

for children

# hello

## NEPAL

How do you say hello in Nepali?



# namaste

(Say "na-mas-TAY")

**My name is Sudam Kumari Rai**

**Age: 9**

**Lives in: Bhatigachh, Morang District, Nepal**

I live with my mother, father and older brother. I also have two older sisters, but they have gotten married and moved away. I have lots of friends in the neighborhood. Our favorite game is when we cook together. We make a stove and pretend to cook.

I go to school in the morning, come home and eat, then go back to school in the afternoon. I speak two different languages, Nepali at school and Maithali at home.

About a year ago our house burned down. When we rebuilt it we had space for a garden. Now we're growing green leafy vegetables and okra. I help bring water from the well for the plants.

Another chore is feeding our two cows, a mom and a baby. They live in a shelter attached to our house. I go to the wheat fields and cut weeds for them to eat. I also clear out manure, sweep the yard and help my mother make food.

**My favorite food: Rice with dal (lentils), potato, cauliflower and cabbage**

**My favorite subject: Nepali**

**What I want to be: worker in the market**

### Garden word find

Sudam's mother learned more about gardening through an MCC-supported training. Here are some words she might have heard.

- cabbage
- water
- okra
- greens
- soil
- compost
- tomato
- weeds



c g s e q x f q u p  
t z u a j m h w w v  
o e u o x b c g w t  
m u r e t a w r e s  
a q i n r f o e e o  
t i b k u v v e d p  
o c o i d l l n s m  
c a b b a g e s v o  
l i o s m i o p l c  
b n j f c t i v r x



Sudam Kumari Rai helps tend to her family's calf at their home in Bhatigachh, Nepal.

