

Kindsville Times Junior



Primary 1 and 2
Issue 3 / 2021

Racial Harmony

Starts with ME



Comics

FOOD BRINGS US TOGETHER



Later, during recess...
The cubbies see
Chaya sitting alone.

Hey, look! There's our
new classmate,
Chaya. Let's
sit with her!

Ewww...
What is she
eating?



She's eating weird
food! Maybe
we shouldn't sit
with her...

That's mean,
Tomeo!

Indeed! You shouldn't
avoid someone just
because she's eating
something strange.



Come on,
let's sit with
her.

The cubbies join Chaya.

Hi Chaya!
What are you
having?

Hello! This is a
dish from Saharoo.
My mother made it
specially for me
this morning!



I've never seen it before...

It may be uncommon here in Kindsville, but we have it all the time in Saharoo. It's made of rice and other yummy ingredients.



That reminds me... I've noticed that different cultures use the same ingredients but serve them in their own special ways!

I noticed that too when we visited Singapore! Each race has its own unique rice dish, and they were all super delicious!



Chinese have Chicken Rice that is flavoured with chicken stock, ginger, garlic and pandan leaves.



Malays have Ketupat, which is plain rice wrapped in palm leaf and boiled. It can be eaten with satay (grilled meats), rendang (stewed meat) and sayur lodeh (vegetables).



Indians have Biryani (also known as Briyani or Biriyani). It's a mixed rice dish full of fragrant Indian spices.



Wow, I've learnt something new today!

There are many different kinds of food in different countries and cultures.

That's right, Tomeo. The most important thing is... Even though we may enjoy different kinds of food, it's always a joy to eat together!

It's nice to share meals and laughter with family and friends!



I'm sorry, Chaya. I should not have said mean things just because you're a little different. I should learn to understand and appreciate other cultures.

Thank you, Tomeo.



Hey, I have an idea! You're all invited to my house after school. I'm going to cook an awesome welcome lunch for our new friend Chaya!

Everyone is so kind in Kindsville. I love it here!





OUR FAVOURITE LOCAL BREAKFAST

What is your favourite food to start your day? Here are some of Singapore's favourite breakfast dishes!



KAYA TOAST

Kaya means “rich” in the Malay language. It is custard jam made with coconut milk, eggs, sugar and pandan leaves. Spread on toasted bread, it is usually topped with butter and eaten together with soft boiled eggs.

Did you know that kaya toast is served at most coffee shops in Singapore?



ROTI PRATA

Roti Prata, a South Indian flat bread, is made from dough cooked to a crisp. It is usually served with fish or mutton curry. While eggs are one of the traditional fillings for Roti Prata, you can now find more fillings such as cheese and chocolate!



KUEH TUTU

Kueh Tutu is believed to be unique to Singapore. These cakes are made of rice flour with either sweet coconut or ground peanut filling. Today, they are still handmade to keep their original flavour.

PUTU PIRING



Photo credit: DanielFoodDiary.com

Putu Piring is a popular local Malay snack. This round cake is made of rice flour, filled with gula melaka in the centre, and covered with another layer of rice flour. It is also eaten with freshly grated coconut.



Find out more about the preparation process from this traditional Putu Piring stall owned by Ms Aisha Hashim and her family.

CHWEE KUEH



Chwee Kueh is a Teochew (a Chinese dialect group in Singapore) dish. It is a steamed rice cake dish topped with sweet and savoury preserved radish.



Find out where you can find delicious Chwee Kueh all around Singapore!

PUTU MAYAM/ IDDIYAPPAM



Photo credit: leatishootipost

APPAM



Photo credit: leatishootipost

Putu Mayam or Iddiyappam (as known in Tamil) and Appam are traditional South Indian snacks served with coconut and jaggery (red sugar).

While both are made from rice flour, Putu Mayam/Iddiyappam is steamed rice flour noodles, whereas Appam is a rice pancake that has crispy edges. Egg, butter, or cheese can be added to your Appam!



Find out where you can enjoy these snacks at Ghim Moh Market.



Fun With Friends

LET'S FIND OUT!

Complete the activity below.



Local Breakfast Dishes	Friends who have tried the dish	Friends who would like to try the dish
 Kaya Toast		
 Roti Prata		
 Kueh Tutu		
 Putu Piring		
 Chwee Kueh		
 Putu Mayam/ Iddiyappam		
 Appam		

DID YOU KNOW?

Some of your classmates may have special dietary practices. It will be thoughtful to check with them before offering your food to them.



Let's Learn!

OUR TRADITIONAL ETHNIC CLOTHES

Let's learn more about traditional ethnic clothes in Singapore this Racial Harmony Day!

TRADITIONAL MALAY CLOTHES

The *baju kurung* is a loose-fitting outfit that covers the wearer's body without showing its form. It is usually worn as a top over a *sarong* (for girls and ladies) or a pair of pants (for boys and men).

For Malay women, the *baju kurung* is usually paired with a wide *sarong* that reaches the ankles, while the top itself features long sleeves that reveal only the wearer's hands.



TRADITIONAL INDIAN CLOTHES

The *Paavaadai Sattei* is a traditional South Indian outfit worn by young girls. It comprises a long skirt and short blouse, usually brightly coloured with gold trimmings.

The *salwar* (also spelt *shalwar*) *kameez* popularly known as the Punjabi suit, comprises a pair of trousers (*salwar*) and a tunic (*kameez*) that is usually paired with a scarf (*dupatta*). In recent years, the *salwar kameez* has become a popular attire among Indian women.

Men also wear the *salwar*, but they pair their trousers with a shorter tunic known as the *kurta*.



TRADITIONAL CHINESE CLOTHES

The **cheongsam** ("long dress" in Cantonese), also known as **qipao** in Mandarin, is a dress style typically worn by Chinese girls and women. The **cheongsam** is a dress with a high cylindrical collar and side slits.

The **tangzhuang** is typically worn by Chinese boys and men. It is usually loose-fitting, fitted with a Mandarin collar and knotted buttons.

All photos in this activity were taken before COVID-19.

LET'S COLOUR! *

The Kindness Cubbies are all dressed up in different traditional ethnic clothing. Appreciate the beauty of these traditional clothes and enjoy colouring them on the next page.



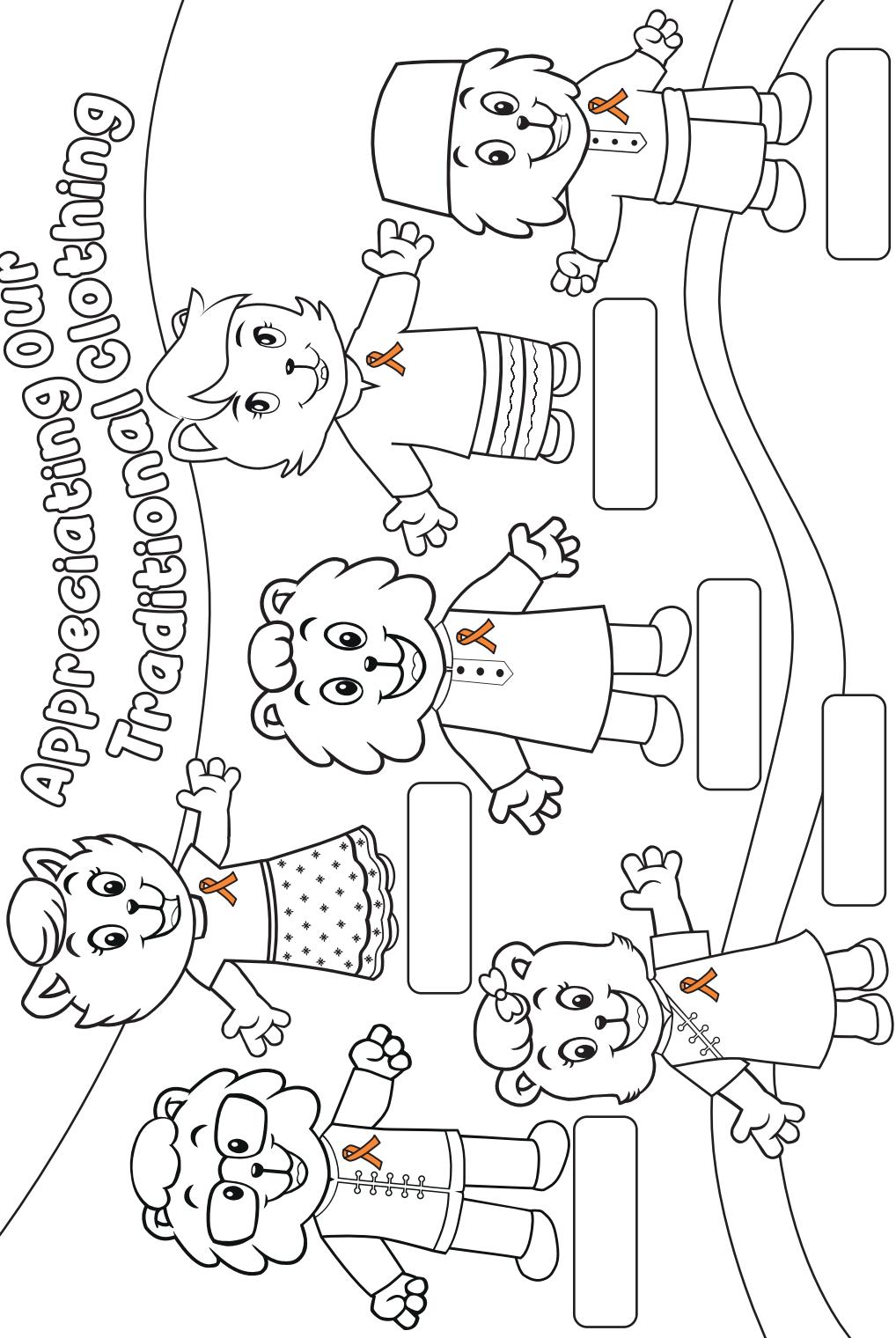
DID YOU KNOW?



The Orange Ribbon on the Kindness Cubbies' clothes, adopted by OnePeople.sg, is a symbol of respect, understanding, trust and friendship in our community. Name the attire on the cubbies in the boxes provided in the colouring sheet.

OnePeople.sg is the national ground up body for racial harmony.

Appreciating Our
Traditional Clothing





A RACIAL
HARMONY
PROJECT

What does Racial Harmony mean to you?

Racial Harmony Day is coming up and we invite you to be part of our Racial Harmony Project!

Share with your family members what you have learnt about ethnic clothing on page 9-10. Tell us what racial harmony means to you and your family.

How to be part of this?

Choose to complete Activity A or B.

Activity A

Write a message

Write down what racial harmony means to you. Take a photo of your message.

Send it to us by email at racialharmony@kindness.sg or by Whatsapp at 91974782 with your name and age between 12 July to 13 August 2021.



OR

Activity B

Record a video

Record a video using a smartphone. You may choose to record it in English, Mandarin, Malay or Tamil.

Send it to us by email at racialharmony@kindness.sg or by Whatsapp at 91974782 with your name and age between 12 July to 13 August 2021.



What can you write or say?

Hello everyone!

I am _____ (your name).

Do you know that Racial Harmony Day falls on 21 July?

Racial Harmony means
_____ to my family and me.

I will _____ to strengthen racial harmony in Singapore.

Hope everyone will have a meaningful Racial Harmony celebration!



Check out what the Kindness Cubbies will say:



I will play with everyone, regardless of who they are.



I will learn more about different ethnic groups.



I will learn the different festive greetings.



I will eat together with others, even if we have different dietary requirements.



I will help anyone who needs help, regardless of who they are.

Recording tips

- ★ Do not include background music or photo filters.
- ★ Avoid wearing clothes with stripes.
- ★ Choose an appropriate background.
- ★ Check on the lighting and the noise level of your surroundings.
- ★ Save and watch your video again. Make sure your voice can be heard loud and clear!



- ★ Stick an Orange Ribbon sticker on your shirt to show your support for racial harmony. You can find them on the sticker page.

Featured entries

Stand a chance to have your entry featured in Issue 1/2022 of Kindsville Times when we launch the final video. If your entry is shortlisted, we will contact you about the next step. Shortlisted winners will also receive exclusive SKM merchandise!

We cannot wait to receive your entries!

Kindsville Stickers

