

CARING FOR CHILDREN IN KENYA

KENYA CHILDREN'S HOMES



**KENYA
CHILDREN'S
HOMES**



Thank you for your support. We have a prepared a number of resources for your use which we hope will prove helpful.

Do let us know of any activities you undertake so we can share with our children, volunteers, supporters and staff and don't forget to tag us on social media #KCH2020.

For copies of our powerpoint presentation or our sponsorship/gift aid/standing order forms please contact us. Copies of our latest newsletters can be downloaded from our website and you can keep up with all the latest news from both KCH and Suswa via our website, social media platforms or by signing up to our mailing list.

We hope you enjoy our KCH resources.

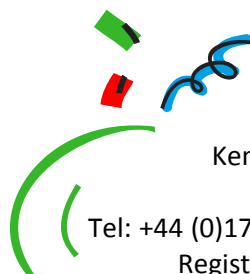
Keep in touch

Kenya Children's Homes, The Steading,
Kinfauns, Perth, PH2 7JU

Tel: +44 (0)1738 633264 info@kenyachildrenshomes.org.uk

Registered in Scotland Charity No: SC020037

www.kenyachildrenshomes.org.uk



FACTS ABOUT KENYA

Kenya is just over 224,000 sq. miles (582,000 sq. Km), making it only slightly smaller than the state of Texas in the United States. Kenya lies across the equator on the East Coast of Africa and is bordered by five countries: Uganda (to the west), Sudan (to the northwest), Ethiopia (to the north), Somalia (to the northeast), and Tanzania (to the south). Along its southeast edge, Kenya's tropical coastline connects the country to the Indian Ocean.

Nairobi, the capital of Kenya, is located in the southwest. Other major cities include **Mombasa** (situated on the coast), **Nakuru** and **Eldoret** (found in the west-central region), and **Kisumu** (located in the west on the shores of Lake Victoria).

Kenya has a wide range of topographical features - from the low plains found along the coast, bisected by the Great Rift Valley, to the fertile plateau in the west. The **Great Rift Valley** is home to a number of lakes, arid and rugged landscapes, and volcanic landforms with areas of active hot springs and geothermal activity.

The highland areas of Central Kenya provide fertile ground for farming, making Kenya one of the most agriculturally productive countries in Africa. The north of Kenya, however, is largely desert land scattered with thorn bush. This contrasts greatly with the Kenyan coast, which features many beaches, coral reefs, creeks and coral islands. The coastal strip is largely flat, giving rise to the rolling Taita hills.

Mount Kilimanjaro, Africa's highest mountain, is located along the border between Kenya and Tanzania. The second highest mountain - **Mount Kenya** - can be found at the country's centre. Kenya enjoys a tropical climate. The coastal area is warm and humid, the central highlands are temperate, and it is both hot and dry in Kenya's north and northeast regions. Rainfall in Kenya is seasonal with most rain falling between the months of April and June and shorter rainfalls occurring between October and December.

Administrative Divisions:	8 Provinces including the Nairobi area. Provinces are: Central, Coast, Eastern, North, Rift Valley, Western and North Eastern. These provinces are divided into administrative areas known as Districts.
Population:	Estimated at 41,070,934 million (July 2011 est.)
Religion:	40% Protestant, 30% Roman Catholic, 6% Muslim, 23% other religious believes. Capital
City:	Nairobi - population approximately 3,4 million (2009)
Major Towns:	Mombasa - 966,000 million (2009) Nakuru, Kisumu, Eldoret.
National Language:	Kiswahili. More than 42 ethnic languages are also spoken in Kenya.
Official Language:	English
Currency:	Kenyan Shilling
Politics and Government:	Democratic Government. The President is the Head of State and Government. The Constitution is the supreme law of the State. It establishes and determines the composition, powers and duties of the main organs of government namely the executive, the legislature and the judiciary.

These Kenya Facts are from the official site of the Embassy of the Republic of Kenya in Washington, DC



FLAG OF KENYA

The Flag

The current flag of Kenya was adopted on Independence Day, 12th December, 1963. It consists of three equal sized horizontal stripes of black, green and red. Each holds a special significance for the country. The stripes are separated by two thinner white stripes and a big warrior's shield covered with crossed spears sits over the stripes in the centre of the flag.

The History of the Flag

The flag was based on the flag of KANU (Kenya African National Union), the political party that led Kenya to independence. The original Kenyan flag had three equal stripes of black, red and green. The colours symbolised:

- Black – The indigenous Kenyan people
- Red – The blood that was shed in the fight for independence
- Green – Kenya's rich agricultural land and resources
- The white stripes, the traditional Maasai warrior's shield and the two crossed spears were added to the Kenyan flag after independence. The colour white symbolises peace while the shield and the spears signify that all Kenyans are always ready to defend the independence they fought so hard for.



WORDSEARCH

Can you find the following words hidden in the grid below?

Kenya, School, Education, Food, Nairobi, Children, Sponsorship, Classroom, Suswa, Maasai
Textbooks, Teachers, Poverty, Opportunity, Uniform, Sport, Music

C	L	A	S	S	R	O	O	M	A	E	B	D	M
C	E	F	G	I	J	K	L	A	M	D	N	O	U
P	O	P	Q	T	R	S	T	A	U	U	U	V	S
O	P	W	K	E	N	Y	A	S	N	C	X	Y	I
V	P	S	Z	X	A	B	C	A	I	A	D	C	C
E	O	U	E	T	F	G	H	I	F	T	I	H	J
R	R	S	K	B	L	M	N	O	O	I	P	I	Q
T	T	W	R	O	S	T	U	V	R	O	W	L	X
Y	U	A	Y	O	F	O	O	D	M	N	Z	D	A
B	N	C	D	K	E	S	P	O	R	T	F	R	G
H	I	I	J	S	C	H	O	O	L	K	L	E	M
N	T	E	A	C	H	E	R	S	O	P	Q	N	R
S	Y	U	N	A	I	R	O	B	I	V	W	X	Y
S	P	O	N	S	O	R	S	H	I	P	Z	A	B

GLOBAL CITIZENSHIP IN THE CLASSROOM

Use powerful stats to make children stop and think

For example an estimated 1 million people were crammed in to 2 square miles in the Kibera Slum, Nairobi.

Use assembly time to reflect on the world around you

Assembly is a great opportunity to get children reflecting on the world around them. Make use of our resources where you will find pre prepared assemblies, powerpoint presentations and prayers

Use the news as a platform to discuss key issues

For example, talk aboutinsert any news information relevant to Kenya

Food is an issue children can connect to easily

Food is now a critical global issue. This is an issue children can connect to easily. Use our recipes from Kenya as a helpful tool

Learn about the Millennium Development Goals

The United Nations Millennium Development Goals are eight goals that all 191 UN member states have agreed to try to achieve by the year 2015. The United Nations Millennium Declaration, signed in September 2000 commits world leaders to combat poverty, hunger, disease, illiteracy, environmental degradation, and discrimination against women. The MDGs are derived from this Declaration, and all have specific targets and indicators.

The Eight Millennium Development Goals are:

- to eradicate extreme poverty and hunger;
- to achieve universal primary education;
- to promote gender equality and empower women;
- to reduce child mortality;
- to improve maternal health;
- to combat HIV/AIDS, malaria, and other diseases;
- to ensure environmental sustainability; and
- to develop a global partnership for development.

The MDGs are inter-dependent; all the MDG influence health, and health influences all the MDGs. For example, better health enables children to learn and adults to earn. Gender equality is essential to the achievement of better health. Reducing poverty, hunger and environmental degradation positively influences, but also depends on, better health

Start with human rights

The 1948 UN Declaration of Human Rights (UDHR) is a commitment to everyone sharing a set of basic fundamental rights, and children understand this. You can bring a range of issues back to it - for example 67 million children are denied the right to education every year - a rich topic to discuss.

Challenge perceptions about the world

Get children thinking about what a 'day in the life of' a child living in our orphanage would be in comparison to their own lives

Use a learn-think-act process

Don't stop at the learning, but get the children thinking about how to do something as responsible global citizens. This can include raising awareness locally of the work of Kenya Children's Homes, raising funds to sponsor a child through their education Jonathan Gloag Academy or Suswa

Use the Global Dimension as a guide

This was developed by the Department for Education as a guide to thinking about global issues with pupils, it has eight key concepts which can help to guide and organise learning

Lastly don't reinvent the wheel

We have produced a number of resources available to help with Global Citizenship lessons in your classroom including our fact sheet, word search and recipes from Kenya

RECIPES FROM KENYA

Samaki wa Kukaanga - serves 4

Samaki wa Kukaanga, Swahili for "fried fish," is a simple but popular way to prepare fish in Eastern Africa. It is sometimes sold at roadside stands.

Ingredients

- Fish fillets, cut into serving portions -- 2 pounds
- Lime or lemon juice -- 1/4 cup
- Garlic, minced -- 4-5 cloves
- Salt -- 2 teaspoons
- Cayenne pepper -- 1/4 to 1/2 teaspoon
- Oil -- 1/2 cup

Method

1. Add the fish, lime or lemon juice, garlic, salt and cayenne pepper to a large, non-reactive bowl and set aside to marinate for 20 to 30 minutes.
2. Heat the oil in a saute pan or skillet over medium-high heat. Remove the fish fillets from the marinade and pat dry with paper towels. Fry the fillets in the hot oil until browned on each side.
3. Serve with rice and sukuma wiki (see greens recipe variations).

Variations

- The amount of cayenne can be varied to your taste. Or try using a minced jalapeño or Serrano pepper.



RECIPES FROM KENYA

Irio (Kenyan mashed peas, potatoes and corn) Serves 4 - 6

Originally a dish of the Kikuyu people, irio is a hearty and nutritious accompaniment to meals that has become popular throughout Kenya. It has many variations, but potatoes and peas are the staple ingredients with corn the most common addition. Irio is famously paired with grilled steak in the combination known as nyama na irio.

Ingredients

- Green peas -- 2 cups
- Potatoes, peeled and cut into chunks -- 1 1/2 pounds
- Water -- to cover
- Salt -- 2 teaspoons
- Corn, fresh or frozen -- 2 cups

Method

1. Place the peas and potatoes in a large saucepan and add water to cover. Stir in the salt and place over medium flame. Bring to a boil, then reduce heat and simmer until potatoes are cooked through. Drain, reserving the liquid.
2. Simmer the corn with a little salted water in a separate saucepan for a few minutes while the potatoes and peas are cooking.
3. Mash the potatoes and peas together with a potato masher or put through a ricer to form a pale green puree. Stir in the corn with a little of the reserved liquid and season to taste with salt and pepper. Serve hot.

Variations

- In Kenya, dried green peas are often used for this dish and need to be soaked in water and then cooked separately from the potatoes.
- Add a little butter to the final puree for a little more flavour if you like.
- Stir some lima beans or sautéed greens into the puree for added flavour, texture and colour



RECIPES FROM KENYA

Nyama Choma (Kenyan grilled meat) Serves 4 - 6

In Kenya, any gathering is an excuse for eating nyama choma, Swahili for "roast meat." From the finest restaurants to roadside shacks, roast goat meat is served up as a kind of social lubricant, often aided by copious amounts of the local beer. Nyama choma is always eaten with the hands, and common side dishes include kachumbari salad and ugali.

Ingredients

- Goat or beef meat, cut into bite-sized chunks -- 2 pounds
- Oil -- 3 tablespoons
- Warm water -- 2 cups
- Kosher or sea salt -- 2 tablespoons

Method

1. Prepare your grill and have it hot. Toss the meat with the oil, then thread it on skewers. Stir the salt into the warm water until it is fully dissolved.
2. Grill the skewered meat, basting it occasionally with the salt water, until it is cooked to your desired doneness.
3. Remove the meat from the skewers and serve with kachumbari salad and ugali.

Nyama Choma Variations

- **Meat:** Goat is the meat of choice in Kenya, but beef will work just as well. Chunks of meat on skewers are easiest to grill, but whole legs or shoulders are often roasted until fork- tender. The cooked meat is then pulled off the bone with the fingers. Using short ribs, spare ribs and offal for nyama choma is common as well.
- **Seasonings:** The only seasoning used for authentic nyama choma is salt and pepper, but if you prefer, you can first marinate your meat in a mixture of minced onions, minced garlic, ground ginger, hot pepper flakes and a little lemon juice.

Side Dish - Ugali (Serves 4)

- 4 cups water and 3 to 4 cups maize meal
- Bring water to a boil in a pot. Add the maize meal and stir to prevent lumps. Add more maize meal to make a thick porridge. Keep stirring until the maize meal is well cooked. Tip out onto a plate - the ugali should hold its shape.



RECIPES FROM KENYA

Mandazi (Kenyan donuts)

Mandazi (also known as Maandazi or Ndao and sometimes called Mahamri or Mamri) are East African donuts. You can find these delicious donuts in large urban areas and also among the Swahili people of East Africa. Most small restaurants, called hotelis in Kenya, serve mandazi. You can also find mandazi being sold by street vendors. Usually mandazi are eaten with tea (chai) or coffee. Serve them warm for breakfast or for snack.

Ingredients

- 1 egg, beaten
- 1/2 cup sugar
- 1/2 cup milk
- 2 Tbsp. butter, melted
- 2 cups white flour
- 2 tsp. baking powder

Method

1. Bring all ingredients to room temperature before mixing them together. Mix all the ingredients together, adding more flour if necessary. The dough should be soft, but not sticky.
2. Roll the dough on a lightly floured board until it is about 1/4 inch thick.
3. Cut into triangles and fry in hot oil. Fry until both sides are golden brown.
4. Remove mandazi from oil and drain on paper towels or newspaper. Mandazi are best served warm.

Variations

- Sprinkle some powdered sugar over the hot mandazi
- Put some white sugar into a bag, add a couple mandazi, and shake the bag to cover the mandazi with sugar.
- Add about a 1/2 teaspoon of cinnamon, ginger, all-spice, or cardamom to the dough or a combination of these spices to total a 1/2 teaspoon
- Use a circular donut cutter to make mandazi in the shape of traditional donuts
- Substitute pineapple, orange, or lemon juice for the milk
- Add some shredded coconut, ground peanuts or ground almonds to the dough
- You may substitute 1 teaspoon dry yeast for the 2 teaspoons baking powder. You will want to allow the mandazi to rise before cutting shapes and frying





We're social! Are you?

Are you following us on Facebook, Twitter and Instagram?

Our teams update our pages regularly with news, images and stories.



[@kenyachildrenshomeskch](https://www.facebook.com/kenyachildrenshomeskch)



[@KenChildrenHome](https://twitter.com/KenChildrenHome)



[@kenyachildrenshomes](https://www.instagram.com/kenyachildrenshomes)

Volunteering at KCH

Are you, or someone you know, interested in volunteering with KCH?

Maggie, a volunteer from Canada, joined the team and stayed for 3 months. Maggie's contribution to the home was fantastic. She brought a lot of variety to the Saturday clubs and this was a learning and enjoyable experience for the children.

Would you like to volunteer with us? Visit our website for more info
www.kenyachildrenshomes.org.uk/volunteer

Photography by Ben Wetherall of Wetherall Photography

Education appeal

With the focus this year on academic achievement and the opening of our newly refurbished activity room at KCH, we'd like your help.

A donation of just **£10** helps us to purchase something locally, contributing to the local economy while getting a book, project, or craft item the children will benefit from.

You can donate in a number of ways.



£10 gift

Send a cheque (payable to Kenya Children's Homes UK)

The Steading, Kinfauns, Perth, PH2 7JU

Pay by card over the phone

Tel +44 (0)1738 633264

Make a donation online

<https://www.justgiving.com/kenyachildrenshomes>

