

Sudan

- Sudan is a very large African country bordered by Egypt, Libya, Chad, Central African Republic, Ethiopia, Eritrea, and the Red Sea.
- The southern part of Sudan just became its own country in 2011. It's capital city is Juba. North Sudan's capital is Khartoum.
- The official languages of Sudan are Arabic and English, but there are around 600 Arabic speaking tribes.
- Most Sudanese people practice the Sunni Muslim religion. There is a small population of Christians.
- Sudan exports camels and sheep to Saudi Arabia.
- Locally grown foods include grapes, okra, guavas, bananas, onions, tomatoes, cucumbers and pineapples.
- If you are an important guest in Sudan, a sheep will be slaughtered in your honor!
- Sudan has geographic extremes, from hot, sandy deserts, to tropical forests.
- Women in South Sudan generally are treated more equally to men than in North Sudan.
- The groom and his family must pay a dowry to the bride and her family, usually cattle or cash.
- Women do not leave the house for forty days after giving birth!



Story: The Mysterious Syndrome

Nancy spends her mornings tied by the ankle to a mango tree so her father can perform his work without supervising her. Her frequent seizures, sometimes 5 daily, has robbed her of her ability to think and reason. She often wanders off and gets hurt. Her father hates to have to tie her up, but for Nancy, it is a matter of life or death. One time she almost drowned in the swamp. Another time she caught her arm on fire and didn't even know it.



Some countries in Eastern Africa, including Uganda and South Sudan, have come under the attack of a mysterious disease called Nodding Syndrome. The doctors don't understand what is causing it yet, but it only attacks children, mostly between the ages of 5 and 15. It's victims have uncontrollable spasms or seizures and stunted brain development. The children will either waste away and die, or die of secondary causes from accidents such as drowning or burning.

Story cont . .

There are many doctors and organizations working hard to solve the mystery and find a cure for this disease. Some believe it might be the result of a vitamin B6 deficiency. Others believe it is caused by a parasite.

The families affected are losing hope and believe the government isn't doing enough to find a cure and to help them. It has been a long wait.



Recipe: Creme Caramela

- 8 eggs
- 1 quart milk
- 1 oz butter
- 1 tablespoon vanilla or banana extract
- 1/2 cup sugar
- Maraschino or candied cherries

In a 2-quart bowl, beat eggs with milk and sugar until mixture is frothy. Add butter and vanilla, or banana extract to a 1 1/2 quart aluminum cake pan. Melt 1/2-cup sugar and burn to caramel stage. Rotate the pan to spread caramel all around the sides. Beat the egg mixture again. Pour it quickly into the cake pan. Cover the pan with aluminum foil which has been well buttered on the under side. Place the pan in a larger pan half filled with water, as you would do a custard. Bake at 350 degrees Fahrenheit for 30 minutes. Remove the cover and test it with a knife. When the knife comes out clean, the custard is done. Chill the custard until it's thoroughly cold. Turn the Caramela out onto a 10 to 12 inch platter and garnish with maraschino or candied cherries on the top and sides.

Activity: Storytelling

In the records of African history, griot was the honorable name given to wise and knowledgeable storytellers entrusted with the important task of documenting tribal history and geneologies. Storytelling is still used today in many parts of Africa as a way of passing along history about the country and about one's family.

Have children sit in a circle. Begin with a volunteer and ask him to tell the other players something about his family or something he knows about the history of his country. Go around the circle giving everyone a chance. These is a great opportunity for the children to learn more about their classmates and more about history!



Go to www.frontlinekids.net/resources to find lesson supplemental materials such as: prayer points, recipes, maps, videos, printable color sheets, and more.