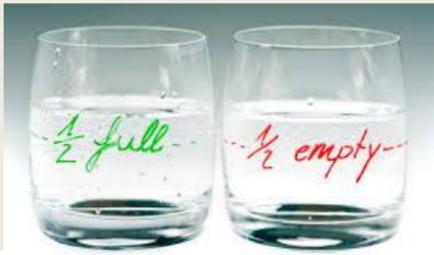


# MWP GOOD NEWS 2020

## THE MWP CUP IS ALWAYS HALF-FULL

ELAHEH, VINOD, RANDA, OSAMA, AZADEH, MOHAMMED, CHAMA, TAYEBEH, MANAL AND HAYAT



### Our Mission

BY HAYAT SHEHAB

Here, we look for news that gives hope and shows the bright side of the world. Thanks, Vinod, for sharing your joyful painting with us. Thanks, too, for Chama's sharing of good news about the vaccination. Who will find (or paint) something to share next week?

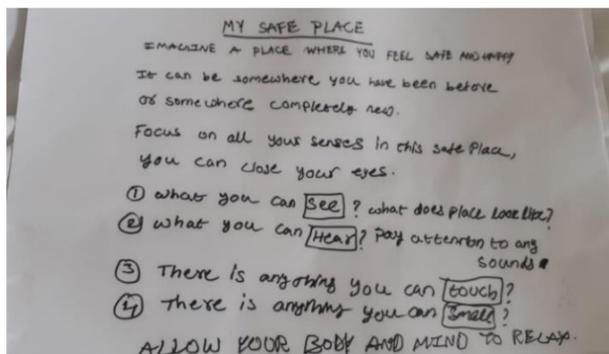


Always looking on the bright side

## Art for Healing and Happiness By Vinod

IMAGINING SESSION

02 DECEMBER 2020



Vinod took part in this wonderful activity recently and wanted to share it with us. We will do it together, with Vinod leading:

We can share our 'safe place' by writing a short poem or drawing/painting something. Bring a pen and paper (or colours, if you have them). If not, you can just tell us what you see.

I see...or I saw  
I hear...or I heard  
I touch... or I touched  
I smell... or I smelled

Example of a simple poem that uses the senses:

I see blue and green  
I hear feathers and waves  
I feel the sun on my face  
I smell the earth under me  
Around me I see only love

What else can we do to feel better? Ideas?



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## Elaheh's Fabulous Food Safety Tips

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Thank you, Elaheh, for sharing the things you learned at the food safety course:

Food labels help us make sure our foods are safe to eat. Here are some common labels:

**Use by and best before:** You'll see "use by" dates on food that goes off quickly, like smoked fish, meat products and ready-prepared food.

Elaheh's advice: Don't use any food or drink after the end of the "use by" date on the label, even if it looks and smells fine. This is because using it after this date could put your health at risk.

For the "use by" date to be a *valid* (true or correct) guide, you must follow instructions such as "keep in a refrigerator."

**"Best before" dates:** you'll see this on frozen, dried, tinned and other foods. "Best before" dates are about quality, not safety. When the date is passed, it doesn't mean that the food will be *harmful*, but it might begin to lose its *flavour and texture*.

Elaheh's advice: you can eat it if it smells and looks fresh, but not more than a day or two later.

**Words to discuss:** common, goes off, risk, valid, harmful, flavour or texture.



COLOUR CODED  
CHOPPING BOARDS

RAW MEAT

RAW FISH

COOKED MEAT

SALAD & FRUITS

VEGETABLES

DAIRY & BREAD

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## SOME PAST ACTIVITIES



SOUNI

### SOUND MAKING SESSION

25 NOVEMBER 2020

Bela and her team joined us for a mini-session. We used ordinary objects to make music (or some kind of sound 😊) together.

Thank you Sadegh for sharing your beautiful voice With us. There were a lot of smiling faces today.



### TAYEBEH'S GOOD NEWS

15 OCTOBER 2020

#### Genius Girls in Afghanistan

Seven teenage girls have **created** cheap **Mobile ventilators** to help poor people fighting Covid 19. They have made a ventilator that costs \$700 instead of \$20,000, so hospitals in poor areas can buy them. They have won many international medals for their inventions. In 2017 they made a machine that separates clean from dirty water.

#### Today's Activities

- Tayebah's Good News—Reading and discussion
- Craft with Heidi...we're making something together (and learning English terms).  
You need flour and salt to take part.
- A Picture
- Games—Three things that are...your choice.
- Who would like to cook or share something with us

## What have MWP been cooking?

Thank you Vinod for sharing your Indian Masala Tea recipe:

### Ingredients:

3 cloves 

Ginger (small piece) 

4 pepper balls 

3 cardamon pods 

Cinnamon stick (small finger) 

Tea bags 

Milk 



### Method:

Heat the milk in a saucepan on a low flame

Meanwhile, crush the cloves, cardamom, pepper, cinnamon, ginger (or blend in a mixer)

Add all the crushed spices

Add the tea

Heat until the milk boils and turn down heat

Filter/drain the tea and Enjoy! (add sugar if you like it sweet)



Thank you Randa for showing us how to make Sudanese tea:



Chama's amazing sweet potato bread