

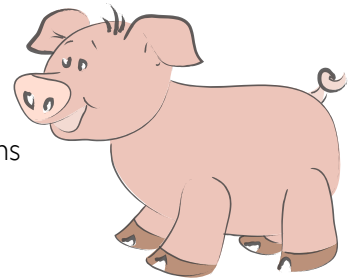


Food for thought

What food do you eat every day to stay alive and be healthy?

Think or talk about the different kinds of food you eat and where it comes from...

A lot of the food we eat like meat, vegetables, fruit, butter and milk comes from farms here in New Zealand. Your family might even grow their own vegetables or fruit.



Worldbuddy farmers

Many Worldbuddy sponsored children and their families are farmers. Animals like goats and chickens are a good source of food for them. If families produce more food or animals than they need, they can sell them to other people. Then they can buy other food or anything else they need. Animal manure also helps their vegetable gardens and other crops grow well.

Priya is 12 years old and lives in southern India. Priya feeds the goats they got from World Vision. When they need money for extra things, like medicines or going to the doctor, they can sell their spare goat's milk. They can also sell any baby goats they get later if they need to.



Priya

Louie, 11, and Philip, 7, feed their family's ducks. Over a year ago their family received 19 ducks from World Vision. The ducks produce eggs which the family can eat or sell. This means the children eat better food so they've gained weight and improved their health. The ducks also produced ducklings so the family gave five of their ducks to another family to help them.



Louie and Philip

Kanuya and her family received two female goats a year ago. The goats gave birth to two more female goats. The goats provide them with milk to drink and use in meals. Kanuya's parents hope to grow their herd so they can sell any extra goats in the market to earn money for other things. They will also be able to eat goat meat for special occasions.



Kanuya





Which makes what?

Write a label for each animal then describe the ways they can help to provide us with food.
For more ideas, look at the [animal descriptions](#) in the Smiles catalogue: smiles.org.nz

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