

Cooking Overseas 101



Description:

As a supplement to *The Wycliffe Cookbook*, this lesson focuses on differences between cooking in the United States and overseas.

Aim:

- Children will learn that living overseas doesn't mean missing out on foods like pizza—just that sometimes those foods may turn out differently.
- Children will discover recipes they can prepare from scratch.
- Children will consider how the Bible's words are "sweeter than honey."

Audience:

Grades K–6

Minimum Time Requirements:

25–30 minutes

Scripture:

Psalm 119:103

Materials:

- Bible marked at Psalm 119:103
- Optional: Print out of recipe for making granola (page 6)
- Optional: Print out crossword puzzle (page 4)
- *The Wycliffe Cookbook* available at <https://shop.wycliffe.org/>

If you have any questions or problems related to this lesson, please contact Wycliffe's Children's Communications team at kids@wycliffe.org.

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More curricula to engage children in Bible translation are available at www.wycliffe.org/kids.

Pre-class Preparation:

- Mark your Bible at Psalm 119:103
- Mark *The Wycliffe Cookbook* pages you want to show
- Decide which optional activities, if any, you'd like to include:
 - *Optional:* Print out recipe for making granola (page 6)
 - *Optional:* Print out crossword puzzle (page 4)
 - *Optional:* Print out Rice Crispy recipe (page 5)

Class Time:

With *The Wycliffe Cookbook* in hand, start by asking,

Have you ever wondered what children in other countries eat? Or have you wondered if they eat the same things as you?

Kids who move with their families to other countries don't always have to miss out on their favorite meals like tacos or pizza, but they might need to use different ingredients. Some families living overseas have to make from scratch things you can buy already made here.

Did you know that you can make homemade tortillas? With an adult's help you can follow the recipe in *The Wycliffe Cookbook* and learn how to make tortillas.

Some people living overseas may not be able to go out for pizza on a Friday night, but they can still enjoy pizza night at home. On your next pizza night, why don't you try the recipe in *The Wycliffe Cookbook*? Ask an adult to help you.

When you go to a grocery store in the United States, you see a whole aisle of cold and hot cereals. In other countries you probably won't find rows of cereals. A child living overseas might wake up to an imported cold cereal for a special birthday morning treat! Homemade granola is a tasty cold cereal that is easy to make. Topped with yogurt—also homemade, of course—and some fruit, it makes quite a yummy breakfast. Some Saturday maybe you can make the recipe for Chinese Porridge, a hot breakfast cereal. There are other fun recipes for you to try in the children's section of *The Wycliffe Cookbook*, like Ox-Eye Eggs or South Sea Banana.

Again, be sure to have an adult help you with any recipes that you want to try from *The Wycliffe Cookbook*.

Materials:

- *The Wycliffe Cookbook*,
 - Tortillas, pages 13 and 14
 - Pizza, pages 225, 24, and 25
 - Granola, page 7
 - Chinese Porridge, page 51
 - Ox Eye Eggs, page 226
 - South Sea Banana, page 228

Optional Activities:

1. Make and enjoy eating granola together, or just pass out the recipe (page 6.)
2. Make and enjoy eating rice crispies together, or just pass out the recipe (page 5.)
3. Pass out the crossword puzzle for the children to work on individually or in small groups (page 4, and answer key to right.)

Wrap Up:

Continue,

Though children living overseas may not have the variety of foods that you enjoy in your home country, God always provides for them.

In many countries, fruits and vegetables are the main parts of a meal. In countries that border bodies of water, the people often eat lots of fish—just like Jesus and His disciples ate when they traveled near the Sea of Galilee.

Read Psalm 119:103, and say,

In this verse, it says that God's Words are sweeter than honey.

Ask:

What do you think that means?

After some comments and discussion, say,

One woman in Southeast Asia, after helping a translation expert check Philipians, Galatians, Colossians, Ephesians and portions of John's gospel in her own language said, "I am a new person. I can feel that I am different somehow. I used to be full of sadness, depression and lack of hope. But the last few days I have been experiencing amazing joy and peace like it talks about in Philipians, the peace that passes understanding. I find myself at home suddenly bursting out singing songs to God. I no longer fear death." That woman definitely discovered that God's Words are sweeter than honey.

Conclude by saying,

Wycliffe wants to see God's Word translated into all the languages that are still waiting for it. Sometimes that means families need to move to another country and culture to help. They choose to give up the comforts and foods of their home culture so that people without the Bible can "taste" its sweet words.

Materials:

Crossword Puzzle Answer Key

Across:

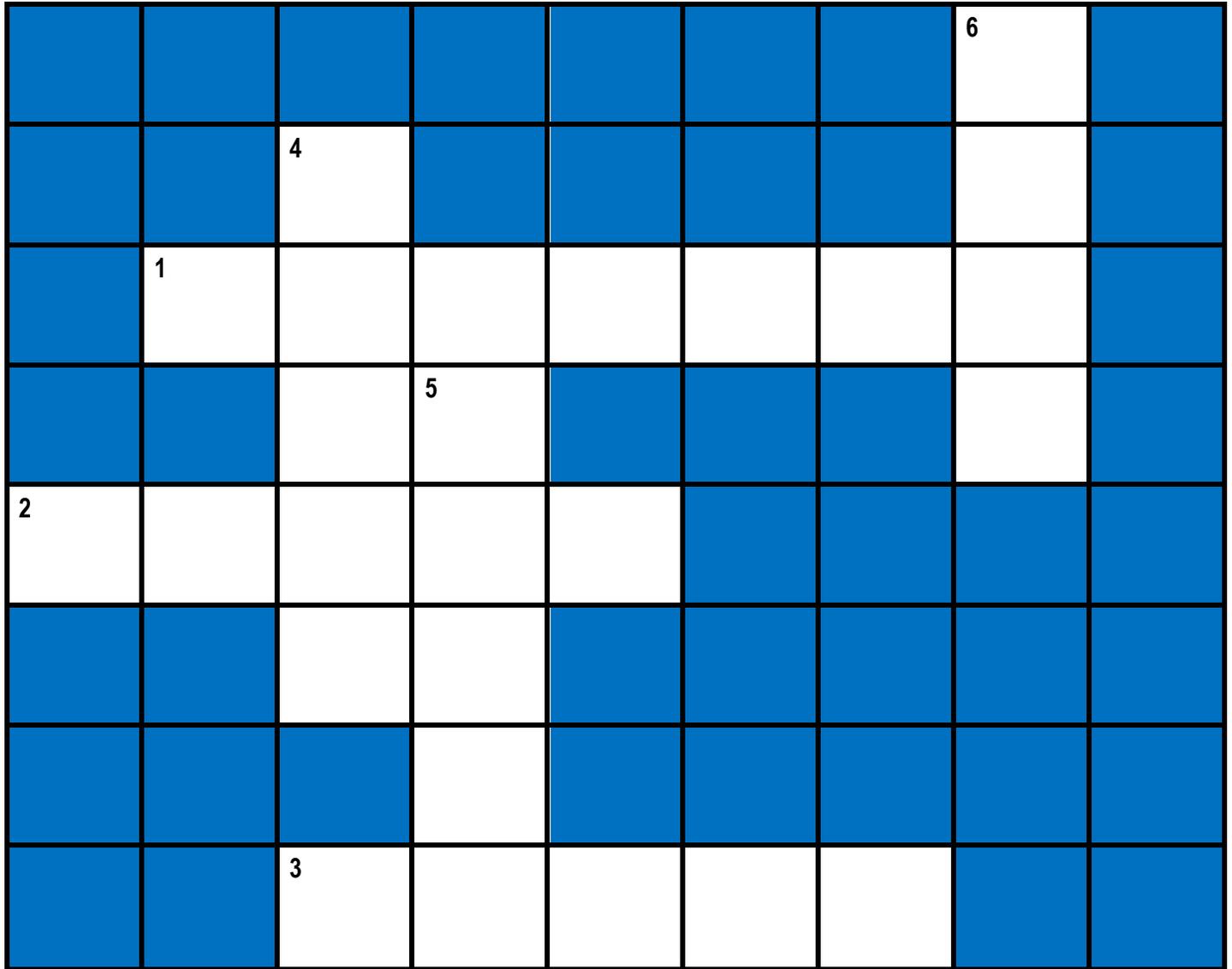
1. locusts
2. bread
3. water

Down:

4. honey
5. manna
6. fish

- Bible marked at Psalm 119:103

Crossword Puzzle



Look up the verses below, find the “food” mentioned. Then write it in the corresponding boxes in the crossword puzzle above. (If possible use the New Living Translation.)

Across: →

1. Matthew 3:4
2. John 6:58
3. John 4: 7, 10

Down: ↓

4. Psalm 119:103
5. Exodus 16:31
6. Matthew 4:18

Optional: Homemade Rice Crispy Cereal

Some families living overseas make their own rice crispies. Here's how you make them: Gather these items: saucepan, strainer, oil, rice, and a bowl lined with paper towels



Step one: Pour enough oil into your saucepan so it comes up an inch or so into the strainer. (The strainer is resting on the lip of the saucepan.) Remove the strainer, and heat the oil on the stove.



Step two: Open a one pound bag of rice (or larger depending on how much crispy rice you want to make).

Step three: After a few minutes, test the oil to see if it is hot enough by dropping a grain or two of rice in the oil. When the oil bubbles up around the rice, the oil is ready.



Step four: Place a small amount of rice in the wire strainer. Using a hot pad, carefully place the strainer with the rice into the pan of hot oil. The oil will bubble and seem to go crazy around the rice kernels. When the oil stops bubbling or slows down, your rice crispies are finished cooking. Carefully remove the strainer with the rice crispies from the hot oil. Empty the strainer into your bowl lined with paper towels. You can continue placing small amounts of rice in the strainer, repeating step four until you have cooked all the rice or the desired amount. Then turn off the heat.



Once your rice crispies have cooled, see how they taste. Who knows, you might even like them better than the store-bought kind. In *The Wycliffe Cookbook* you will find a recipe for making rice crispie critters on page 227. You can either use your homemade cereal, or you can use store-bought crispy rice cereal.

Granola Recipe

From The Wycliffe Cookbook

Combine in a large bowl 7–8 cups of dry ingredients:

3-6 cups oatmeal

¼ to ½ cup each of any of the following: wheat germ, whole wheat flour, bran, cornmeal, coconut, soy flour, milk powder, chopped nuts, sunflower seeds, sesame seeds

1 to 1 ½ teaspoons spices: cinnamon, nutmeg, or allspice

Combine separately and add to dry ingredients:

½ to ¾ cup oil, margarine, or butter, melted

½ to ¾ cup honey, corn syrup, or brown sugar

1 teaspoon vanilla or other flavoring

Bake at 350° F. for 30–45 minutes on large baking sheets until golden brown. Stir occasionally. After taking granola from oven, add any of the following, if desired:

Raisins, chopped dates, or any dried, chopped fruits

