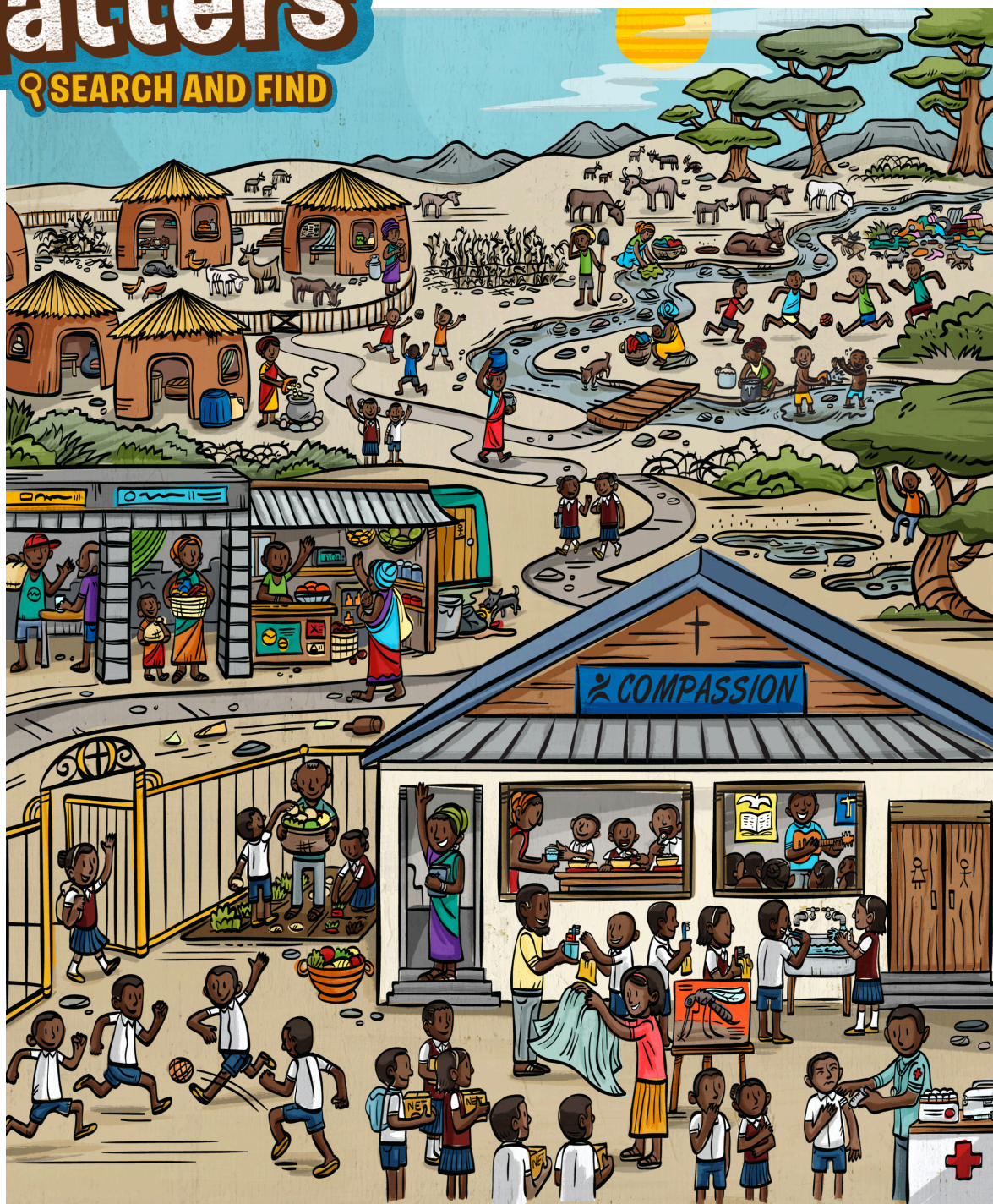


Health Matters

SEARCH AND FIND

Dangers to health lurk everywhere in developing countries. Thanks to sponsors, Compassion teaches kids how to avoid sickness. Read the words on the next page, then try to find the pictures!



Drinking dirty water can make people sick to their stomachs. So Compassion offers safe drinking water at our child development centers.



Since mosquito bites can cause malaria, Compassion gives out bed nets that help keep away bugs.

Compassion gives many children vaccines that fight off diseases like polio and measles.



Kids at Compassion centers learn that washing their hands with soap keeps away all kinds of illnesses.

Some kids have no toilets at home and no sewers in town, so germs get everywhere. Compassion centers have bathrooms, soap and safe water.



People need nutrients found in vegetables, fruits and whole grains to stay strong and do well in school. Compassion centers offer healthful meals and grow food in gardens.

Kids at Compassion centers learn that brushing their teeth can keep away painful cavities and gum disease.



NUMBER MATCH

Draw a line from each germ to the sentence that its number finishes.



- A** _____ children in the world die each day from diseases that cause diarrhea. People often get these diseases from drinking unsafe water.
- B** Vaccines can prevent _____ out of 4 cases of rotavirus, a stomach infection that causes diarrhea. But vaccines are often out of reach for people in developing countries.
- C** 1 in _____ child deaths in Africa is due to malaria, a disease people get from mosquito bites.
- D** There are up to _____ million cases of pertussis around the world each year. Pertussis, a disease that causes violent coughing, also can lead to pneumonia.

WHAT'S MISSING?

Fill in the blank with the word that's missing, using the pictures as a guide.

Compassion-sponsored kids have access to:

- A** Safe _____.
- B** Healthy _____.
- C** Medical _____.

And they learn about:

- D** Washing _____.
- E** Brushing _____.



teeth



water



checkups



snacks



hands

ANSWERS

NUMBER MATCH **A** 3,000, **B** 3, **C** 5, **D** 50 **WHAT'S MISSING** **A** water, **B** snacks, **C** checkups, **D** hands, **E** teeth

Weave Your Own Rug

→ BY WILLOW WELTER

Adult Help Needed.

A mat can help keep floors in kids' homes tidier and warmer, which is important for their family's health. This one can be made from strips of old towels or other fabrics, but an unneeded bed sheet works best.

Supplies

- piece of sturdy cardboard at least 16 inches wide
- ruler
- marker
- scissors
- sheet or other fabrics that can be recycled

Directions

- 1** Use ruler and marker to mark half-inch segments across long side of cardboard. Slit cardboard at your marks, cutting about 3 inches down. This creates notches to grip fabric strips.
- 2** Cut bed sheet into 6 strips about 2 inches wide and at least 4 feet long. Set aside. Then cut the rest of the sheet into strips 2 inches wide and at least 2 feet long.
- 3** Stack 3 of the shorter strips and slide them into one cardboard notch, leaving 3 inches hanging off one side. Repeat with 3 shorter strips in each slot. These are your base strips.
- 4** Stack 2 of the longer strips to make 1 weaving strip. Slide into the first cardboard notch, leaving 3 inches hanging off one side.



- 5** Slide weaving strip under first set of 3 base strips, then over second set and so on. When you get to the end of the first row, tighten the weave by tugging on the strips. Then weave the other way. If you run out of weaving strip, weave the end into other strips. Resume weaving with new set of 2 longer strips.
- 6** Weave at least 15 rows. Then tie the end of weaving strip to a base strip. Tie each loose strip to another, and cut loose strips to make fringe. Slide off cardboard and repeat on top side.

Easy Homemade Soap

→ BY WILLOW WELTER

Adult Help Needed.

It is important to wash your hands with soap because soap washes away and kills germs that make people sick. Compassion centers teach kids in developing countries just how important this is.

You can make your own soap. Craft stores sell the supplies.



Supplies

- glycerin soap bars, clear or white
- soap dye in your favorite colors
- candy or soap molds
- microwave-safe, 1 c. measuring cup [or larger]
- spoon
- knife

Directions

- 1** Cut glycerin soap bar into 2 or 3 squares and place these in measuring cup. Microwave for about 20 seconds or until melted.
- 2** Remove measuring cup from microwave. If you want color, add a few drops of soap dye to the melted soap and stir with a spoon. Add more dye for darker color. If liquid starts to harden, microwave until melted again.
- 3** Slowly pour the melted soap into a mold. Set it aside to harden for about an hour.
- 4** Rinse out the measuring cup and repeat the steps for other colors and molds.
- 5** After soap is cooled and hard, pop it out of the mold. If you have trouble getting it out, try putting the soap and mold in the freezer for 10 minutes, then try again.

East African Chapati

→ BY WILLOW WELTER

Adult Help Needed.

Chapati is a thin, round flatbread common in East Africa. Children in Rwanda enjoy it as a snack with milk or tea, or as a meal with stew. Serves 4.

Ingredients

- 2 c. white flour
- ½ tsp. salt
- 1 tbsp. plus 2 tsp. vegetable oil, divided
- water, as needed (about ¼ c.)
- 1 tbsp. shortening or cooking oil

Directions

- 1 Mix together flour and salt. Add 1 tbsp. vegetable oil and mix with your hands.
- 2 Slowly add some water and knead it in, adding more as needed until elastic dough is formed.
- 3 Divide dough into 4 equal parts. With your hand, flatten 1 dough ball into a circle on a lightly floured surface and spread ½ tsp. oil over it. Roll it up like a jellyroll, then roll it up again so it resembles a snail shell. Repeat for each piece.
- 4 Let dough rolls sit at least 20 minutes, or up to 8 hours.
- 5 With lightly floured rolling pin, flatten balls into 10-inch circles.
- 6 Heat shortening or cooking oil in a frying pan, then add a dough circle. Fry, turning once, until each side is golden brown and spotted, about 3 minutes per side. Repeat for each piece.



Golden Couscous

→ BY WILLOW WELTER

Adult Help Needed.

Couscous is a popular food in Africa and Asia. You'll find couscous at most grocery stores, in boxes and in the bulk aisle. Serves 8.

Ingredients

- 6 c. vegetable or chicken broth
- 6 tbsp. butter
- 3 c. chopped onions
- 2 tsp. ground turmeric
- 1 tsp. ground cumin
- 3 c. couscous (about 1 pound)
- salt and pepper to taste
- ¾ c. slivered almonds, toasted (optional)

Directions

- 1 Bring broth to a boil in a medium-size saucepan. Reduce heat to very low and cover.
- 2 Melt butter in a large saucepan over medium heat. Add onions and sauté until tender and light-golden, about 8 minutes. Add turmeric and cumin. Stir 1 minute.
- 3 Add couscous to onion mixture, and stir until coated. Mix into hot broth, then remove from heat. Cover and let stand until broth is absorbed, about 12 minutes.
- 4 Fluff couscous with a fork, and season with salt and pepper. Mound on a platter and sprinkle with almonds.

