

Mission to Myanmar

Refreshments

Suggestions Only!

These ideas are only suggestions, of course. You may have some people in your group who would really rather serve something else. That's OK! These suggestions emphasize some of the delicious food found in Myanmar.

Decorations

If you wish, go to the Dollar Store and buy simple Asian looking decorations. People in Myanmar generally eat sitting on the floor at low tables, so one key to the experience is that the kids will eat off tables that are just inches from the ground. Trays or baking sheets held up by large overturned plastic cups will do just fine! Cover with some plastic sheeting of some kind and you have a great place for refreshments! Choose colorful plastic or paper plates. Myanmar is full of colors! Bamboo fencing also makes a great accent and helps get the kids thinking about faraway and exotic places like Myanmar.

Greeting

Greet the children with "Mingalaba" when they enter, and remind them to take off their shoes! That's the Myanmar way of entering a house or place of worship.

Needed supplies each day:

1. small paper or plastic plates (one for each child and adult for each day)
2. antibacterial handwipes or gel
3. napkins (at least 1/person/day)
4. 3-5 oz disposable drinking cups (1/person/day)
5. Drinks – water, sweet tea and fruit juices (You do not need all three. Tea was included because Myanmar people drink a lot of tea.)
6. Things needed to build and cover the low tables

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Day One

What you need:

Watermelons and other melons

Toothpicks

Melon Ballers

Plastic Knives



Greeting – Greet the children with “Mingalaba” when they enter, and remind them to take off their shoes! That’s the Myanmar way of entering a house or house of worship.

Introduction -- A lot of wonderful fruit grows in Myanmar! Some people take the time to make their fruit into a piece of art through a food carving. Show picture of fruit carvings. Talk about why people make like to do this and like to taste good fruit.

God created a beautiful world and universe. He made the trees and plants that make fruit! And from all this goodness, we like to be creative with these good gifts.

Would you like to try fruit carving? Give everyone a plate with a large flat slice of melon and a plastic knife. Have some melon ballers for the kids to share. Also provide toothpicks (but maybe not to preschoolers). Invite the kids to come up with their own fruit masterpiece. Compliment the children on their efforts and results. Note – they can do the best job if they are **standing** at a table or counter.

When the fruit masterpieces are ready, they can be taken to the low tables for the children to enjoy with a small cup of juice, water or tea. Lead the children in a prayer of thanksgiving for the food.

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Day Two

What you need:

A good selection of fragrant spices, such as the ones listed below.

Bread to make toast

Toaster(s)

Large Heart-Shaped Cookie Cutter

Butter

Additional Spices: Cinnamon and Pumpkin Pie

YouTube Video --

<https://www.youtube.com/watch?v=1mBKfVlbKdc> (Be ready to play from 4:50 – 6:20)

Greeting -- Greet the children with “Mingalaba” when they enter, and remind them to take off their shoes! That’s the Myanmar way of entering a house or place of worship.

Introduction – Myanmar is a very colorful country! And the foods prepared are both colorful and they smell really good! If possible, have the kids watch a segment of the “About Asian Children’s Mission” video (<https://www.youtube.com/watch?v=1mBKfVlbKdc>) from 4:50 – 6:20. It talks about how food is sold in large farmers’ markets in Myanmar.

We have several spices used in Myanmar cooking today. Let’s smell each one, and see if you can guess what spice it is.

Basil

Chili

Cumin

Curry

Garlic Powder

Ginger

Pepper (Ground black)

Tumeric

Spices are what makes Myanmar food so delicious!

Did you know that our sense of smell is the most sensitive of all our senses? It is the most connected to our emotional memories and smells actually help us remember things. The leader can tell of something she remembers when she breathes in a certain smell. (An example...I was recently on a dairy farm and I could smell the manure. Without thinking I said, “that smells like home.” For many years, there was a dairy farm across the road from my Indiana home, so I associate the smell of cow manure with my growing up years in Indiana!)

When Jesus was born in a stable, what do you think Mary and Joseph smelled? Maybe hay, maybe manure, maybe different animal smells? Do you think that when Mary or Joseph got around a stable and breathed in the smells they were reminded of the wonderful night when Jesus was born?

Remember, Jesus left Heaven to come to Earth because he loved us. We didn’t always smell good to God, but he loved us anyway.

To help us remember that God loves us, we will be eating heart toast with spices!

Directions – Have toasters available. Kids will toast their bread, then use a large heart shaped cookie cutter to create a heart from their toast. Next, they can spread butter on the toast, and sprinkle it lightly with cinnamon or pumpkin pie spices. They will be better able to do this if they are standing at a table or counter. After their work is complete, they will place their toast on a plate, and carry it to a low table.

Our sense of smell can help us remember important things. Before we eat, let's take a moment to enjoy the smell of spices on our toast, think about God's love for us, and keep the important memory – God is love!

Have someone pray for the snacks. Have juice, tea and water available for the children.

After snacktime, have the children help by putting their plates, napkins and cups in the trash.

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Day Three

What you need:

Here are the food supplies you will need for the day:

Uncooked Jasmine Rice (4#/25 people)

Canned coconut milk

Sweet and sour sauce or sweet chili sauce

Rice Cooker (if available)

Plates for fruit, Bowls for Rice, Bowls for Dipping Sauce

Soy Sauce

Fresh pineapple in bite size chunks

Fresh mango in bite size chunks.

Wet Wipes

Food serving gloves for each child

Instructions for cooking rice: *Note: You will have the best results with Jasmine rice. It is high in gluten, so it will stick together better than other rice.* Cook the rice as directed on the package, but replace the water with coconut milk. As you bring the coconut milk to a boil, stir frequently to prevent scorching. The rice usually takes at least 15 minutes to cook. Allow the rice to cool for 10-15 minutes after cooking, either in the pan or in bowls. This increases stickiness. Cover the rice with plastic wrap so it doesn't dry out. Make one or two samples of a sticky rice ball to show the children.

Greeting -- Greet the children with "Mingalaba" when they enter, and remind them to take off their shoes! That's the Myanmar way of entering a house or place of worship.

Introduction -- People in Myanmar grow a lot of rice and eat a LOT of rice! Let's take a couple of minutes and see how rice is grown in Myanmar. (If possible, play the "About Asian Children's Mission" video at 6:19 – 7:30). Because rice is so important in Myanmar people's diet, they have learned to prepare it in different ways.

Sometimes they prepare rice in such a way that it is sweet, and it becomes a treat! That is called sticky rice. It is often prepared in balls. (Show the kids the rice balls)

You might be wondering what sticky rice has to do with today's lesson about how God forgives our sins because Jesus died for us. God sticks close to us because he loves us so much. And God forgives us and sticks close to us even when we do wrong.

Give each group a bowl of sticky rice, and each child should have a pair of serving gloves. Invite the kids to test the texture and stickiness of the rice with your hands. Is it sticky? Now use your hands to try to shape the rice into a ball, like the people of Myanmar do. Or you can even try to create a little sculpture with your sticky rice.

The stickiness of the rice reminds me that God's forgiveness makes a way for us to stick close to God. Even though we can wash the stickiness from our hands, there's NOTHING we can do or say, nowhere we could go that would take away the stickiness of God's love for us.

Prayer for the refreshments, emphasizing God's sticky love.

Along with the sticky rice balls and sculptures, children may choose toppings of pineapple and mangos with the dipping sauce. Serve tea, juice or water.

Have the kids clean up after they are finished.