



## Walk the World

# Family Dinner Guide

Over the weekend of 10-12 November, choose one meal where you and your family or group immerse yourselves in another culture.

As you eat, use this guide to learn, discuss, listen and pray together.

ញ៉ែងញ៉ែង Eat well!

*(Try it in Khmer: Nhea chhnganh!)*





Scan the QR code for  
more Walk the World resources.

# Welcome to the Family Dinner Guide for Walk the World 2023.

This discussion guide is designed for use over dinner as a family or group. It is ideal for families with children aged 7-14, but can be adapted for younger and older people as well.

In the guide, you will find three options for involvement: Cambodia, Mozambique and South Asia.

These are three of the locations our Baptist Mission Australia teams serve in.

As a family or group, choose one country and follow that section of the guide. Each country has a recipe, information about the culture, discussion prompts, prayer points and more. You can do the full section, or pick and choose which elements you do.

Parents and leaders are encouraged to read through the full section before beginning, so you can adapt the content for the people in your group as needed.

We pray this guide prompts rich dinner conversation and opens your children's eyes to God's big world.

This resource is part of the Walk the World prayer event. It will be most meaningful in conjunction with intentional activity and prayer around your neighbourhood at other times over the weekend.

For more Walk the World resources, visit:  
[www.baptistmissionaustralia.org/WalktheWorld](http://www.baptistmissionaustralia.org/WalktheWorld)

Country One:

# Mozambique

## Step 1: Make Dinner!

### Beans and Rice

#### (Mbwanda ni Mpunga)



This recipe has been sent in by Sally, one of our team members in Mozambique.

Sally writes, “This recipe is one of the most common meals served throughout Mozambique. The beans are usually served with rice or with ugali (a type of cornmeal made from maize flour).

This is a great, simple meal that can be enjoyed by the whole family; from the mwanace (child) to the anganga (Grandparent).

The best way to eat this meal is with others. Everyone sits down on the mkeka (grass mat) with the bowl of beans and the bowl of rice in the middle.

After passing around a bowl of water to clean hands, the rice can be spooned into your empty dish in front of you, followed by some beans.”



*Sally’s Yawo friends dishing up beans and rice for her to enjoy as they sit and talk.*

### Ingredients

- » 2 cups of cooked kidney beans (or 2 cans of tinned kidney beans)
- » 1 large onion, diced
- » *Optional: 1 red perri perri chilli, chopped*
- » 3 crushed garlic cloves
- » 1 tablespoon grated ginger
- » 1 tablespoon chicken stock powder
- » 4 tomatoes, chopped
- » Salt
- » Oil
- » Steamed rice (to serve)



## Instructions

1. In a frying pan heat a little oil and cook onions until tender. *(Optional: To make it spicy, add chopped chilli.)* Add ginger and crushed garlic and then stir in chopped tomatoes. When cooked through, set aside.
2. In a saucepan, cook beans, do not drain. Sprinkle in chicken stock powder, stirring until mixed through.
3. Add the tomato and onion mixture and stir. Lower heat on stove and let simmer for 20mins. Add salt to taste.
4. Serve with rice.

## Step 2: Greet Each Other

Before you sit down to eat, greet each other.

Respect and politeness is very important in Yawo culture. Each generation is taught how to engage with others during the initiation process.

**Children:** Kneel in front of adults when you greet them. Yawo children often do this out of respect to adults.

**Women to Women / Men to Men:** When you greet each other, shake hands with your right hand and put your left hand over your right forearm.

**All:** Say to each other in Ciyawo, “Moni, yili yambone kumwona soni mmwejo.”

This means, “Hello, it is good to see you again.”

### Step 3: Play Background Music

As you enjoy dinner, set the tone with some music from Africa.



Use the links below, or scan the QR to listen.

YouTube:

<http://ow.ly/4r6750KkzT0>

YouTube:

<https://tinyurl.com/y4wm7y2j>

Spotify Playlist

(Music from Mozambique):

<https://tinyurl.com/bdeew5mu>

Spotify Playlist

(African Tribal Orchestra):

<http://ow.ly/1POh50KkzVB>

### Step 4: Learn About the Yawo of Mozambique

- » *You can find Mozambique on the map on pages 21-22 of this booklet.*
- » There are at least 450,000 Yawo people in Mozambique. They mainly live in the eastern and northern part of the Niassa province, split between rural villages and the province capital, Lichinga.
- » The majority of Yawo people are subsistence farmers growing maize, sorghum (a grain), beans and cassava (a root vegetable).
- » The Yawo believe that “to be Yawo is to be Muslim”. This strong connection of cultural and religious identity makes it hard for people who choose to follow Jesus.
- » While primary education is free, school buildings are often in poor condition and teachers may not teach for weeks.
- » A well known Yawo saying is, “Alone, you cannot scrub your back.” This speaks to the importance of community and care of each other.

## Step 5: Chat About it



Kath from our Baptist Mission Australia team

writes, “Yawo people value hospitality and making sure everyone is included.

It doesn’t look fancy and it might just be an invitation to sit on the dirt in someone’s yard, but everyone is always welcome. And if there is food to eat, everyone is invited to join in.”

- » What are some positive things that Yawo culture can teach us from what Kath shared?
- » Can you think of a time when someone offered you hospitality? How did it make you feel?
- » What are some ways you can make people feel included and welcome? *(At school, in your sports club, at church...)*

## Step 6: Pray

- » Pray for Baptist Mission Australia team kids:  
**Elizabeth, Anna and Finlay** *(Ben and Sam’s children)*  
**Levi, Josiah, Katelyn, Elliana and Isaac** *(Bek and Scott’s children)*  
**Elijah, Rachel and Lydia** *(Tobias and Heather’s children)*  
**Jack, Matilda and Sydney** *(Kath and Cam’s children)*
- » Pray for children and families in Mozambique to hear about the good news of Jesus in ways that make sense to them
- » Pray for good rain at the right time so crops can grow and communities can have enough food
- » Pray for opportunities to share God’s love with your friends in your community
- » *Pray for anything else that has come up during your dinner conversation...*

## Step 7: Respond

There is space on the opposite page to respond to what you have heard, talked and prayed about.

Use this space to draw or write a prayer, write an encouraging letter to one of our team kids or respond in another creative way! Below are photos from Mozambique to further inspire you.

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[info@baptistmissionaustralia.org](mailto:info@baptistmissionaustralia.org)



Maize is a common crop for Yawo subsistence farmers.



Many Yawo people live in rural villages in mud brick houses.

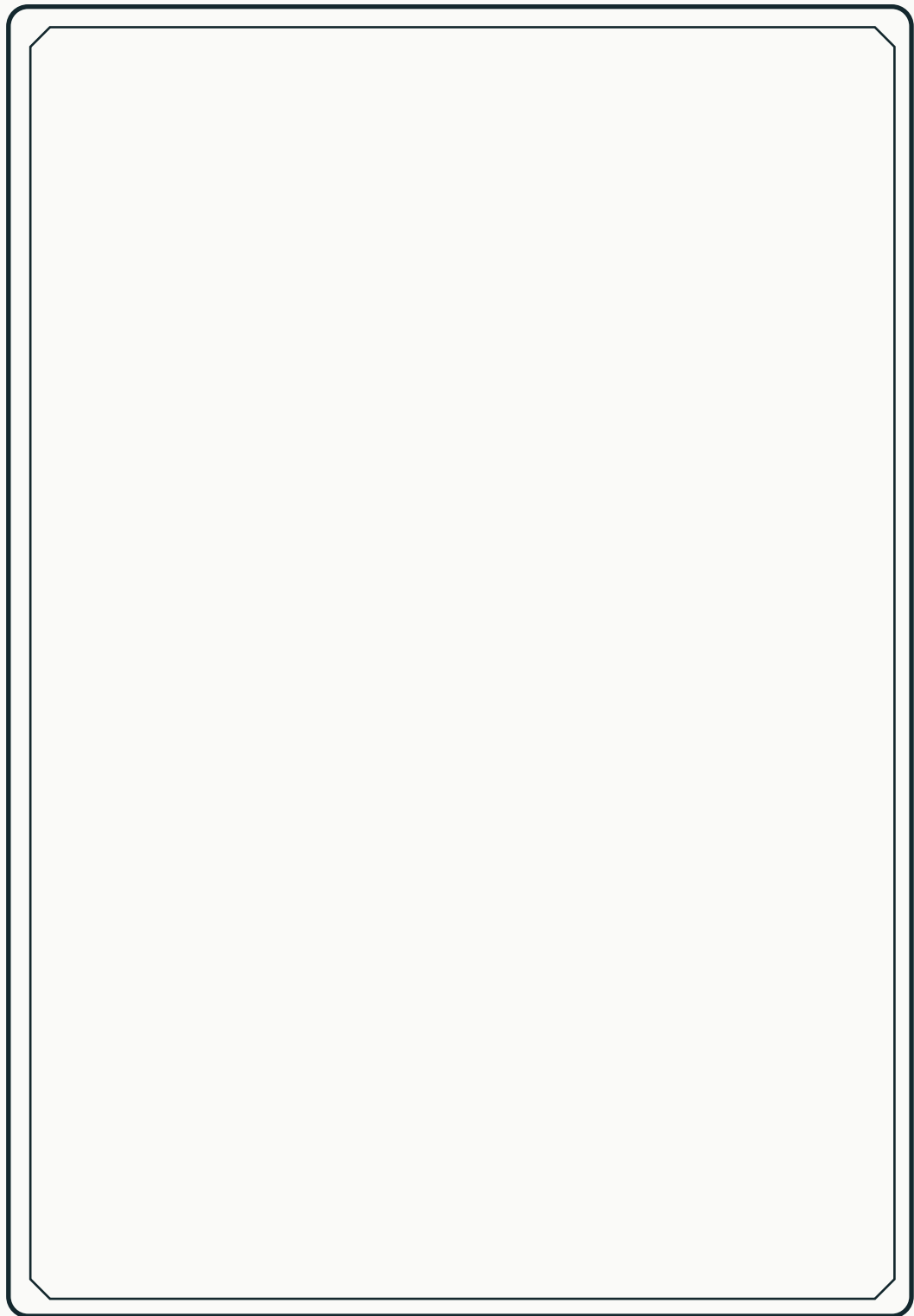


Many Yawo people also live in Lichinga, the capital city of the province.



Intercultural team member Cam with some Yawo friends.





Country Two:

# South Asia

## Step 1: Make Dinner!

### Chicken Curry with Rice and Dhal



This recipe has been sent in by Phil who serves with our team in South Asia.

Phil writes, “Chicken curry with rice and dhal is a very common dish served in homes around South Asia. This is one of the meals often served in our office at lunchtime and in many homes I have visited.

This is a Tor Curry, meaning it is cooked with a vegetable and is eaten with the fingers of your right hand. Rice in this part of South Asia is generally short grain and parboiled. It is piled on the plate with the chicken curry served as the accompaniment, often in small bowls.

The dhal is eaten last with the remaining rice after the meat curry is finished. If a vegetable curry is also served it would be eaten first before the chicken curry. There is always extra rice should you want it!”

### Ingredients (Curry)

- » 4 cloves of garlic, crushed
- » 25mm of fresh ginger, crushed
- » 3 large onions, sliced
- » 3 teaspoons of cumin
- » 3 teaspoons of tumeric
- » 3 cardamon pods
- » 3 to 4 bay leaves
- » Chilli (to taste)
- » 3 tablespoons of oil
- » 3 cloves
- » 2 pieces of cinnamon bark
- » 1 kilograms of chicken (or beef), cut into pieces
- » 2 or 3 potatoes, chopped
- » Salt (to taste)
- » Cooked rice (to serve)

### Ingredients (Dhal)

- » 1 cup red lentils\* (masoor dhal)
- » 1 ½ tablespoon of ghee (or oil)
- » 1 large onion, finely sliced
- » A teaspoon of finely chopped garlic
- » 1 teaspoon of finely grated fresh ginger



- » ½ teaspoon ground turmeric
- » 3 cups of hot water
- » 1 teaspoon salt (to taste)
- » ½ teaspoon garam masala

*\*Any type of lentils can be used, but red lentils are quickest cooking and do not require soaking. Other types of lentils should be soaked overnight before cooking.*

### **Instructions (Curry)**

1. Place onion and oil in a pan and fry until brown. Add cumin, chilli and turmeric in a half cup of water, and the crushed garlic and ginger, whole cardamon pods, salt, cloves and the cinnamon bark and bay leaves. Cook until the oil and spices separate.
2. Add the meat and cook in the spices until well coated and the meat has browned.
3. Add 1 cup of water, cover and simmer. When the meat is almost cooked, add the potato and continue simmering until the potato is cooked.
4. Serve with rice and dhal.

### **Instructions (Dahl)**

1. Wash lentils thoroughly, removing those that float on the surface. Drain well.
2. Heat ghee in a saucepan and fry onion, garlic and ginger until onion is golden brown. Add turmeric and stir well. Add drained lentils and fry for a minute or two.
3. Add hot water, bring to the boil and then reduce heat to simmer. Cover and cook for 15 to 20 minutes or until the lentils are half cooked. Add salt and garam masala, mix well and continue cooking until lentils are soft and the consistency is similar to porridge. If there is too much liquid, leave the lid off the pan to speed evaporation.
4. Serve with rice and curry.

## Step 2: Greet Each Other

Before you sit down to eat, greet each other in the appropriate South Asian way.

**Children:** Respect to older people can be shown by touching their feet.

**Women to Women / Men to Men:** Adults commonly greet each other with a soft handshake.

**Women to Men:** Instead of a handshake, place your right hand on your heart and nod.

**All:** Say in the B language, “Assalam Waleykum” and respond with “Waleykum Assalam”.

These phrases mean, “Peace be with you” “And with you”.

## Step 3: Play Background Music

Set the tone with some music from South Asia.



Use the links below, or scan the QR to listen.

YouTube:

<https://tinyurl.com/59wj9sk2>  
(Start at 2:22)

Spotify Playlist  
(Asian Instrumental):

<https://tinyurl.com/69uvakej>

## Step 4: Learn About the B people of South Asia

- » *You can find South Asia\* on the map on pages 21-22 of this booklet.*
- » Almost 90% of the country’s population identify as Muslim, another 10% identify as Hindu and less than 1% identify as Christian, Buddhist or other.
- » Being Muslim is core to the identity of B people. There are many cultural barriers that hinder people from becoming followers of Jesus.
- » Around 20% of people in South Asia live in poverty and this has grown since Covid-19.
- » Hospitality and politeness is valued. If a B person is invited to something they cannot attend, they will say, “I will try...” rather than directly saying “no...”. A blunt “no” may be interpreted as not valuing the host’s friendship.

*\*To protect our ongoing ministry, we use ‘South Asia’ as a codename for a particular country in the region.*

## Step 5: Chat About it

South Asia is a collectivist society, which means that most people are very family and community orientated. Individuals often understand themselves as members of their village, family or religion rather than an individual person. The interests of the family or community are expected to come before those of the individual.

- » How is that different to Australia?
- » What would be good about living in a community like that? *(Prompts: Sense of belonging, strong community relationships and support.)*
- » What would be hard? *(Prompts: Lack of choice, freedom and individual sense of self.)*

While almost everyone in South Asia is religious, very few are followers of Jesus. It's hard for people to go against the norm and follow Jesus.

- » Can you relate to this in your school or community? What's your experience?

## Step 6: Pray

- » Pray for Baptist Mission Australia team kids:  
**Samson, Isabelle, Lucy, Emerald and Evangeline** *(Anthony and Jacqueline's children)*
- » Pray for children and families in South East Asia to hear about the good news of Jesus in ways that make sense to them
- » Pray for our team as they seek to empower people in poverty to support themselves and their families through upskilling and education.
- » Pray for opportunities to share God's love with your friends in your community.
- » *Pray for anything else that has come up during your dinner conversation...*

## Step 7: Respond

There is space on the opposite page to respond to what you have heard, talked and prayed about.

Use this space to draw or write a prayer, write an encouraging letter to one of our team kids or respond in another creative way! Below are photos from South Asia to further inspire you.

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Women are learning how to read and write through our partner NGO.



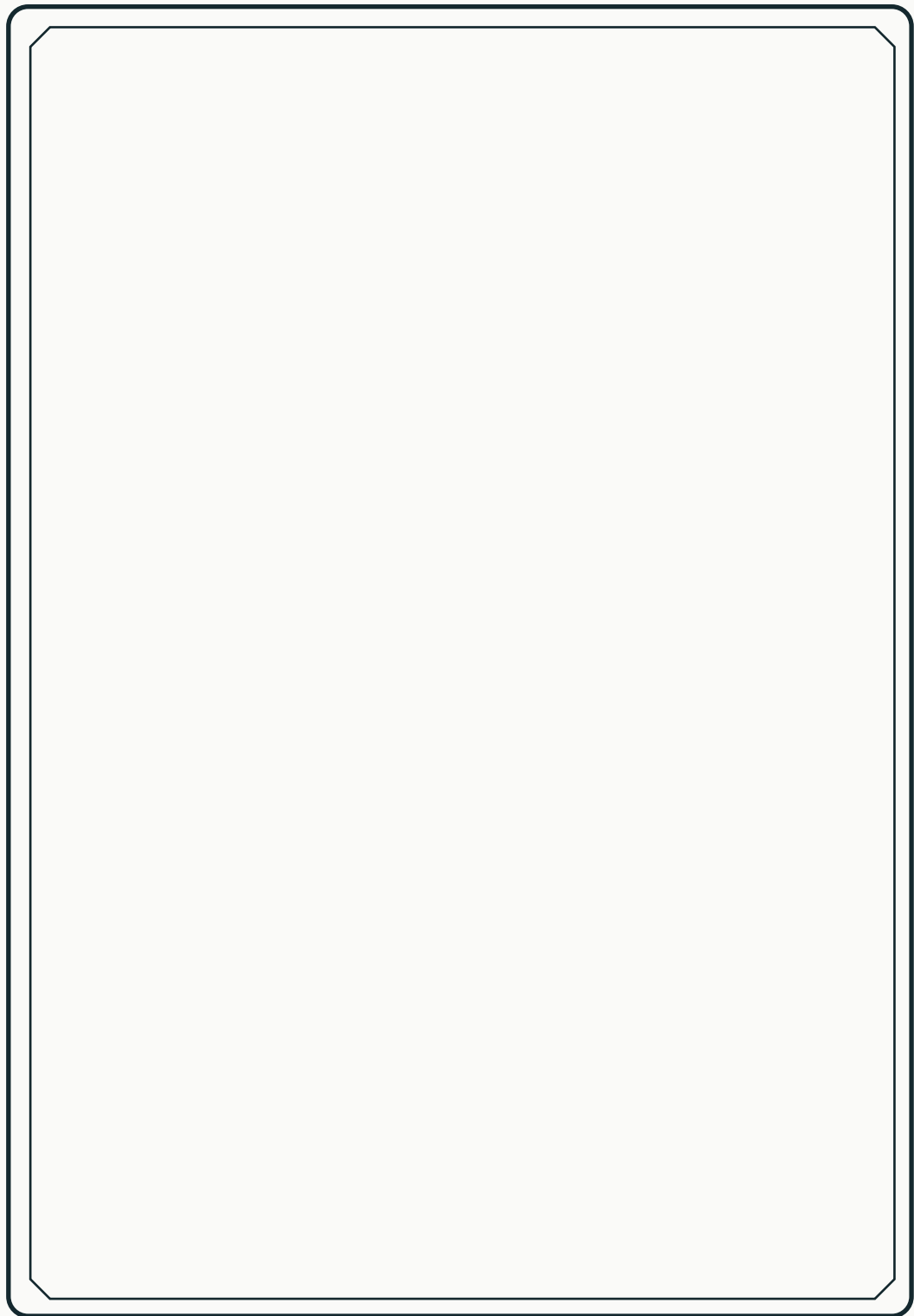
Every year parts of the country flood, which causes major damage to houses and farms.



South Asia is one of the most densely populated countries in the world - there are 170 million people!



Our partner NGO is helping farmers improve their techniques so they can better support their families.



Country Three:

# Cambodia

## Step 1: Make Dinner!



### Fish Amok

This recipe has been sent in by team member Rachel.

Rachel writes, “This recipe comes from my Khmer language teacher - you can see us pictured above with the finished delicious dish.

In Cambodia, fish is one of the most commonly eaten kinds of meat. The Tonle Sap river and lake is a part of the Mekong river system. Famously, the Tonle Sap reverses its flow every year! Millions of Khmer are fed by the fish from the river.

Fish amok is a famous, traditional Khmer recipe. It is often served wrapped up in banana leaves.”

### Ingredients

- » 1 kg white fish without bones (or boneless chicken), thinly sliced
- » 1 can of coconut cream (350-400 ml)
- » 1 tablespoon fish sauce
- » 1 -1 ½ tablespoon of sugar
- » ½ tablespoon salt
- » 1 teaspoon cornflour
- » 1 tablespoon chicken stock powder (or two chicken stock cubes)
- » Steamed rice (to serve)
- » Banana leaves for each person (or ramekins)

### Ingredients (curry paste)

- » 4 sticks lemongrass
- » 1 thumb (5 cm piece) tumeric (or 1 teaspoon tumeric powder)
- » 2 kaffir lime leaves
- » ½ thumb (2.5 cm piece) galangal (or ginger)
- » 4 cloves garlic
- » 50 grams peanuts
- » 3 dried sweet paprika chillis (or ½ to 1 tablespoon dried paprika)





## Instructions

1. Mix all the paste ingredients together, except for the peanuts, to a smooth paste. This is traditionally done in a mortar and pestle but you can use a food processor. Add the peanuts and process until it has a fine but not smooth consistency.
2. Place fish in a large bowl and mix in paste. Add half of the coconut cream and the remaining ingredients.
3. Place individual portions into the banana leaves or ramekins. Steam using your usual method for 20-30 minutes or until cooked. The fish should be firm but still moist.
4. Separately, mix the remaining coconut cream with cornflour and stir over a low heat until it thickens. Drizzle this warmed cream over each serve. Garnish with very thinly sliced chilli or lime leaves.
5. Serve with rice.

## Step 2: Greet each other

Before you sit down to eat, greet each other in the appropriate Khmer way.

The traditional Khmer way to say hello and good-bye is to place your hands together, with the palms touching and bow the head.

This is called a sampeah, and is particularly used when meeting someone for the first time or after a long time apart.

**Children:** Lift your sampeah to nose level and bow to show respect to adults and parents.

**Adults:** For adults of a similar age and social standing, lift your sampeah to chest level and nod your head.

The higher your sampeah, and the lower your bow, the more respect you are showing.

**All:** As you sampeah, say in Khmer “Choum reap sor”.

This means, “Hello”.

### Step 3: Play Background Music

As you enjoy dinner, set the tone with some music from Cambodia.



Use the links below, or scan the QR to listen.

YouTube:

<https://www.youtube.com/watch?v=Aw5dF6o6AWs>

YouTube:

<https://www.youtube.com/watch?v=zaAox5PZk2w>

Spotify Playlist

(Khmer Traditional Music):

<https://tinyurl.com/2xs8mnht>

### Step 4: Learn About the Khmer people of Cambodia

- » *You can find Cambodia on the map on pages 21-22 of this booklet.*
- » Cambodia has a population of around 16 million people, with the majority people group being Khmer.
- » Most Khmer people would say that to be Khmer is to be Buddhist. Only around 2% of Khmer people identify as followers of Jesus. This means the majority of Khmer don't know someone who can share the Gospel with them.
- » A common greeting is, "Have you eaten rice yet?" This speaks both to the importance of rice and of eating together.
- » Modesty and humility are important traits in Cambodian culture. This means that people tend to respond to compliments or praise with self-deprecating comments or polite disagreement.

## Step 5: Chat About it



Team member Deb writes, “Most marriages

in Cambodia are an agreement between families. Sometimes the bride and groom get to have a say, but what is more important is that the wider family is happy with the match.

Coming from a culture like Australia, communal cultures are sometimes hard for us to get our head around.

A Khmer friend of ours shared with us that before he became a Christian, he asked his parents if they approved. It wasn’t a simple answer as then they had to consult their community.”

- » How would you feel if your individual or family decisions had to be discussed by the whole community?
- » Choosing to follow Jesus in Khmer culture is a big deal! How would you encourage Khmer believers?

## Step 6: Pray

- » Pray for Baptist Mission Australia team kids:  
**Isaac, Tahlia and Michaela** (*Rachel and Luke’s children*)  
**Zechariah, Samuel and Hannah** (*Tristan and Megan’s children*)  
**Levi and Pia** (*Pip and Pern’s children*)
- » Pray for children and families in Cambodia to hear about the good news of Jesus in ways that make sense to them
- » Pray for good job and education opportunities so people can thrive and provide for their families
- » Pray for opportunities to share God’s love with your friends in your community.
- » *Pray for anything else that has come up during your dinner conversation...*

## Step 7: Respond

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Use this space to draw or write a prayer, write an encouraging letter to one of our team kids or respond in another creative way! Below are photos from Cambodia to further inspire you.

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Buddhist Monks at a temple.



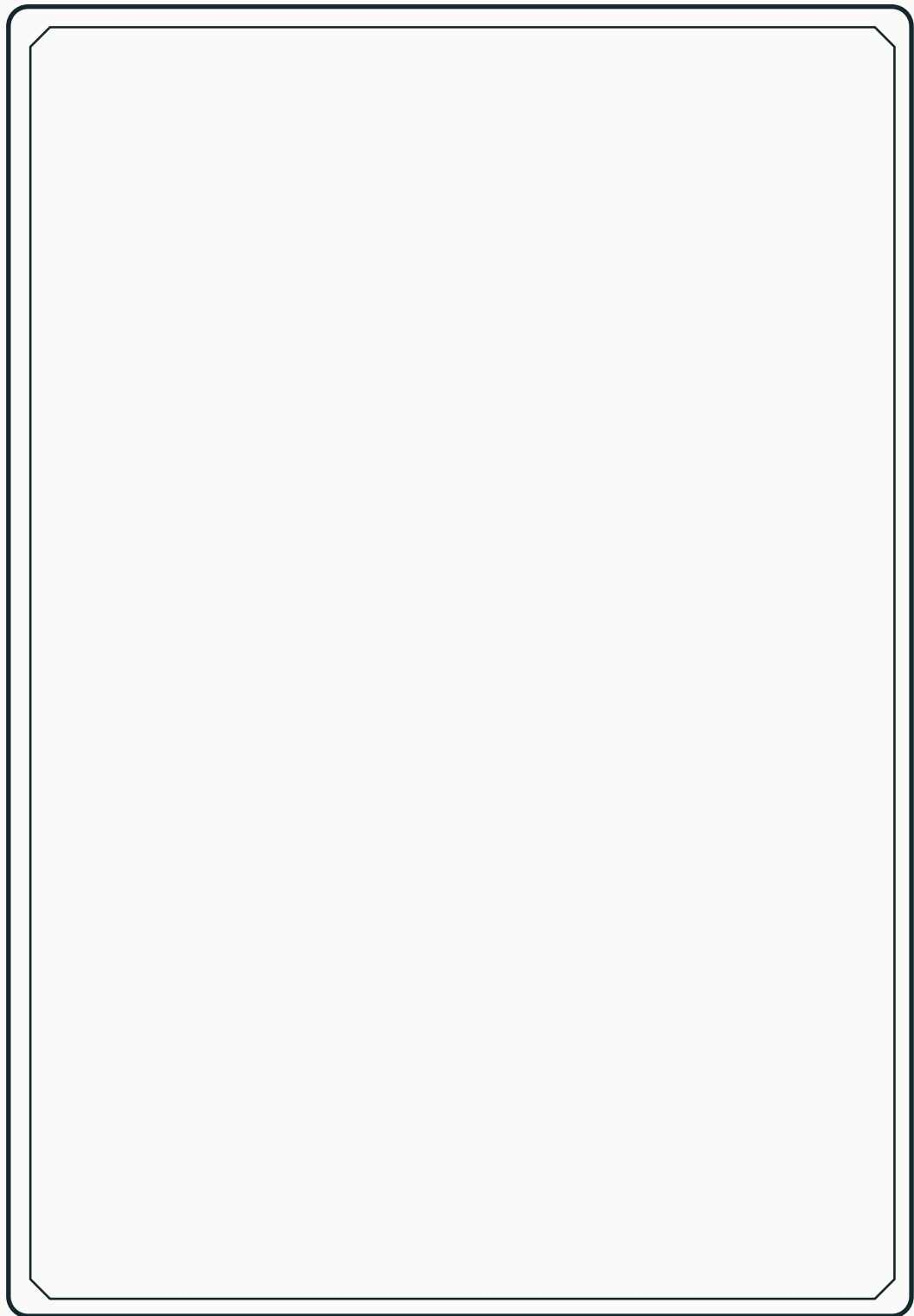
Khmer farmers, and their friends, harvesting crops.



A city street in Cambodia.



Team member Rachel using her skills to help children with disabilities communicate better.



# Where your Baptist Mission Australia teams serve

- Zambia
- Malawi
- Mozambique
- Zimbabwe

● **Ministry locations**  
Where teams live and serve

● **Ministry partnerships**  
Where we partner with  
established faith communities

Silk Road Area

● South Asia

● India

● Thailand

● Cambodia

● Indochina

● South East Asia

● Papua

● Papua New Guinea

● Outback Australia

● Urban &  
Regional  
Australia





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