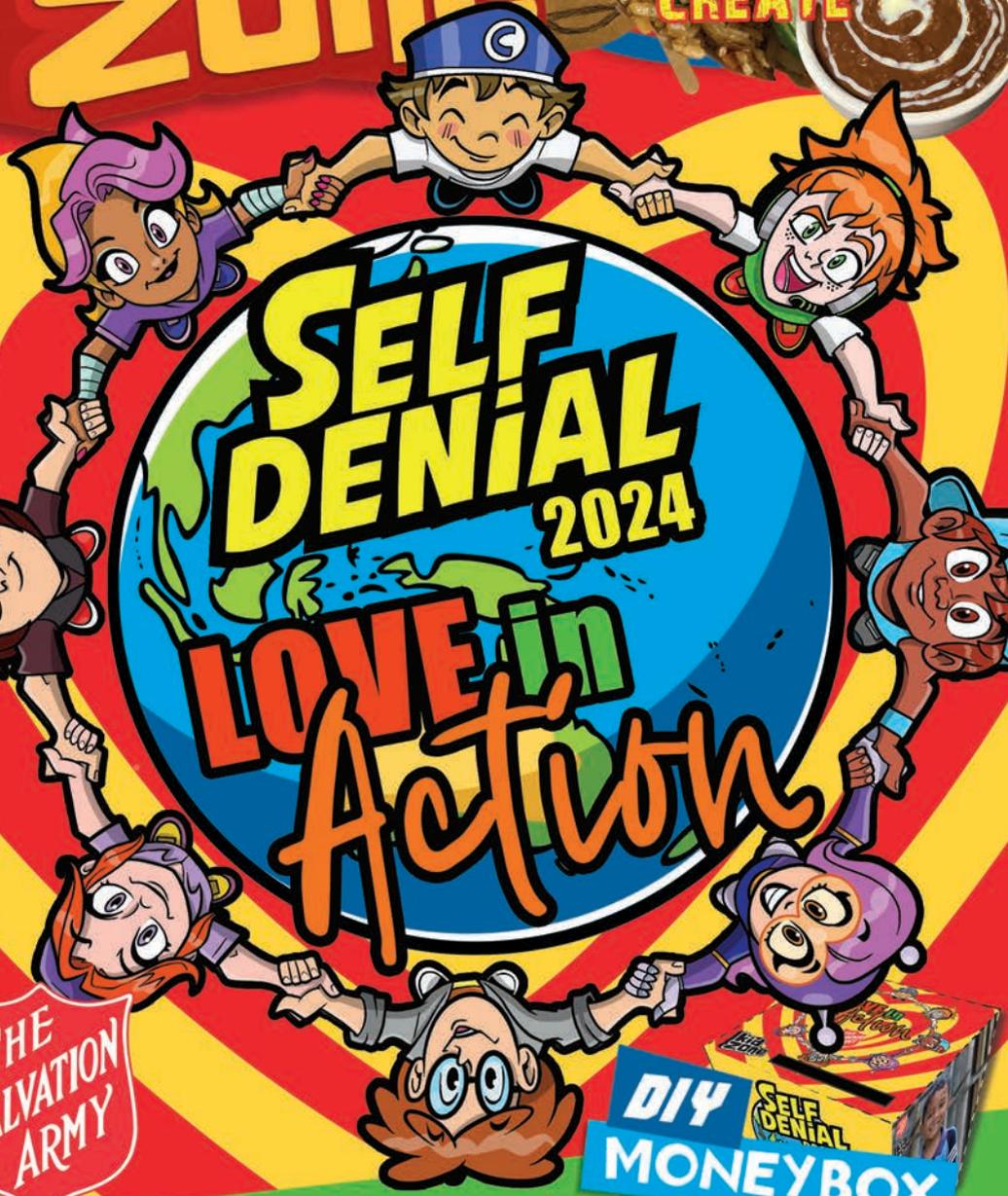


kid zone

MAKE + CREATE



SELF DENIAL 2024

LOVE in Action



DIY SELF DENIAL MONEYBOX



OUR FIRST STOP FOR SELF DENIAL 2024 IS THE PHILIPPINES.

We're about to see how The Salvation Army help families in the Philippines to raise chickens and build their own businesses.

We'll meet Donato, who is 11 years old and loves learning about science and how the world works. Donato lives in a small village with his family and they go to the local corps. Donato plays drums in the worship band – cool!

Donato's family first came to The Salvation Army for some help. They joined a program which helps families earn a stable income so they can pay school fees and afford food.

The family were given five chickens and some training on how to look after them. Now, Donato's family have more than 50 chickens and make a good profit selling the chickens and the eggs. They have a reliable income and food for the whole family.

It's awesome to see how the Self Denial money we raise goes to so many programs that help people like Donato and his family.



the Traveller goes to Philippines

- The Philippines, made up of more than 7100 islands, is located in south-eastern Asia between the South China Sea and the Pacific Ocean.
- About a third of the islands are inhabited.
- Its official name is the Republic of the Philippines.
- Its currency is the Philippine peso.
- The official languages are Filipino and English, although more than 100 languages are spoken in the Philippines.
- Many active volcanoes are located on the Philippine islands, including Mt Pinatubo which erupted last in 1991.
- More than 500 species of birds live in its rainforests, with a third of these species not found anywhere else in the world.
- Its main export products are sugar, coconuts, electronics, transport equipment and minerals.
- There are also about 100 mammal species that are found only in the Philippines.

• It has a population of almost 111 million people. About 14 million people live in its capital, Manila.

• Its national bird is the Philippine eagle.

EATS

Champorado

I'M MAKING...

(CHOCOLATE RICE PORRIDGE)



1

what you need:

an adult's help, 1 cup glutinous rice*, 6 cups water, pinch salt, ¼ cup cocoa powder, 85g dark chocolate (roughly chopped), ¼ cup dark brown sugar, 1 tbsp sweetened condensed milk



2

directions:

- 1 Rinse and drain rice.
- 2 Add rice, water and salt to a heavy-based saucepan and stir to combine.
- 3 Ask an adult to help you place on stove on medium-high and bring to a boil.
- 4 Once boiling, reduce heat to a simmer. Continue to heat uncovered for 15 to 20 minutes – stirring every few minutes – until rice is soft and cooked through.



4

5 Add cocoa powder, chocolate and brown sugar and stir to combine.



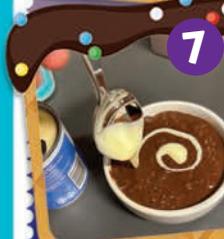
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6 Cook on low heat until the chocolate and sugar have melted.



6

7 Remove from heat and divide among bowls. Drizzle with condensed milk



7

before serving.

(Porridge can be served warm or chilled.)



DID YOU KNOW?

... Champorado is a traditional breakfast dish in the Philippines. It is traditionally served with salted fish or bread.

* Glutinous rice is a short grain rice also known as sticky rice. It is high in starch which makes it perfect for porridge. Find it in the Asian food aisle of the supermarket.

EATS

I'M MAKING...

Nasi goreng

what you need:

an adult's help, 1½ tsp vegetable oil, 1 brown onion (diced), 1 carrot (peeled and cut into thin 2 cm sticks), 1 tsp crushed garlic, 1 cup frozen peas (thawed), 150 g leg ham (chopped), 3 cups cooked rice (I used brown rice) – chilled, 1 tbsp kecap manis (sweet soy sauce), 4 eggs, 1 Lebanese cucumber (thinly sliced diagonally)

directions:

1 Ask an adult to help you heat a fry pan or wok over high heat. Add 1 tablespoon of oil and heat. Add onion and carrot and stir-fry for 2 to 3 minutes, until onion softens.

2 Add garlic and stir-fry for 1 minute.

3 Add peas, ham and rice and stir-fry for 3 minutes or until the rice is heated through.

4 Add kecap manis and stir to combine. Remove rice mixture from heat and cover to keep warm.

5 Heat remaining oil in non-stick fry pan. Crack eggs into the pan, one at a time. Cook eggs until whites are set.

6 Divide rice mixture between 4 bowls. Top with cucumber slices, and then finish with a fried egg on top of each bowl.

6

DID YOU KNOW?

... the literal translation of 'nasi goreng' in Indonesian and Malaysian is ... fried rice!





WEEK
6



