditionally giving their "first and honored" sons grand, long names. Tikki tikki tembo (which means "the most wonderful thing in the whole wide world") and his brother Chang (which means "little or nothing") get into trouble with a well, are saved by the Old Man with the Ladder, and change history while they're at it. Tikki Tikki Tembo is a perfect book to read aloud... Ages 4-8.



The Story About Ping

By Marjorie Flack and Kurt Wiese

From Amazon.com Review: The tale of a little duck alone on the Yangtze River in China. On a day like any other, Ping sets off from the boat he calls home with his comically large family in search of "pleasant things to eat." On this particular day, he is accidentally left behind when the boat leaves. Undaunted, the little duck heads out onto the Yangtze in search of his family, only to find new friends and adventures--and a bit of peril--around every bend. Ages 4-8.

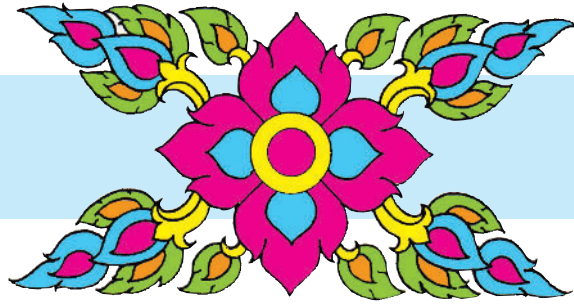


Math

Chinese Number System

Can you do some basic math problems with the Chinese numbers? Can you guess how the Chinese might write the number 21? (二十一) To hear these numbers or other words correctly pronounced in the Chinese language, go to www.translate.Google.com and use the dropdown menus to translate from English into Chinese.

Number	Chinese symbol	Number	Chinese symbol
1	一	11	十一
2	二	12	十二
3	三	13	十三
4	四	14	十四
5	五	15	十五
6	六	16	十六
7	七	17	十七
8	八	18	十八
9	九	19	十九
10	十	20	二十



Science

Tsunami Simulation Experiment

On December 26, 2004, a strong earthquake in the Indian Ocean triggered a tsunami that killed hundreds of thousands of people in Indonesia, Thailand, and other countries of Southeast Asia. But why does an earthquake sometimes cause a tsunami? Try this experiment to see how it works.

Materials needed:

- A large plastic container or storage bin (A good size would be around 2 1/2 feet long x 16 inches wide x 6 inches deep. Get as close as you can.)
- A hinge from local hardware store
- Some thin plywood or plastic sheeting (needs to be pretty sturdy but not too thick)
- Screws & screwdriver
- Sand & Gravel
- Some wire or string
- Drill with small bit

Directions:

1) The first step is to construct a flap that will be used to generate an “earthquake” on the floor of the wave tank. Cut the flap from plastic or thin plywood (needs to be sturdy). The flap should be just slightly smaller than the width of the tank. So if the container width is 16 inches, then the flap should be about 15.5 inches in width. The flap should be about 3 or 4 inches long.

2) Drill two small holes close together in the center of the flap. Loop a piece of string through both holes, or use a piece of wire. This will create a handle for moving the flap up and down when it’s under the water.

3) Next, use the hinge to attach the container and flap together. Make sure the hinge is placed so that the flap can move up and down when it’s under water. Position the hinge so the bottom side of the flap will rest on or sit close to the bottom of the wave tank when it’s attached. Now screw the hinge into place through the base of the container.

4) Use rocks or other heavy materials to create a slope at the far end of the tank (opposite side from the flap). The slope should go up from the bottom of the wave tank and stop at about 1/2 inch from the top water line. This will simulate the actual coastal shallows. Now you have a wave tank that will simulate an earthquake in the deep ocean and see how the tsunami wave affects the coastline.

5) Fill the tank with water 1/2 way full (so if the wave tank is 6 inches deep then fill 3 or 4 inches of water).

6) Now pull the string or wire sharply and quickly to simulate the underground earthquake. Watch the tsunami wave surge to the coastline. You can experiment with different size flaps and different water levels to vary your experiment and measure and log the various results. Which leads to the biggest tsunami? Which combination leads to the smallest?

For more information...

- To see a video of a similar experiment, go to www.youtube.com/watch?v=WCVIx2F4TKY .
- To see an animated explanation of what causes tsunamis, go to <http://www.pbs.org/wnet/savageearth/animations/tsunami/>

For further reading:

Tsunamis, by Jill Fine

Tsunamis & seiches (World Books' Library of Natural Disasters series): A discussion of major types of natural disasters, including descriptions of some of the most destructive; explanations of these phenomena, what causes them, and where they occur; and information about how to prepare for and survive these forces of nature. Features include an activity, glossary, list of resources, and index

Tsunamis and Other Natural Disasters: A Nonfiction Companion to High Tide in Hawaii (Magic Tree House Research Guide #15), by Mary Pope Osborne

Growing Bean Sprouts

Bean sprouts are a nutritious addition to many Southeast Asian dishes and an agricultural staple. If you students are successful in growing their own sprouts, you can use them to make the Indonesian recipe included in this packet.

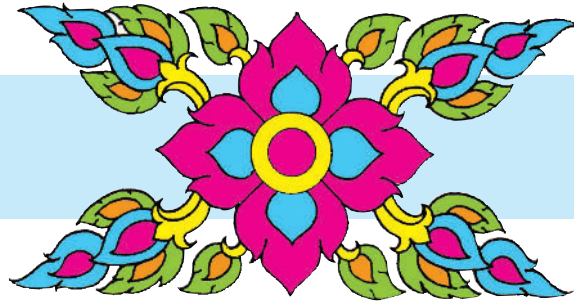
Materials Needed:

- 4 Tbsp. dry mung beans (or lentils, if mung beans are not available)
- Medium bowl
- Colander
- 2 medium drinking glasses
- 2 small pieces of cheesecloth
- 2 rubber bands



Procedure:

1. Wash the beans and remove any foreign materials.
2. Soak them overnight in a medium bowl filled with warm water.
3. Using a colander, drain off the soaking water. Divide the beans equally between the two glasses.
4. Put a piece of cheesecloth on top of each glass to cover it. Secure the cheesecloth with a rubber band around the top of the glass.
5. Put one glass in the refrigerator and the other glass in a warm dark place, such as a cabinet.
6. Twice a day, rinse the beans in each glass with lukewarm water. Drain excess water through the cheesecloth so that the beans don't get moldy.
7. After 4 days, observe the glasses. Which batch of beans sprouted? Why do you think that is?



Music

Instrumental

The people of Southeast Asia have invented many musical instruments that most Americans are unfamiliar with. To share the background and photos of some of these instruments, and to link to videos of the instruments being used, go to:

http://www.atlasofpluckedinstruments.com/se_asia.htm



One example from the site: The Dan Day (Vietnam)

"The Dan Day is the main lute of the Viet majority. Its literary name is 'Vo de cam' or 'bottomless lute'. It can be found only in Vietnam.

"The sound box of a Dan Day has the shape of a trapezium of hardwood with sides of 28x20 cm, and a depth of 6 cm. The soundboard is made of unvarnished light softwood.

"The back is also softwood, but with a rectangular sound hole, covered with a wooden rosette. The very long neck (about 80 cm body to nut) is glued into the body (it seems to go right to the bottom with a pole) and continues into the peghead, which widens in a curved banyan leaf shape. It has 3 long rounded pegs : two at the right and one at the left side of the pegbox which is open on the back.

"The playing of the traditional Dan Day differs from other lutes by something peculiar : open strings are never played.

"It used to be exclusively played by men to accompany the 'A Dao' singing genre in North Vietnam."

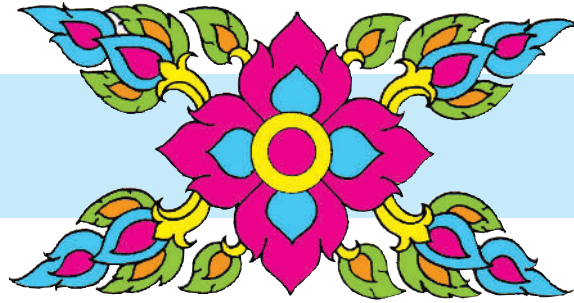
Popular Music

Listen to the top hits in Southeast Asian music today:

- Thailand** <http://www.top10thaimusic.com/>
- China** <http://top40-charts.com/chart.php?cid=42>
- Cambodia** <http://cambodiamusic.org/#Home>

Dance

The Thai people also participate in folk dancing. In fact, dance is the main dramatic art form of Thailand. Go to YouTube (<http://www.youtube.com/watch?v=LSlaEBvVXnE&feature=related>) to share with your students a clip of two Thai women dancing. Notice their hands and the artistic way the women move.



Snacks

Exotic Fruit Salad (Cambodia)

Native to China, the Philippines and India, lychees are a sweet, mild fruit high in vitamin C, potassium, riboflavin and copper. Canned lychees can be found in the International Foods aisle of your supermarket, in Asian food stores, or online.

Ingredients:

¼ cup of orange juice
1Tbsp. lime juice
2 tsp. sugar
One 15 oz. can lychees
One 11 oz. can of mandarin oranges
1 honeydew melon

Place the orange juice, lime juice, and sugar in a large glass mixing bowl. Stir until the sugar dissolves. Carefully open both cans of fruit. Place a sieve over a small bowl and pour the canned fruit into the sieve. Add 1-2 Tbsp. of the canned fruit liquid to the juice mixture and stir again. Add the canned fruit. Cut the honeydew melon in half. Use a melon baller to scoop out the melon flesh into small balls. Add the melon balls to the other fruit. Stir gently until everything is well mixed. Chill for an hour or more.

Bananas Cooked in Coconut Milk (Cambodia)

Ingredients:

2 cups canned coconut
2 Tbsp. sugar or brown sugar
6 large ripe bananas

Carefully open the can of coconut milk and pour it into a medium saucepan. Add the sugar to the saucepan. Now place this mixture over a fairly high heat and bring it to a boil. Stir once or twice with a wooden spoon. Once it boils, lower the heat until the mixture is gently bubbling. Continue to cook until thick and creamy, stirring now and then. While the milk cooks, peel the bananas and cut them into large pieces. Stir them into the coconut milk and cook for 5 minutes, until they are hot but not mushy. Serve warm.

Gado-Gado (Indonesia)

Ingredients:

1 carrot
¼ lb. of green beans
1 broccoli stalk
1 celery stick
¼ lb. Mung bean sprouts
1 potato or yam
½ lb. firm tofu, cubed
1 c. white rice, uncooked
4 c. water

Sauce Ingredients:

½ c. peanut butter
½ c. water
1 Tbsp. soy sauce
½ tsp. curry powder
½ c. water
½ tsp. sugar

In a pot, bring the rice and water to a boil. Turn the heat down to the lowest possible setting and simmer until the rice is sticky and solid. Cool and use a spoon to break it up into bite size pieces. Boil the potato or yam in its skin for about 20 minutes or until well cooked. Carefully drain the water from the potato or yam. When the potato is cooled, remove the peel and cut into cubes. Wash the carrot, green beans, broccoli, celery, and bean sprouts. Cut them into bite-size pieces. Steam the vegetables for a few minutes until tender. In a big bowl, toss together the steamed vegetables, potato, tofu, and rice. Refrigerate.

In a medium bowl, use a fork to combine the sauce ingredients. Pour the peanut sauce over the tossed vegetables, rice, and tofu.

Banana Coconut Che (Vietnam)

Che is the Vietnamese word for sweet pudding. Che is often served on a baby's first birthday. There are many different kinds of che; here is one you can try.

Ingredients:

3 Tbsp. tapioca pearls (can be purchased in many supermarkets or health food stores)
3 c. of water
3 Tbsp. sugar
½ c. coconut milk
Pinch of salt
1 lb. bananas cut into thin, round slices

Bring the water to a boil in a large pot. Add the tapioca pearls. Stir well to keep the pearls from sticking together. Cook until the mixture thickens, about 10 minutes. Mix the coconut milk, sugar, and salt together. Stir the coconut milk mixture into the tapioca pearls. Cook until the sugar dissolves. Add the banana slices and cook 3 minutes. Let the pudding cool to room temperature. Serve in bowls or glasses and top with crushed ice.

Cool Watermelon Slush (Thailand)

Ingredients:

6 ice cubes
Half a watermelon, cut into small pieces and deseeded
1 Tbsp. of sugar or honey

Put the ice cubes in a blender or food processor. Ask an adult to blend the ice cubes until they are crushed. Add the watermelon pieces and blend for about 1 minute or until the shake is slushy. Add the sugar or honey and blend for 10 seconds. Pour the slush into glasses and serve.