



A Family Sharing a Meal at Thanh Hoa Children's Village

Mealtimes in Vietnam

SOS Children cares for orphans in SOS Children's Villages. Each village is made up of family homes where the orphaned children live with their new brothers, sisters and an SOS mother. One of the Villages in Vietnam is called Thanh Hoa.

Action: Can you find Thanh Hoa on the map on the other side of this sheet?

In Vietnam people eat on mats on the floor. Everyone takes their shoes off before they sit down to eat. Many small dishes of food are placed in the centre of the mat and everyone sits around in a circle. Each person eats from a small bowl using long wooden sticks called chop sticks.

Action: Have you every tried eating with chop sticks? Why don't you try an eat your school lunch with chop sticks to find out what they are like.

The big white machine at the front of the picture is called a rice steamer. Rice is eaten lots in Vietnam. Rice is called Com.

Noodle soup is also a favourite food in Vietnam. It is called Pho and is usually eaten for breakfast.

Can you see the big plate of green herbs? This plate, as well as limes, chilli sauce and fish sauce, comes with most meals in Vietnam.

Other popular dishes include egg rolls, pork noodles and fried fish.

All the children love Nuoc Mam, the big bowl of green liquid which is next to the cup at the front. Nuoc Mam is Vietnamese for fish sauce.

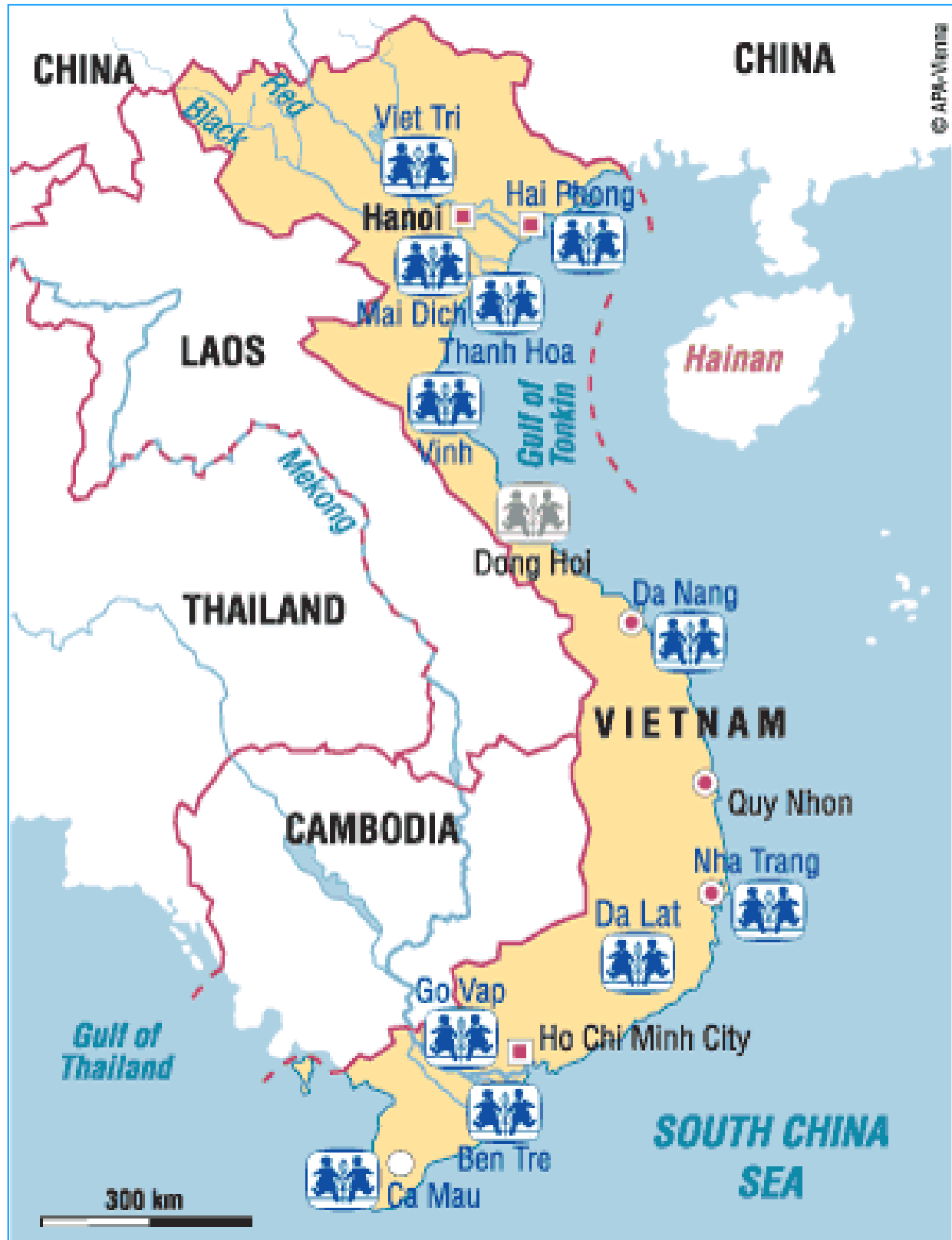
Action: Can you compare lunch time with the family at Thanh Hao with lunch time at home with your family?
How do you sit? What do you eat with?
What foods do you eat lots? What are your favourite foods?

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