

Suggestions for stations exploring 'Feeding the 5000'

1. Make sandwiches – sliced bread, butter, cheese slices, ham slices, chocolate spread
2. If feeling adventurous, make bread in a bag
3. Using laptop and monitor/tv, show youtube videos of story, looped to repeat. Suggested links: <https://www.youtube.com/watch?v=S6rj9cAJrWE>, <https://www.youtube.com/watch?v=I93LJLvp3jI>, or <https://www.youtube.com/watch?v=uupgOV-17NU>.
4. Have a bread tasting exercise – cut small cubes of different types of bread, e.g. white, wholemeal, seeded, pitta, bagel, tortilla, etc.
5. Play the 'bread game':
 - Bread Game
 - Find a space on the floor. When the leader calls out different types of bread, do the appropriate action as quickly as possible:
 - French bread – say Bon Jour
 - Bread stick – stand straight and tall
 - Bread roll – spin round
 - Bagel – make yourself into round shape
 - Sliced bread – scissor your arms
 - Tiger bread – growl and pounce
 - Flat bread – lie down on floor
 - Poppy seed bread – jump up and down on the spot
 - Stotty – run on the spot
 - Pretzel – twist arms together
6. Colouring
7. Have a fishing game – fishing rods made of bamboo stake, string and magnet, fish with discussion questions and paper-clip on mouth
8. Jesus said thank you to God before sharing out the food. Make a dice cube to take home to help you remember to say thank you for your food.
9. The little boy shared his lunch. Could you make some sweets to share? – icing sugar, 1 tsp condensed milk, orange zest, sandwich bags, wet wipes!

Bread in a bag recipe

3 cups all-purpose flour, divided

3 tablespoons white sugar

1 (7g) package rapid rise yeast

1 cup warm water

3 tablespoons olive oil

1 ½ teaspoons salt

- **Step 1**

In a large resealable freezer bag, combine 1 cup of flour, sugar, yeast and warm water. Squeeze most of the air out of the bag, and seal. Squish with your hands until the well blended. Set aside to rest for 10 minutes at room temperature, or until bubbles appear.

- **Step 2**

Mix in another cup of flour, oil and salt. Squeeze out most of the air, seal, and squish until well blended.

- **Step 3**

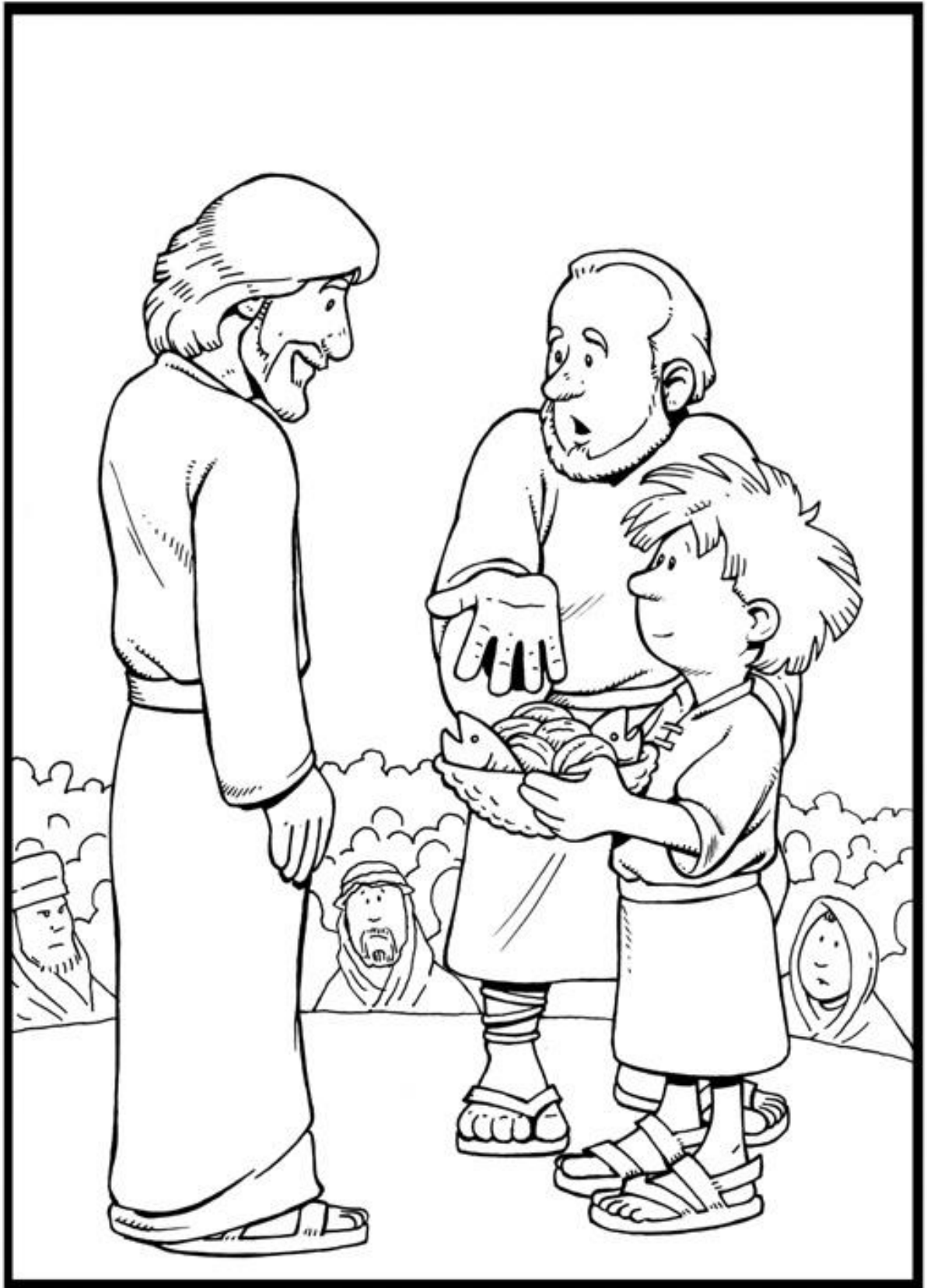
Add the last cup of flour to the bag, and continue mixing in the same manner until well blended.

- **Step 4**

At home, remove the dough from the bag, and place on a floured surface. Knead for 5 to 8 minutes. Form into a small loaf, and place in a greased 8x4 inch loaf pan. Cover with a towel, and allow to rise for about 30 minutes, or until your finger leaves an impression when you poke the top of the loaf gently.

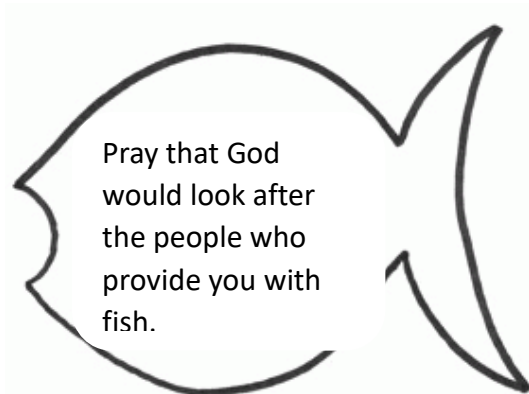
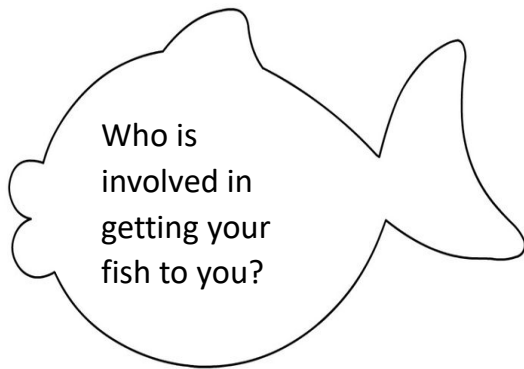
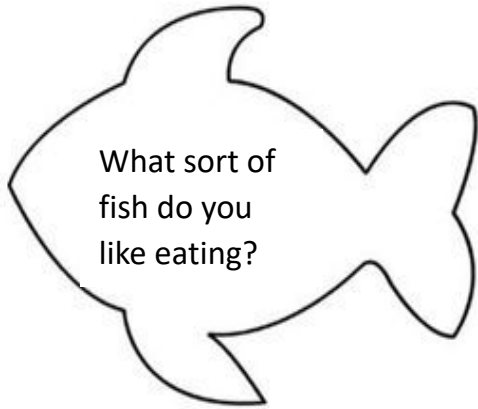
- **Step 5**

Bake the bread for 35 minutes in the preheated oven (190°), until golden brown.



$$(\text{bread} \times 5) + (\text{fish} \times 2) = ?$$





Revealed: trafficked migrant workers abused in Irish fishing industry

African and Asian migrant workers are being routinely but illegally used as cheap labour on Irish fishing trawlers working out of some of the country's most popular tourist ports, the Guardian can reveal.

A year-long investigation into the Irish prawn and whitefish sector has uncovered undocumented Ghanaian, Filipino, Egyptian and Indian fishermen manning boats in ports from Cork to Galway. They have described a catalogue of abuses, including being confined to vessels unless given permission by their skippers to go on land, and being paid less than half the Irish minimum wage that would apply if they were legally employed. They have also spoken of extreme sleep deprivation, having to work for days or nights on end with only a few hours' sleep, and with no proper rest days.

Some migrant workers claim to have been deceived and [appear to have been trafficked](#) on to trawlers for labour exploitation, an abuse that would be a form of modern slavery.

Our evidence suggests that some boat owners and crewing agencies are smuggling African and Filipino workers in to Ireland through entry points at London Heathrow and Belfast airports, and then arranging for them to cross from Northern [Ireland](#) in to the Republic by road, bypassing Irish immigration controls.

Thailand accused of failing to stamp out murder and slavery in fishing industry

[Thailand](#) is failing to protect migrant workers on fishing trawlers from murder and starvation, with trafficking and forced labour still rampant despite new government legislation, according to a new report.

In an unusually [critical ruling](#) by the UN's labour agency, the International Labour Organisation has urged the Thai government to remedy continued abuses on fishing vessels operating in Thai waters. It follows a formal complaint to the ILO by international trade unions last year, which highlighted evidence of migrant workers enduring 20-hour working days, physical abuse and non-payment of wages.

Bid for freedom: rescuing trafficked fishermen as they dock in Cape Town

Less than a mile from Cape Town's picturesque waterfront shops and cafes, dozens of fishermen work on docked vessels on the other side of the port, unseen by tourists strolling down the boardwalk. This is one of Africa's largest ports, on a major sea route between east and west. Here, many boats come and go – to pick up crew members, call in for repairs or fuel up.

Many of the fishermen on these boats, who are mainly from south-east Asia, are victims of abuse and forced labour. They are desperate to escape the cycle of exploitation before they're taken back out to the high seas.

Alex* is one of them. After more than a year at sea, he has earned only a few hundred dollars to send to his family. He says the captain promises to pay him when he returns home – something his crewmates have been told too.

The 32-year-old Filipino and his colleagues are rolling up fishing line on deck, when a man approaches their vessel. Dane Duplessis shouts to them as he climbs up the ladder to board. Duplessis, a young chaplain with the charity [Biblia](#), a South African Christian NGO, is inspecting boats in an effort to find victims of slave labour.

After some coaxing, the half-dozen Filipino fishermen manage through broken English to convey that they haven't been paid in months.

"We hear that a lot," says Duplessis, who discovers cases of unpaid work and forced labour every month. "Once you go on to one of these vessels, it's like stepping into a squatter camp. I can tell you this vessel was made in the 80s – it's rusted, and it smells bad. That's why I took a concern in these guys and in their lives."

Alex and his crewmates' passports are locked up with the captain, so the fishermen can't go far. "They haven't seen their contracts," says Duplessis, adding that it sounds like a case of trafficking.

Benjamin*, 24, a farmer back in the Philippines, says he's owed months of wages for his time on a Taiwanese-flagged vessel, aboard which he and his crewmates endured beatings for not working hard enough. "Our captain is no good, sir," he says. "Every day he's punching and kicking one of us."

The vessel fished mainly for tuna and squid in the Pacific Ocean before sailing to Cape Town in January, and docking after more than five months at sea.

Hawaiian seafood caught by foreign crews confined on boats

HONOLULU — Pier 17 doesn't even show up on most Honolulu maps. Cars whiz past it on their way to Waikiki's famous white sand beaches. Yet few locals, let alone passing tourists, are aware that just behind a guarded gate, another world exists: foreign fishermen confined to American boats for years at a time.

Hundreds of undocumented men are employed in this unique U.S. fishing fleet, due to a federal loophole that allows them to work but exempts them from most basic labor protections. Many come from impoverished Southeast Asian and Pacific nations to take the dangerous jobs, which can pay as little as 70 cents an hour.

Global supermarkets selling shrimp peeled by slaves

SAMUT SAKHON, Thailand — Every morning at 2 a.m., they heard a kick on the door and a threat: Get up or get beaten. For the next 16 hours, No. 31 and his wife stood in the factory that owned them with their aching hands in ice water. They ripped the guts, heads, tails and shells off shrimp bound for overseas markets, including grocery stores and all-you-can-eat buffets across the United States.

After being sold to the Gig Peeling Factory, they were at the mercy of their Thai bosses, trapped with nearly 100 other Burmese migrants. Children worked alongside them, including a girl so tiny she had to stand on a stool to reach the peeling table. Some had been there for months, even years, getting little or no pay. Always, someone was watching.

No names were ever used, only numbers given by their boss — Tin Nyo Win was No. 31.

Grace Cube Pattern

Cut on the solid lines,
fold on the dotted lines.

