



Name: _____

Class: _____ Date: _____

A Taste of Mindfulness

An extension of "Migrant workers who write poetry"

Migrant workers contribute much to Singapore's economy and to our comfort and well-being. We should, in turn, treat them with graciousness and respect.

Instructions

1. Individually, read "**Migrant workers who write poetry**" (page 15, *What's Up* May 2018) to understand them, and be mindful of their difficulties, fears, and desires.
2. In the table below complete the sentences using information found in the article. Use the reverse of this sheet if you require more space.

a.	Sometimes, they have to stop studying as _____.
b.	They work to help their families _____.
c.	They are scared if employers are going to treat them _____.
d.	Employers may demand _____.
e.	If workers are sick or injured and cannot work _____.
f.	They can only go home to see _____.

3. As a whole class, invite the workers in your school, such as cleaners, to share in some snacks. This will surely make them happy. Here is a simple recipe for a refreshing fruit salad that you could make and serve at the gathering.

Ingredients: Half a honey pineapple skinned and cored, 1 destoned ripe mango, half a deseeded papaya, 2 skinned kiwis, half a lime, a small bunch of fresh mint, 2 tablespoons of brown sugar.

- a. On a cutting board, cut the pineapple into chunks. Place the chunks into a bowl.
- b. With a teaspoon, scoop out small balls of the flesh of the mango from the skin. Place it into the bowl with the pineapple. Do the same for the papaya.
- c. Slice the kiwi fruit and place into the bowl.
- d. Squeeze the lime and drizzle the juice over the fruits in the bowl.
- e. Gently toss the fruits. Serve the fruits onto plates.
- f. Pound most of the mint (leaves only) with the sugar in a pestle and mortar. Sprinkle it over the fruits with the rest of the mint leaves and serve.