

Objectives

1. To learn about the need for a healthy, varied diet for growth [SC2 2a, b]
2. To understand what makes a healthy lifestyle, including healthy eating [Citizenship 3a]
3. To learn about the wider world

New Words

Protein, Calcium

Resources

- Powerpoint Slides
- Theresa & Kobwemi's story
- Milk associated objects
- 40 Plastic/Paper cups
- Cowforce.com – Cowpower animation

Starter

Time: 3 minutes

Have the 'Milk & Veg' Powerpoint running as pupils enter the assembly and/or put a bottle of milk, a pack of cereal, and a cup of tea on a tablecloth on a table at the front.

Assembly

Milk

Time: 15 minutes

- Refer to the Powerpoint/objects and talk to pupils about milk in their everyday lives and its health benefits.
- Introduce the work of Send a Cow in Africa and Uganda, explaining how most people there, (80%) have small plots of land where they grow their own food.
- Read the story of Theresa & Kobwemi – try **Cowforce.com** 'Cowpower' animation.
- Choose 12 children to come out to the front of the assembly to represent Theresa & Kobwemi's grandchildren. Emphasise the importance of milk and vegetables for the malnourished children and how they were often ill and malnourished before they were given a cow.
- Explain that even if they could have afforded to buy a local cow, it would only give them 1.5 litres of milk a day. As you explain this, give out 6 cups to the 12 children.
- Continue to explain that the cow given to them gave much more milk than this. Actually more like 15 litres of milk a day! As you tell them this, start to pass out 70 cups to the 12 children and to other pupils. **NB all 70 will take too long!**
- Ask them what they thought the family did with the extra milk, after they had enough to drink - some was sold and some was given to neighbours.

Assembly

Vegetables

Time: 5 minutes

(The following may not be appropriate in all assemblies)

- Tell the assembly that they represent the plants in Theresa & Kobwemi's garden: onions, carrots, tomatoes, potatoes, pumpkins, coffee and peppers.
- Explain that their plot of land was not producing much before they received the cow, it gave them some vegetables, but they were still malnourished. To represent plants growing, ask about a quarter of the pupils to stand up.
- Explain that out of the 12 children, 4 of them are ill from being malnourished – highlight this by separating off 4 of the 12 pupils.
- After the family had received the cow and training from Send a Cow, they used manure on the soil and made use of ways of farming that gave more vegetables.

- Explain this and then ask all of the pupils in the assembly to stand up as though they were plants growing.
- Now all of the 12 children are well nourished and healthy. They can even sell some of the spare vegetables at the market (*you could ask some of the 12 children to act out 'selling' these vegetables to other teachers in the assembly.*)
- Tell pupils that all of this is because of just one cow! (*If you have time, you could mention that the first female calf is passed on to another poor family, also giving them all of these benefits.*)

Assembly

Conclusion

Time: 5 minutes

- Finish by highlighting that all children need good nutrition to be able to grow up, be healthy and survive, emphasising that children in the UK also need to eat and drink the right foods, so that they can grow up in good health.
- Refer to any possible fundraising or project work linked to Send a Cow.



Theresa is a grandma who has twelve grandchildren. She doesn't just see them in the school holidays though - she looks after them all of the time! One of Theresa's daughters died of AIDS, leaving her to look after the children with her other daughter. Twelve children is a lot for a 68 year old to manage, because each child needs food, shelter, clothes and school fees. For many years this was simply too hard for Theresa and her husband, Kobwemi, to provide. The children would often have to go to school without any breakfast or lunch and no shoes.

In 2001, Theresa was chosen to receive a cow from Send a Cow. The family was overjoyed and loved the cow, naming it 'Rose'. Rose provided two calves: one to pass on to someone else who is needy and one bull calf, which they sold to buy a new roof. Rose doesn't just provide calves though. She also gives the family much needed milk, as much as 10-15 litres a day. Another thing Rose gives are cowpats! These add up to make a manure fertiliser, which is great for the soil. By using manure, the family has doubled, or trebled the amount of vegetables they have grown on their land.

They now grow plants like: onions, carrots, tomatoes, potatoes, pumpkins, coffee and peppers. Growing so many different things and drinking milk means the family has a very varied diet, making them much healthier. Now they are digging new plots to grow even more vegetables for the family. Soon they will be able to make money by selling some of the produce in the local town of Danda in southern Uganda. Theresa is overjoyed!

'I love the cow,' says Theresa, 'she is a precious member of the family and will help pay for school expenses, medicine, clothing and shoes for the grandchildren.'

Milk and vegetables help the whole family



The large family of orphaned children are kept healthy thanks to their cow and its manure.