

<b>Lesson development in detail</b>
Competence area: <b>Nepal, the Bible and us lesson 11</b>
Lesson: <b>Food and eating</b>
Objectives: <b>After this lesson, the children can eat like a Nepali</b>
Time: <b>Lesson can be as long as you like</b>
<p><b>Content:</b>  <b>Read or tell about Genesis 18: 1-8</b></p> <ul style="list-style-type: none"> <li>• What will Abraham feed his guests? What would the bread look like? Would it be like the bread we know? Why not? What would you feed people who came to visit unexpectedly?</li> <li>• What do people eat in Nepal?</li> <li>• If you are organizing a candle-lit dinner, now is the time to practice. Prepare part of the meal beforehand (like chicken if you want to include that) and part together with the children. Nimki's are easy to prepare when an adult supervises the frying part. (see website for recipe). Boiling rice is also easy.</li> <li>• The rest of the group can make menus at the same time that can be used during the candle-lit dinner for the adults</li> <li>• Also invitations to the meal can be made by the children or maybe sign up sheets for the meal ( this is, if you still need more people to come after the advertisement in your church magazine and the poster) If you have enough people coming already, make decorations for the tables instead.</li> <li>• Plan the details of the organization of the meal; where, with whom (shopping, cooking washing dishes etc), time. Try to involve the children in this, their parents would love to come and eat at their kids restaurant....</li> <li>• Conclude this lesson in a time together eating Nepali style. This means washing hands first then sitting on the floor and not using forks, knives or spoons to eat. Beware that you only use your right hand. Your left hand is used for other purposes (bathroom) in Nepal and so it is not clean to eat with. Use your thumb, your pointing finger and your middle finger to get some rice. Press it a bit together as a ball and pick it up with the same fingers. Then use your thumb to push the rice and veggies etc. into your mouth. Have some bowls of clean water available to wash your hand after the meal. Enjoy your Nepali food experience.</li> <li>• If your children are too small for this (or you feel it is too much hassle) you could leave out the cooking and eating part and concentrate on preparations for the candle-lit dinner however with children aged 10 and up eating Nepali style is great fun. Have your camera ready to make some pictures!</li> </ul>
<p><b>Ideas of how to present this lesson.</b></p> <ul style="list-style-type: none"> <li>• Group discussion</li> <li>• Cooking and preparing menus and invitations and sign up lists or table decorations.</li> <li>• Share a meal together</li> <li>• Get the organisation of the candle-lit dinner rolling.</li> <li>• Go out and advertise for the candle-lit dinner.</li> </ul>

**Ideas of practical assignments that can go with the content of this lesson**

("homework", things they can do independently on their own or in a group to apply what they have learned in the classroom)

- Who will do: shopping (don't forget the candles), preparing tables, decorating the venue, cooking, welcoming the people, do the financial side of the dinner, being the waiter(ess), washing the dishes, cleaning up the mess, sharing something about Nepal, its people and UMN.

**Additional information that might be helpful for the teacher (please adjust for the children you are teaching)**

<http://www.indobase.com/recipes/details/neemki.php>

Other recipes for a real Nepali meal are available on the umn website under 'candle-lit dinner'

[www.umn.org.np](http://www.umn.org.np)

Remarks Have appropriate baking utensils , plates and cups and rice, vegetables, flour etc ready (see recipes for this). Also have paper, scissors, glue, crayons ready for menu cards and signup sheets.



A Nepali kitchen



Would you like to join for dinner in Mugu



A typical Nepali meal.



Lesson Eleven: Nepal, the Bible and us (2010)



With no chairs always one more fits in. Enjoy your meal in Rukum