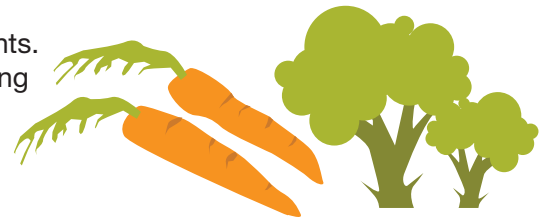




MCC Food Fun Page

Why grow vegetables in a greenhouse?

Victoria Mamani Sirpa lives in a community in Bolivia that's very high above sea level. It's a difficult climate for growing vegetables, and people used to travel more than an hour to find some! That's why MCC helped people build greenhouses specially designed for this area. The roofs are covered with yellow plastic to allow just the right amount of sunlight to shine inside for the plants to grow, and rain barrels help catch water for the plants. She said, "It makes me very happy to see the families producing and eating their own vegetables."



Veggie word scramble

Unscramble the words to find some vegetables you could plant in your garden. Use the highlighted letters to reveal a hidden word.

peglangt ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

noweartle ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

sepppre ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

buccumers ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

moatoets ○ ○ ○ ○ ○ ○ ○ ○ ○ ○



Cheese Pastry Recipe A Bolivian snack

Sift: 4 c. flour 1 t. salt 4 t. baking powder 2 T. sugar

Add: 1/2 c. margarine 1 c. warm milk 4 egg yolks (reserve whites)

Mix well. Divide dough in half. Pat out half in greased 13x9-inch pan.

In a separate bowl, beat until foamy: 4 egg whites

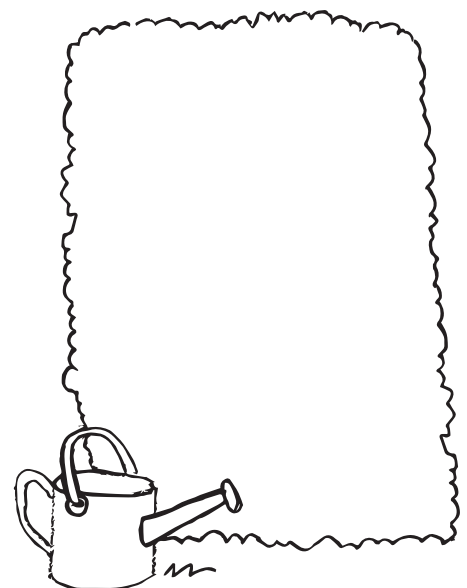
Add: 1/2-1 lb. Monterey Jack or similar cheese, grated

Mix. Spread half of cheese mixture on dough in pan. Pat out rest of dough on cheese layer and spread remaining cheese mixture on top. Bake at 350 F about 30 minutes until golden brown. Cut into squares to serve.

From Extending the Table: A World Community Cookbook, by Joetta Handrich Schlabach. © 1991 by Herald Press, Scottsdale, PA. Used with permission.

Plan a vegetable garden

Draw some vegetables you would plant in your own garden.





Find the bread

Bread is an important food in many cultures around the world. You will find different types of bread in the word search, and they might be across, down or diagonal. Circle each word when you find it.



H	K	O	Y	B	R	C	N	A	P	A
A	S	C	A	Y	R	O	B	H	L	C
Z	I	M	A	U	U	A	T	L	L	H
N	M	C	M	B	G	F	I	I	A	A
Y	A	P	C	E	E	T	K	W	V	P
R	E	A	L	A	R	I	O	A	A	A
T	V	K	N	O	C	E	W	Z	S	T
A	T	L	T	L	B	O	P	Z	H	I
A	H	T	A	R	A	P	F	F	H	R
A	T	I	P	A	R	E	J	N	I	Y
A	P	E	R	A	P	U	L	L	A	E

Those who are generous are blessed, for they share their bread with the poor. Proverbs 22:9

arepa (Colombia and Venezuela), **bagel** (Poland), **bammy** (Jamaica), **chapati** (Bangladesh), **crumpet** (United Kingdom), **focaccia** (Italy), **injera** (Ethiopia), **lavash** (Armenia), **naan** (India), **pan** (Spain), **paratha** (India), **pita** (Middle East), **pulla** (Finland), **roti** (India), **rye** (Europe), **tortilla** (Mexico), **yufka** (Turkey), **zwieback** (Germany)

Eat with your hands



In some places, such as Bangladesh, many people eat even soft food with their hands. You can too! Begin by washing your hands. Then, use only your right hand to gather small pieces of food and squeeze them together so that they stick to each other, making a small ball. The ball of food can be used to soak up sauce or other liquids that might be on your plate. After eating your meal this way, don't forget to wash your hands again!

List some foods that you eat with your hands.

Read a Bible story about food



The Bible has many stories about food. Read about Pharaoh preparing for a lack of food in **Genesis 41:33-41, 46-49**, and about loaves and fish in **Matthew 14:13-21**. Notice how God's faithful people help to provide food for those who are hungry. How can you help to provide food for others?

Haiti

After a destructive hurricane swept through Haiti a few years ago, many people faced difficult times. Louisa Georges and her family lost their house, their garden and their animals, so they could no longer earn money for food, medicine or school.



A church organization gave Louisa's family some animals and seeds so they could replant their garden. Now they have enough to eat again, and Louisa hopes to share baby goats with other families in need. "When people have nothing, we have to share what we have with them," she said.

On a separate sheet of paper, draw a picture of a mama and baby goats.

Thank you for collecting coins for My Coins Count. We can make a difference in the world through MCC!

mcc.org/my-coins-count

All Bible verses are from the New Revised Standard Version.

Veggie word scramble answers: eggplant, peppers, tomatoes, watermelon, cucumbers
Hidden word: grow