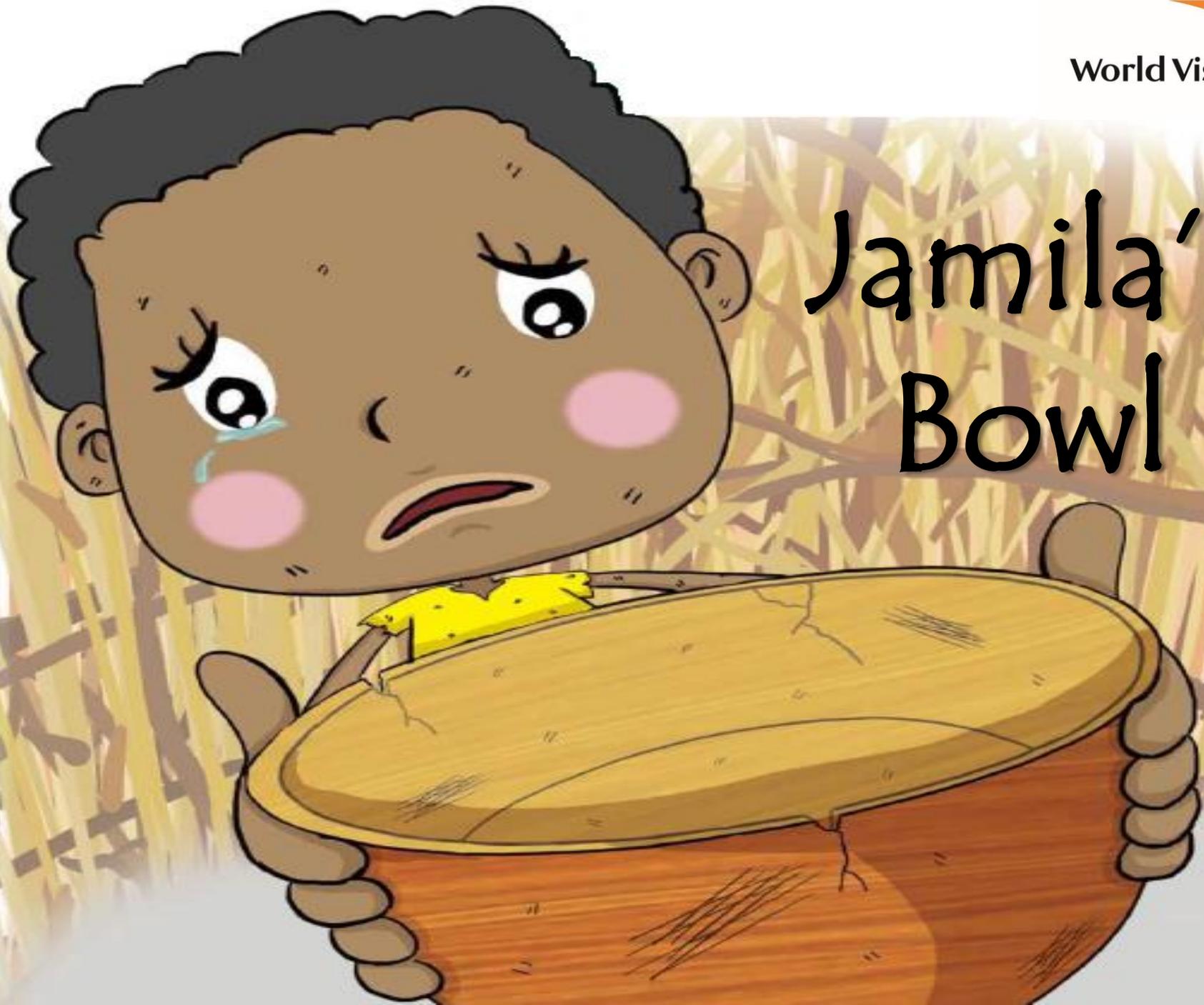
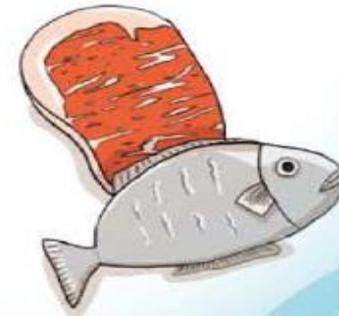
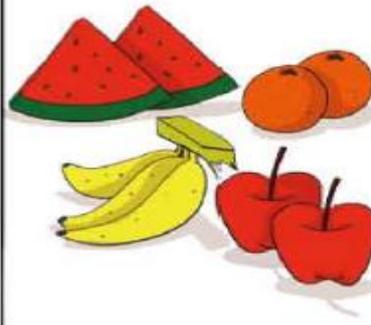
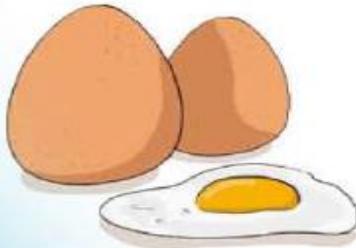
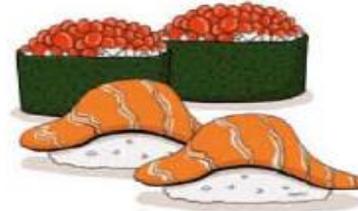


# Jamila's Bowl



**Note:**

When we are hungry, we think about delicious food. Our parents will make us food so we don't have to go to bed hungry.



Have you ever gone to bed hungry? What do you think about when your stomach groans?

**Note:**

Jamila hopes that when morning comes, her bowl will be filled with food so that she can be full.

Jamila, an African girl, puts her precious bowl next to her to sleep with every night.

Do you know why?



Jamila's family grows their own food.  
Because it hasn't rained for a long time,  
the farmland dries to a point where it  
**cracks!**

Since they can't grow any food, they  
have to starve.





When Jamila wakes up and sees that her bowl is empty, she realises that she has to starve today again.

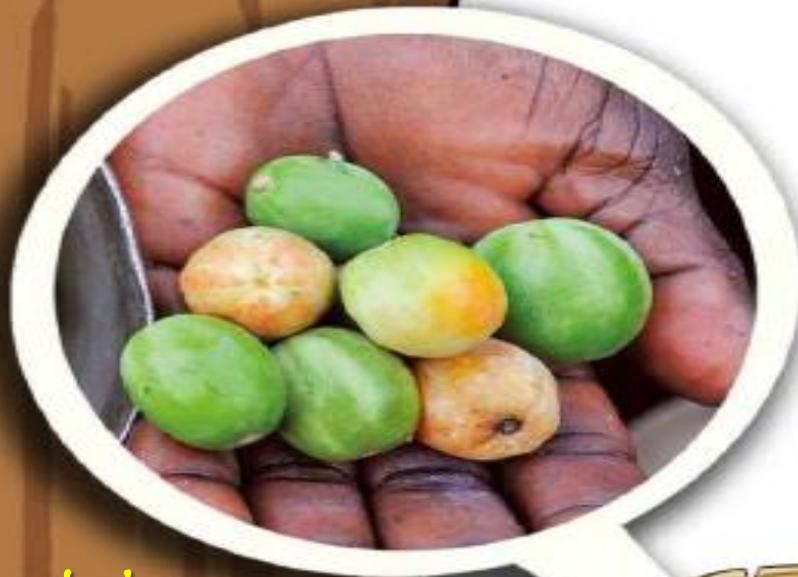
What can she do?

**Note:**

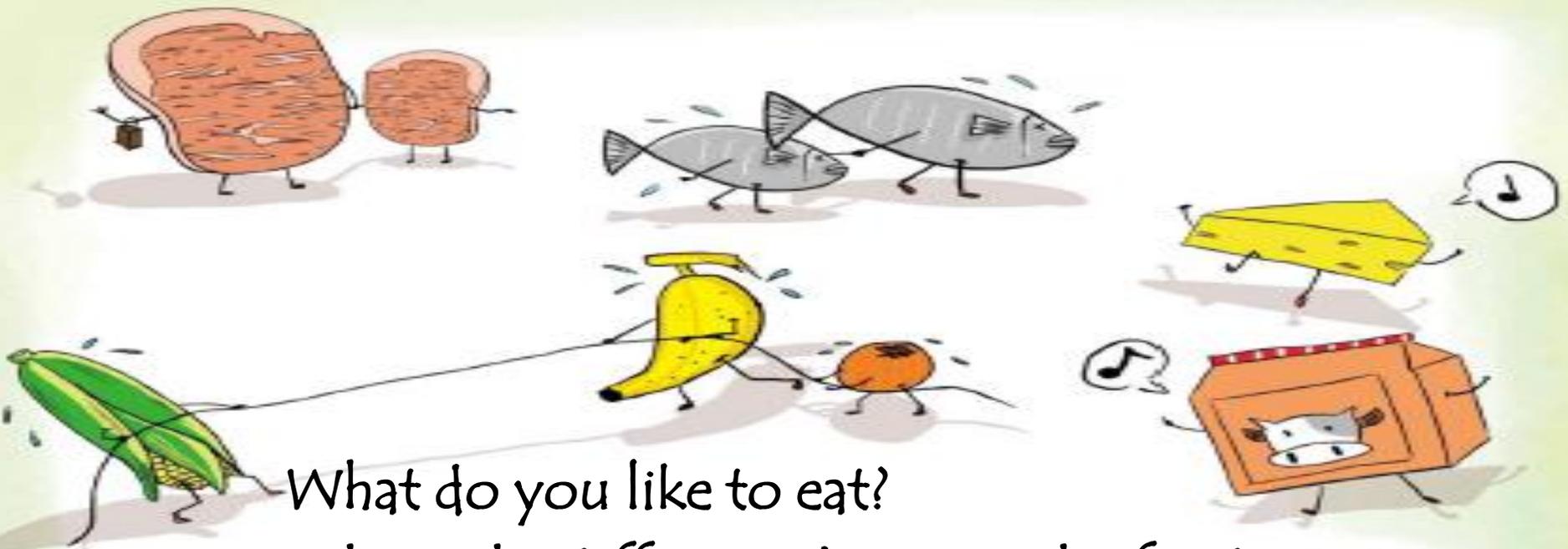
When we are hungry, we will find our parents for food but Jamila can only go out and search for food.

**Note:**

In order to find food, Jamila is unable to attend school. The wild berries that she found are unable to provide enough nutrition.

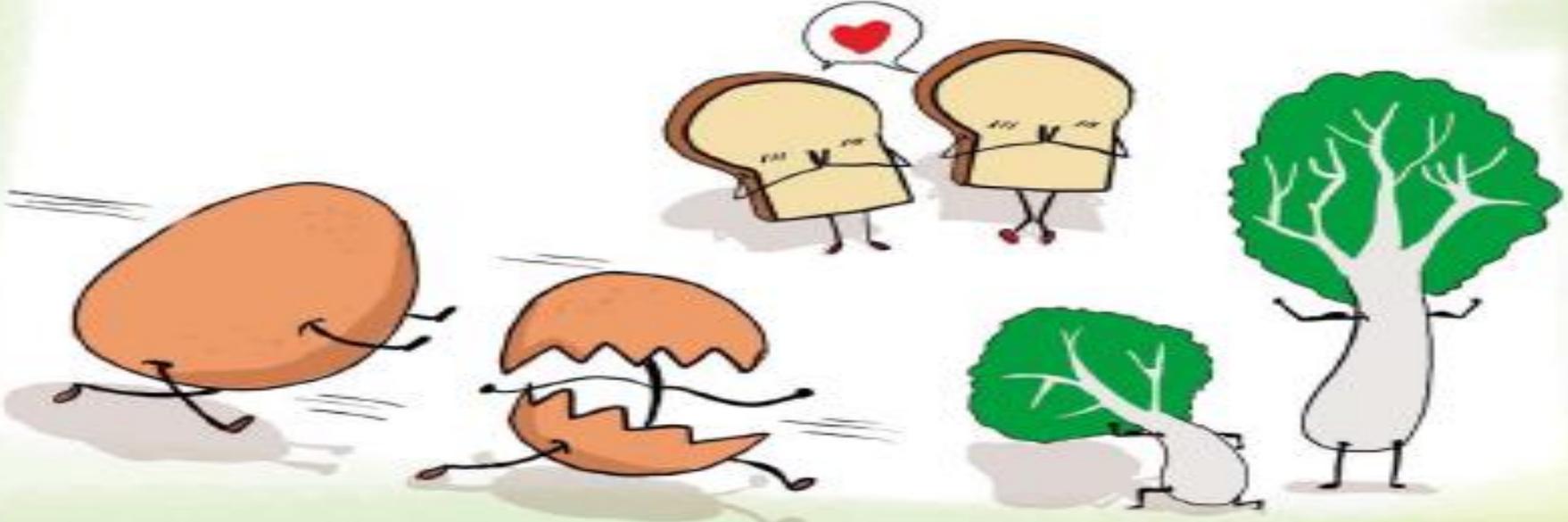


Jamila has to go out and search for food with her parents, but all they found was....



What do you like to eat?

What's the difference between the food you like and the food that Jamila eats?



**Note:**

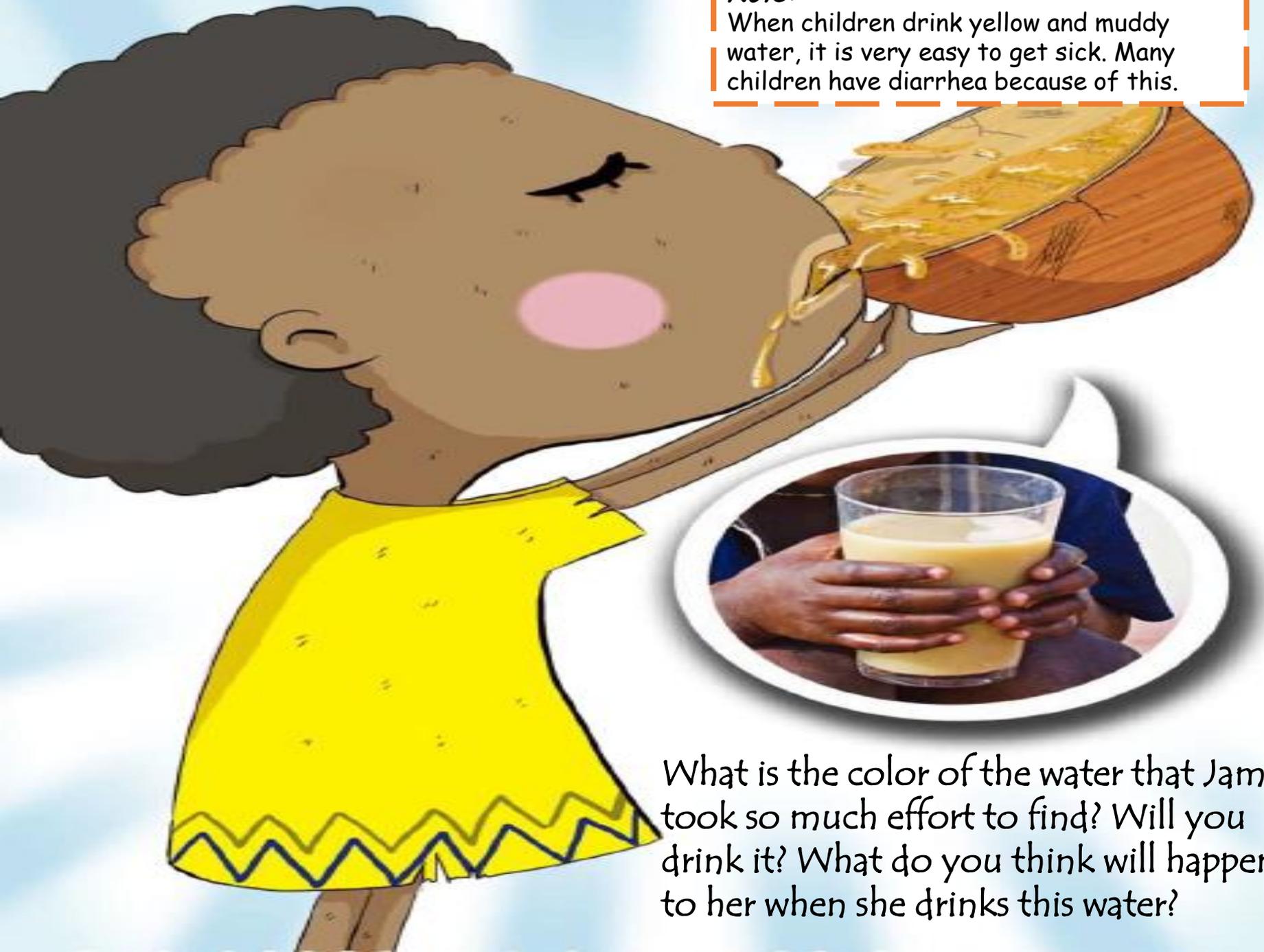
We can always drink clean water and different drinks but many poor children don't have a choice and can only drink the dirty water from the river.



Jamila is thirsty but there is no water in her bowl. Where can she go to find water to drink?

**Note:**

When children drink yellow and muddy water, it is very easy to get sick. Many children have diarrhea because of this.



What is the color of the water that Jamila took so much effort to find? Will you drink it? What do you think will happen to her when she drinks this water?

One day, Jamila got sick. Her mother carried her and walked for two days to get to the clinic. The doctor examined Jamila and measured her nutritional status. What color does the ruler point to?



**Note:**

"Mid-Upper Arm Circumference tape" is used to measure the nutritious state of children five and under. Jamila is malnourished; when her arm is measured, the ruler points to the red.



A malnourished child's arm is as small as a five dollar coin.

**Note:**

Malnourished children usually have weak and skinny bodies, big stomachs and are shorter than other same aged children. Their immune system is also weak and get sick easily.



The doctor said Jamila was severely malnourished. What is the difference between her body and yours?

The people of World Vision visited Jamila. They saw her sadly holding an empty bowl so they decided to help her.



Provide Nutritious Food



Give seeds, farming tools and improve farming methods



Dig wells in the village to provide clean water



**Note:**

Apart from Africa, Asia's India, Bangladesh and other places also have kids who often are hungry.

Jamila's bowl is no longer empty!

However, every night, there are many children who go to sleep while hungry.

# What can we do for the hungry children?



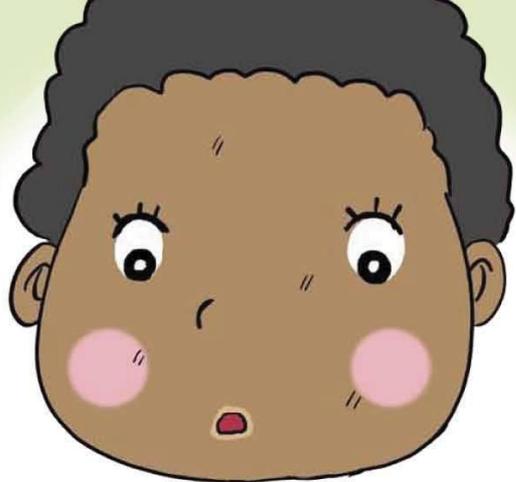
Treasure food and water



Donate your pocket money to help the needy



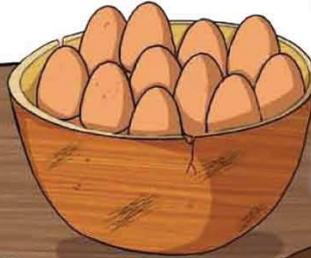
Share the story of hungry children with family and friends to get more people to care for them



Please help Jamila to pick the nutritious food.



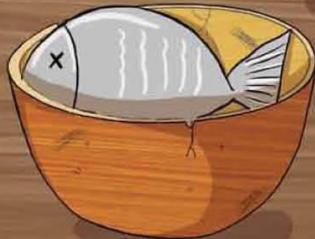
Ice-cream



Eggs



Bread



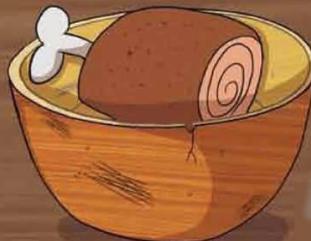
Fish



Lollies



Vegetables



Meat

Answers: Eggs, vegetables, fish, meat, bread



THE END  
THANK YOU!

**World Vision** is a global Christian relief, development and advocacy organisation dedicated to working with children, families and communities to overcome poverty and injustice and help them achieve their full potential, regardless of religion, race, ethnicity, or gender.



**Connect with us:**

☎ 2399 8606 / 2399 3476

✉ [edu@worldvision.org.hk](mailto:edu@worldvision.org.hk)

🖱 [www.worldvision.org.hk/en/learn](http://www.worldvision.org.hk/en/learn)