

TEACHERS' GUIDE



Clean Water for Lukong is the story of a day in the life of a little boy named Lukong, who lives in Kumbo, Cameroon. Lukong is learning about the importance of clean water, and how proud he feels to play a role in the family by helping get the water from the public stand tap, keeping it clean, and helping with related tasks.

Written by Pat Moore, and illustrated by Mary Moore, this book serves both for literacy, and to teach about clean water. It is a beautiful book for young readers, and informs western kids about a day in the life of another culture.

As of February 2011, 100 of these books have made their way to Kumbo, for kids in the local reading centre, the library, and neighbourhood schools and homes. The book is making its way to children through the Kumbo Water Authority Improvement Project. Five books have also made their way to children in Ghana.

Our "buy a copy for Africa" program enables you to contribute to literacy and education about clean water in Africa. Each copy you buy for Africa will be sent to Cameroon and/or other locations in Africa. Thank you for your support

Mini-Glossary for our Western Readers

Words you will find in Clean Water for Lukong



Fufu: a starchy sticky white food made of ground corn (maize), similar to cream of wheat. In Cameroon and other West African countries people eat fufu most days, as a side-dish with soup or stew. In some countries fufu is made from yams or other root vegetables. Fufu is made by pounding the corn with a mortar and pestle until the desired consistency is reached. There is a good video clip of making fufu on YouTube at: <http://www.youtube.com/watch?v=5HFhruMRfcM>



Plantain: a banana like plant, less sweet and starchier than bananas. Delicious fried or cooked over a grill.

Mbong: a game played on a wooden board with about a dozen carved dishes, and using seeds, nuts, or stones for game pieces. It is sometimes called Mankala in the Western World. The two players move the pieces counter clockwise around the board, each try to get all their stones into their pit. The player with the most stones wins.



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About Kumbo, Cameroon

Kumbo is a city in the mountains of the North Western province of Cameroon, West Africa. Also known as Kimbo, it is the second-largest city in the North West Province of Cameroon and the capital of Bui Département. It lies about 2000m above sea level and is situated approximately 110km away from Bamenda (the provincial capital), on the Bamenda Highlands Ring Road.

Kumbo has a population of 80,212 (at the 2005 Census) and is split into three distinctive hilly settlements of Tobin, Mbveh, and Squares. The town is known for horse racing (Tobin Stadium [1]) and traditional medicine, and also for its palace (Nso Palace), a market and two hospitals (Shisong Hospital & Banso Baptist Hospital).

Kumbo is the capital city of the Nso Kingdom of the Nso people. The lingua franca is Lamnso but Pidgin, English, French, Oku, Djottin, Fulfulde, and Hausa are spoken. (Excerpt from Wikipedia)

The above map is from the United Nations, September 2004. The red line draws your eye from Douala, the main port and one of two primary points of entry by air (the other being the capital, Yaoundé), to Bamenda, the capital of the North West Province, and then to Kumbo. On a good day, it is a nine (9) hour drive from Douala to Kumbo. The road from Bamenda to Kumbo is very poor – primarily a red clay soil with many huge pot holes, cracks, and caved in sections as a result of changes from rainy to dry season.

The above map is from the United Nations,



Catchment area



community meeting for clean water



Pat visiting with a local family

