

MCC FoodBasket Fun Page



Suzanna Choc Bac carries a basket of corn in Guatemala.

Shopping for a corn meal

It is late summer and your family has decided to make a meal with the fresh corn that has made its way to the local farmer's market. You have decided to have corn chowder with cornbread to go along with it. Search across, diagonally, up and down the ingredients you will need to make your meal. The recipe for Corny Cornbread from the MCC cookbook *Simply in Season* is on the back page.

- cornmeal honey brown sugar salt baking soda milk yogurt eggs corn green chilies
- onion pepper tomato lime cilantro beans chicken

If we have enough food why are people hungry?

Farmers around the world produce enough food to feed everybody, but over 800 million people don't have enough to eat. **Why?**

Fill in the blanks with words from the Word Bank. (answers are on the back page)

1. **Food** is available but they are ___ to buy it.
2. They have ___ but the **food** is too far away.
3. They would grow **food** but have ___.
4. They have **land** but no ___.
5. They grew **food** but ___ came.

Word Bank
 A. Floods
 B. No land
 C. Too poor
 D. Money
 E. Seeds and tools



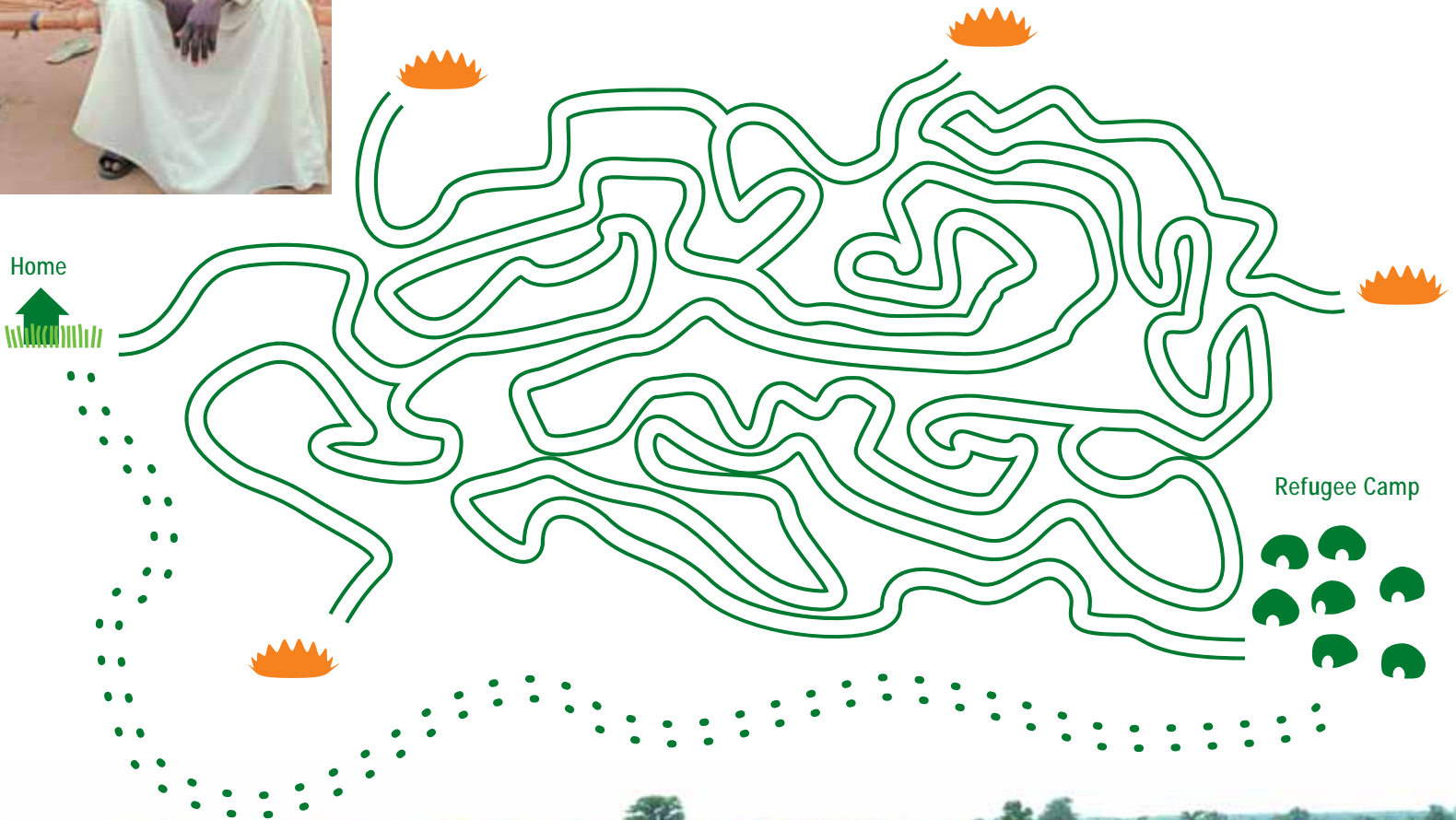
Famine and Fighting

In some places around the world, violence makes families hungry because they leave their homes to find a safe place. They either leave behind the food they grow for themselves or the job that gave them money to buy food.

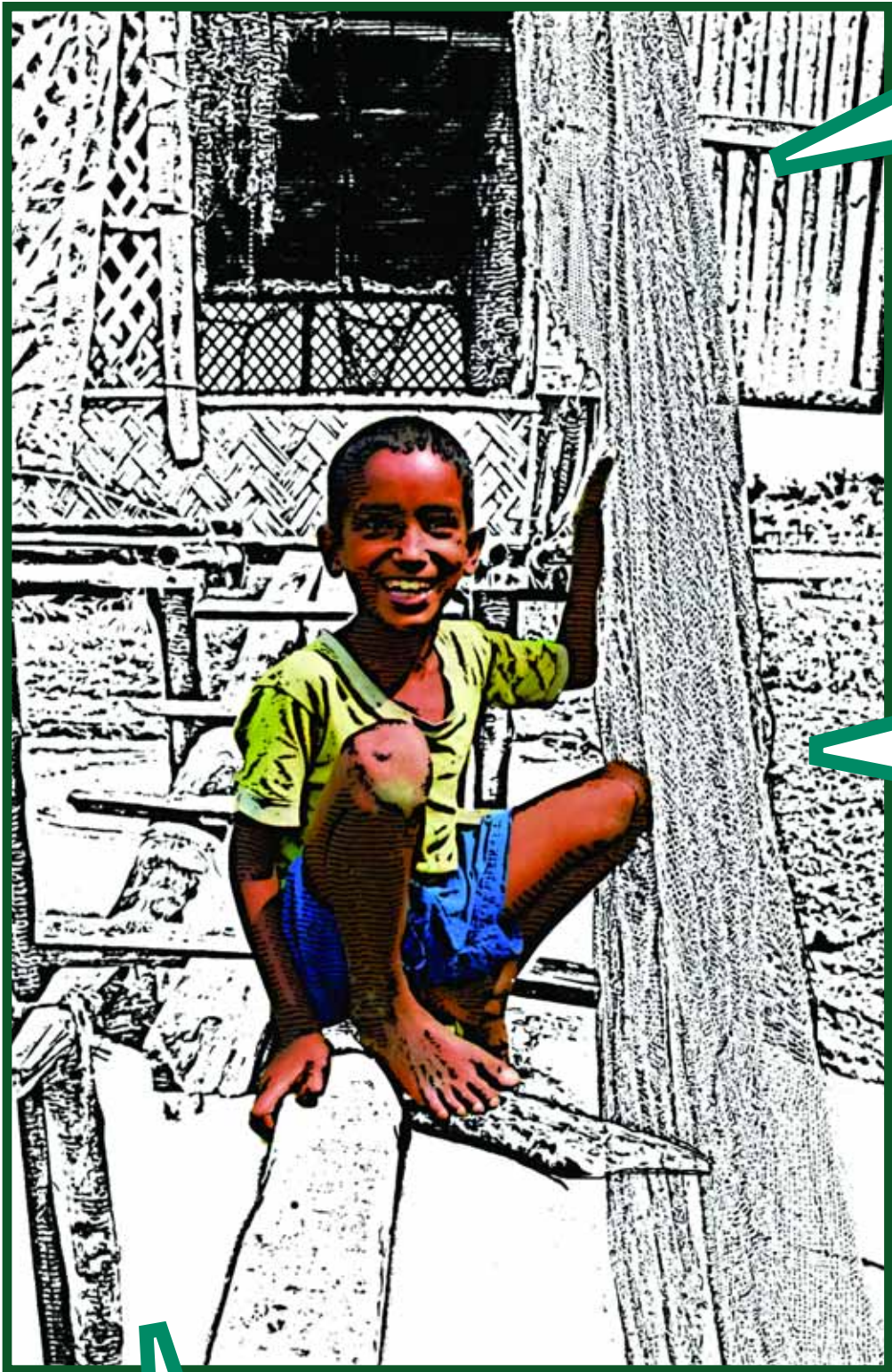
Sadik and his family, lived in Darfur, Sudan. He farmed peacefully until he and

his family had to flee from violence that killed his brother and two sisters. Sadik and his family live in safety. They are given food to eat, but they have no fields to farm or animals to provide food.

Many like Sadik, travel long distances to temporary camps. Help them find their way to the camp and give them a way to go home when the violence stops.



Otash camp, one of several camps that MCC has provided with food and support for families in need.



Poultry Fish Power

In Bangladesh, Mohammed Hasan and his family rely on farming for their food. They raise chickens and fish and grow rice. With MCC's help, Mohammed's family learned a way to grow more rice and raise more fish.

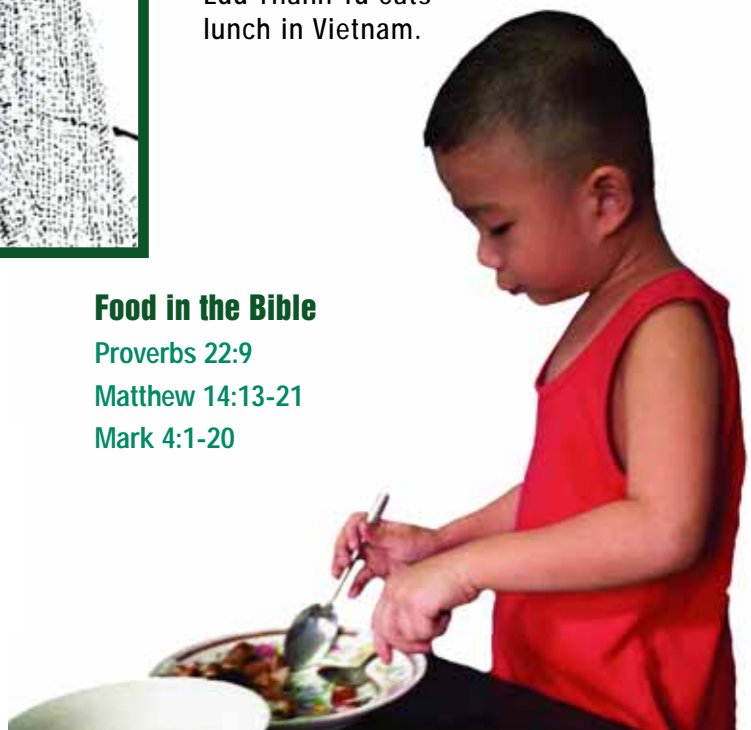
Mohammed and his family built a chicken coop over their pond and planted rice next to the water. When they feed their chickens, some grain falls into the pond and feeds the fish, too.



The droppings from the chicken and fish then fertilize the rice field. Mohammed and his family were able to raise twice as many fish and twice as much rice as they did before!

Have fun coloring Mohammed's chicken house on stilts above the pond.

Luu Thanh Tu eats lunch in Vietnam.



Did you know?

1 out of 7 people in the world goes to bed hungry?



Food in the Bible

- Proverbs 22:9
- Matthew 14:13-21
- Mark 4:1-20

Five Fun Food Facts

1

Our planet grows enough food to feed how many people?

- A. 2 billion
- B. 5 billion
- C. Everyone on earth

2

What is the number one risk to health in the world?

- A. Pollution
- B. Hunger and malnutrition
- C. AIDS

3

How many people in the world do not get enough food to be healthy and lead an active life?

- A. 1 in 7
- B. 1 in 15
- C. 1 in 30

4

What is the average distance that an item of fresh food in North America travels before it reaches your kitchen?

- A. 15 miles
- B. 150 miles
- C. more than 1,500 miles

5

What country produces the most food in the world?

- A. United States
- B. Canada
- C. Russia

Corny Cornbread

Excellent with chili or with butter and honey. The corn helps keep the bread moist.

Serves 9

- 2 cups / 500 ml cornmeal
- 1/4 cup / 60 ml honey or brown sugar
- 1 teaspoon salt
- 1 teaspoon baking soda

Combine.

- 2 cups / 500 ml milk, yogurt, or combination
- 3 eggs (beaten)

Mix in.

- 2 cups / 500 ml corn
- 1 teaspoon hot or mild green chilies (minced; optional)

Mix in. Pour into greased 2 1/2-quart / 2.5-L casserole or ovenproof frypan. Bake in preheated oven at 350F / 180C until toothpick inserted in center comes out clean, 40 minutes.

Food Matching

Look at the list of types of food below. Where do these foods come from? Match each item by naming the country and drawing a line to the country or area of the world where you think the food comes from. To learn how to make these dishes or learn what they are, look in the MCC cookbook, *Extending the Table*.

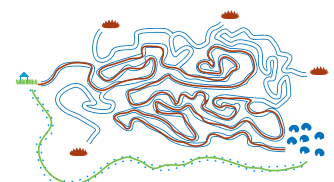
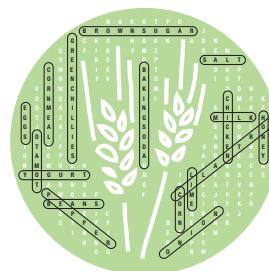
curry
tostadas
lasagna
borscht
fried rice
falafel
wat

Middle East
Russia
Ethiopia
Mexico
Italy
India
East Asia



\$6 buys enough food for a family in Colombia for a month.

You, your family or your Sunday school class can raise money to help people who need food. Ask for a Food Basket Giving Calendar and stickers from MCC. Or if you are hungry for more, ask for the Food Basket Toolkit.



Five Fun Facts answers:
1-C, 2-B, 3-A, 4-C, 5-A
Food Matching answers:
Curry — India
Tostadas — Mexico
Lasagna — Italy
Borscht — Russia
Fried Rice — East Asia
Falafel — Middle East
Wat — Ethiopia

Why are people hungry?
1. C
2. D
3. B
4. E
5. A