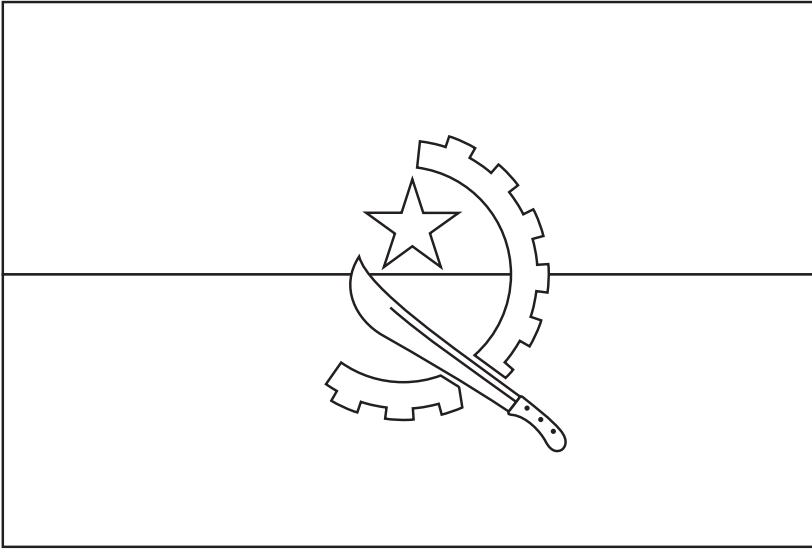


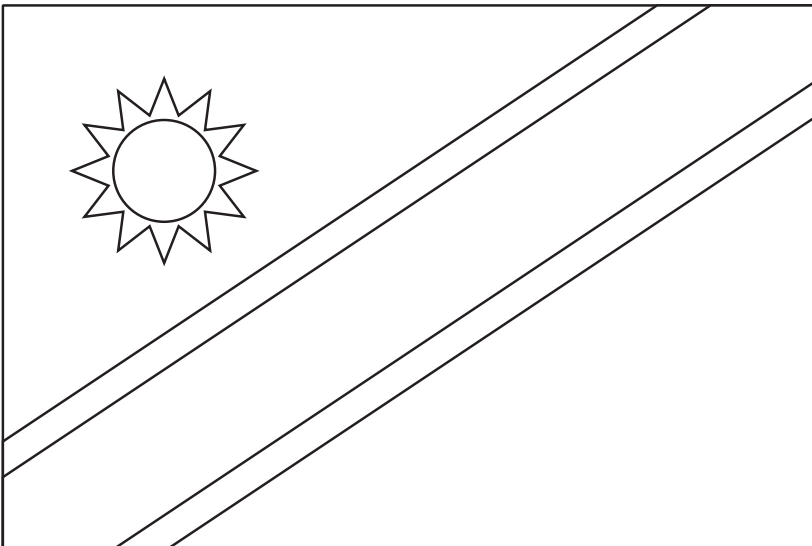
Color The Flag



ANGOLA

DIRECTIONS:

Color the top half red and the bottom half black. Color the star, gear, and machete in the middle yellow.

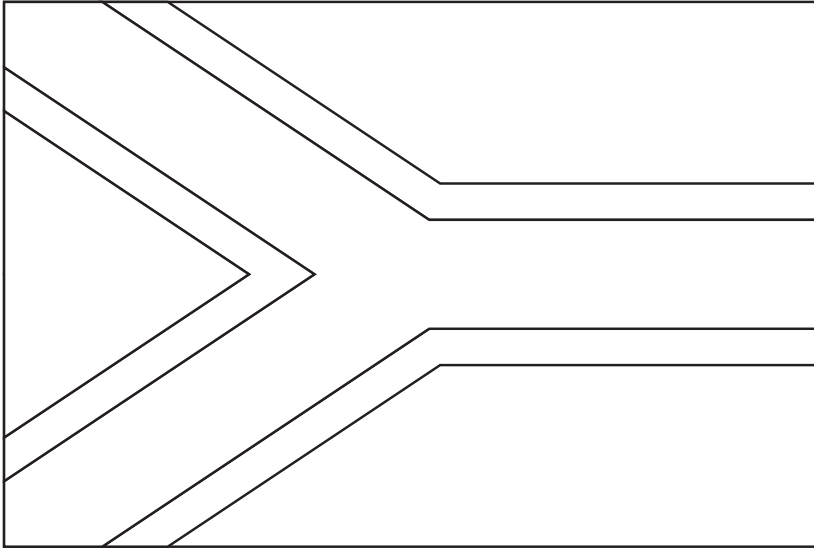


NAMIBIA

DIRECTIONS:

Color the top left triangle blue and the bottom right triangle green. Color the wide diagonal stripe red and leave the narrow stripes on either side of it white. Color the sun yellow.

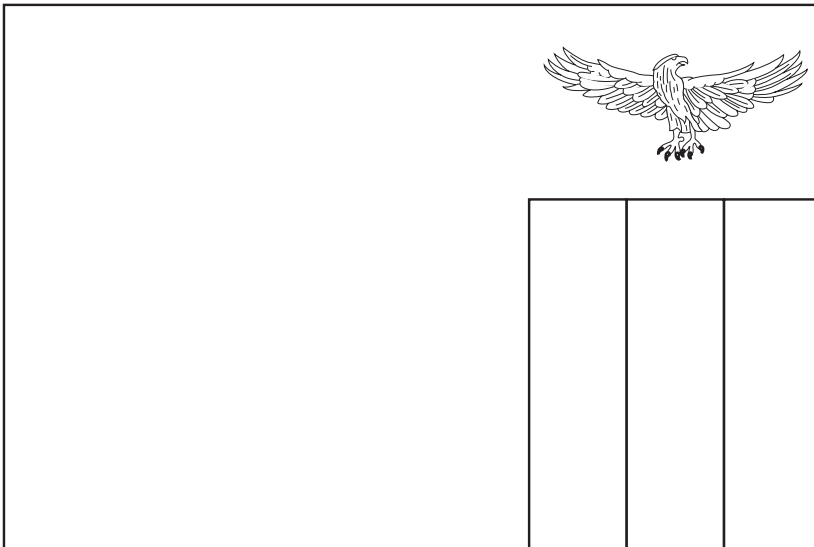
Color The Flag



SOUTH AFRICA

DIRECTIONS:

Color the Y shaped band in the middle green. Color the triangle on the left black. Use yellow to color the narrow V shaped band between the green and black. Leave the narrow bands on either side of the Y white. Color the remaining top section red and the remaining bottom section blue.



ZAMBIA

DIRECTIONS:

Color the main part of the flag green. In the bottom right corner, color the stripes red, black, and gold. Color the eagle gold.

Let's Cook!

NAMIBIAN FAT CAKES (FRIED DOUGH)

(NAMIBIA)

Prep Time: 1 hour

Makes 12 Servings

Cook Time: 10 minutes

INGREDIENTS

3 cups (0.7 liter) flour

2 packets/4.5 tsp (22 ml) of quick-rise yeast

1/2 cup (118 ml) sugar

2 teaspoons (10 ml) salt

1 3/4 cups (415 ml) of water

2 teaspoons (10 ml) vinegar

Oil for frying

INSTRUCTIONS

Mix flour, yeast, sugar, and salt together in a bowl.

Mix the water and vinegar and add to the dry ingredients, mixing until a soft dough forms and there are no lumps. Add more water if needed.

Cover the dough and let it rise in a warm place until double

Heat 1–2 inches (2.5–5 cm) of oil until hot in a saucepan with a heavy bottom.

Take spoonfuls of dough about the size of a ping-pong ball and carefully drop into the hot oil.

Cook until golden and then flip so they are browned all over. Carefully remove from oil and drain briefly on paper towel.

Serve hot — plain, with jam or peanut butter, or rolled in powdered sugar, or a cinnamon/sugar mix.



BigStockPhoto.com

Let's Play!

NCHUBA

(ZAMBIA)

Nchuba is a game children play in Zambia. It is similar to the game of jacks.

The children dig a hole in the ground about 10 inches (25 cm) wide, but you can draw a circle with chalk or a stick. You then place 10 small pebbles around the edge. The children sit around the hole and take turns tossing a larger rock into the air and, using the same hand they threw with, moving one of the small stones into the hole or circle before catching the stone they threw. The first child to get all 10 rocks into the hole/circle without making any mistakes or letting the thrown stone fall is the winner.

Let's Sing!

DEUS É TÃO BOM (GOD IS SO GOOD)

(ANGOLA)

PORTUGUESE

PRONUNCIATION

ENGLISH

Deus é tão bom

Day-ohs eh tau bom

God is so good

Deus é tão bom

Day-ohs eh tau bom

God is so good

Deus é tão bom

Day-ohs eh tau bom

God is so good

Deus é bom pra mim!

Day-ohs eh bom prah meem

He's so good to me

CRISTO TEM AMOR POR MIM (JESUS LOVES ME)

(ANGOLA)

PORTUGUESE

PRONUNCIATION

ENGLISH

Cristo tem amor por mim

Cree-stoh taym am-oor poor meem

Jesus loves me, this I know,

Com certeza eu creio assim

Comb sair-tay-zah ee-you cray-ee-oh
ah-seem

for the Bible tells me so.

Por amor de mim morreu

Poor am-oor day meem more-he-oh

Little ones to him belong;

Vivo está por mim no Céu

Vee-vo ay-stah poor meem no seh-yow

they are weak, but he is strong.

Sim, Cristo me ama

Seem, Cree-stoh me ah-ma

Yes, Jesus loves me!

Sim, Cristo me ama

Seem, Cree-stoh me ah-ma

Yes, Jesus loves me!

Sim, Cristo me ama

Seem, Cree-stoh me ah-ma

Yes, Jesus loves me!

A Bíblia assim me diz

Ah Bee-blee-ah ah-seem meh deesh

The Bible tells me so.