



LOWER PRIMARY K-2: stories, activities and worksheets

Farid: The family's fish farm

You can't buy much for \$1. But if you saved \$1 every week at the end of the year you would have \$52. When you save money you can buy something special.

Farid, his wife Alpona and their son Homar live together in a village in Bangladesh. Not long ago the family only grew vegetables in winter and had to buy vegetables for the rest of the year. They did not have enough to eat.

But now things have changed. Farid and his family have plenty to eat. I wonder what happened?

Caritas came to talk with and listen to the people in Farid's village and together they made a plan. The plan began with women in the village learning to look after the family's money. When they had saved some money, they could borrow more money from a special bank. Farid and his family spent their money making a fish pond. On the banks of the pond they grew tomatoes, cucumbers, potatoes and chillies.

The left over veggies and fish went to market. With the extra money Farid's family now grow rice, mangos, guava, olive trees as well as trees for timber.

But that's not all! Farid, his family and their neighbours have bought a cow. Now they have free fertiliser for their crops and milk to sell.

The people in Farid's village dream of building a water-pump so they can have water all year round. When there is no rain they have to let all the water out of the fish ponds so they can use it on their vegetable gardens.

Your Project Compassion money has helped change the lives of Farid, his family and the other people in the village.



PDHPE

There are five food groups. To stay healthy we need to eat food from all of them.

With your Project Compassion money families like Homar's now have food from all five food groups. Some have been filled in. Can you find the others in the story and fill in the missing foods? Also, fill in what you eat in the five food groups.

| | Meat and Fish | Cereal | Fruit and Vegetables | Milk and Cheese | Fats |
|-------|---------------|--------|----------------------|-----------------|--------|
| Homar | | Rice | | | Olives |
| Me | | | | | |

Dear God, thank you for the good food you give us. There is enough food to feed everyone in the world. Teach us to play fair and to share what we have with others. Amen.

PHOTO: SEAN SPRAGUE