

UNIT TWO: GRADES 3 - 5

LESSON ONE: Reading about Hunger



The GOALS

of this lesson are to:

- develop an awareness of what hunger is by reading a story about hunger (READING AND LISTENING SKILLS)
- increase awareness among children about the prevalence and causes of hunger (SOCIAL STUDIES)
- foster and promote community values and empathy among children

This lesson has three components: **READING** a story about hunger; a **DISCUSSION** of the story and more broadly about hunger and giving; and an **ACTIVITY** which reinforces the lessons from the story and discussion.



READING

Read *Uncle Willie and the Soup Kitchen* or another selection from the suggested reading list (see Appendix D).



DISCUSSION

Discuss the book you choose. Below are some suggested questions:
What happens in this book? What do we learn from this story?
How does that apply to our own community?

Following the discussion of the book, have the class discuss hunger and giving. Use the following questions as guidelines for the discussion:

What does it feel like to be hungry?

Why do you think people are hungry?

- no money to buy food
- no kitchen to cook in (homeless)
- no transportation to buy food
- physical limitations (especially elderly)

What are some of the reasons people don't have money for food?

- can't stretch money they have to pay for rent, utilities, food
- can't work because they are ill or need to care for small children
- can't find a job

What kind of people do you think are hungry?

- children, elderly, adults, people in cities and suburbs
- people of all colors and ethnic backgrounds

Where do you see hunger?

- discuss TV images of hunger

How many kids in our state do you think are hungry?

- one out of every five children in Massachusetts under the age of 12 is at risk of hunger. That's over 200,000 kids. (How many people in the class or group would that be?)

What problems do some hungry children have?

- they get sick more often, can't concentrate in school, become tired, get headaches, don't grow right, brains don't develop properly

NOTES

Where can hungry people go for food?

- Teachers can help children get breakfast and lunch at school.
- People can call the FoodSource Hotline at 1-800-645-8333. The Hotline will find a place nearby where a family can get a bag of groceries or a hot meal. The Hotline can also tell a family how to apply for public programs that help hungry people.

ACTIVITY



Have each child in the class write (and illustrate, if time allows) a story about a child who is hungry, being sensitive to the reality that some children in the class may, in fact, be hungry. Provide a framework for the story and some questions or suggestions to help guide the story. You may also want to divide the class into small groups and have each group together write and illustrate a story.

Have the children in the class sit in a circle. Provide the first sentence or two of a story about a child who is hungry. Then, go around the circle and have each child add a sentence to the story.

Ask the class, “What does it feel like to be hungry? What does it feel like to be well fed?” Have the children make a drawing of each feeling and talk about the differences.