

A FAMILY MEAL IN SOUTHEAST ASIA

Cook & Eat

Work together as a family to prepare a traditional Southeast Asian meal (recipes on back). While you eat, try out some customs shared among Southeast Asian cultures:

Use chopsticks or try eating with a fork in the left hand and a spoon in the right hand.

When eating rice from a small bowl, do not leave the bowl on the table. Instead, hold it closer to your mouth and eat from there. (In Vietnam, it is considered lazy to leave one's rice bowl on the table while eating!)

Pretend that one of you is a guest. Everyone else must be sure not to lift his or her head above that of the guest's, as is the tradition in Laos.

Learn about Southeast Asia

Southeast Asia includes Cambodia, Indonesia, Laos, Malaysia, the Philippines, Thailand, Vietnam, and other countries. The topography of this region is very diverse: valleys and flat deltas in Vietnam, plateaus in Thailand and Laos, and fertile basins in the other countries provide rich, farmable land where rice and other crops are grown. In the Philippines, which consists of more than 7,000 islands, there are numerous volcanoes. Indonesia is the largest archipelago in the world, with more than 17,000 islands!

Southeast Asian countries all share a tropical or tropical monsoon climate. Rainfall is abundant and can be extreme in certain areas.

There are hundreds of native languages spoken in Southeast Asia, in addition to Western languages like English and French. Some of these native languages include Tagalog, Shan, Kayin, Mon, Chinese, and Malay. Try these Tagalog (or Filipino) words spoken in the Philippines:

- Good morning: *magandang umaga*
- Good evening: *magandang gabi*
- Please: *pakiusap*
- Thank you: *salamat*



Religions in Southeast Asia include Buddhism, Islam, and animism. The Philippines is predominantly Roman Catholic.

In Laos, foods may be communally served on the banana leaf in which it was cooked.



Read the Bible and Pray

Jesus clearly depicts His heart to seek and to save the lost of the world in the parable of the Good Shepherd. In this story, we see the heart of Jesus as He shares the lengths to which a good shepherd will go in order to save his sheep.



Read John 10:1-18. Talk about Jesus' role as the Good Shepherd and the way He protects you as one of His sheep. Pray together.

SOUTHEAST ASIAN RECIPES

Chicken Adobo (serve with rice)

- 1 whole chicken (about 2 lbs.) cut into serving pieces or 2 pounds of cooked, boneless, skinless chicken, cubed
- 1/2 C vinegar
- 3 garlic cloves, crushed
- 1/2 C soy sauce
- 1/2 tsp whole peppercorns (optional)
- 1-2 dried bay leaves (optional)

Mix all ingredients in a pot. Let stand an hour, or even overnight in the refrigerator. Cook covered on medium-high heat until mixture boils. Reduce heat to medium, turn meat, and cook, covered, for 30 to 45 minutes or until meat is tender and only a small amount of liquid is left. Serve with cooked rice. *NOTE: Peppercorns may be too spicy for children; omit to make a milder dish.*



Ginataang Spinach (Spinach in Coconut Milk)

- 2 bunches fresh spinach, cut into 3-inch pieces
- 1/2 tsp ginger
- 1/2 C diluted coconut milk
- 1 hot chili pepper (optional)
- salt and pepper

In a skillet over medium heat, bring coconut milk, ginger, hot chili pepper, salt and pepper to a boil. Simmer for 3-4 minutes. Add spinach and cook for 2 minutes. Remove from pan and serve immediately. *NOTE: Omit chili pepper to make the dish less spicy.*

Assorted Fruit

Purchase your choice of assorted fruits. Examples of fruits from Southeast Asia include dragon fruit, coconut, pomelo, mango, papaya, rambutan, and jackfruit. Cut fruit into bite-size pieces and arrange on a platter or in separate containers.

