



The GOALS

of this lesson are to:

- develop an awareness of hunger and of places hungry people can turn for help, such as a soup kitchen (SOCIAL STUDIES)
- build concern about, empathy for and identification with the hungry in our own and other communities
- emphasize that we all have a role to play in reducing the amount of hunger (SOCIAL STUDIES)
- give students an opportunity to take action against hunger within their own community
- learn how good it feels to make a difference in fighting hunger and building a better community

LESSON FOUR: Learning Through Community Service

This lesson has two components: a **DISCUSSION** about what the group has learned over the past few classes about hunger and how they might make a difference in addressing the issue; and brainstorming/planning a Community Service **ACTIVITY** which the class can undertake.



DISCUSSION

Begin by summarizing what the class has learned through the earlier lessons about hunger. Remind them that people of all ages, from all different parts of Massachusetts, are hungry, because they don't have enough money for food. When people don't eat well, they can have problems, like getting sick and having trouble concentrating.

Discuss the importance of the individual in solving society's problems like hunger. What can each person in the class do? What can the class do as a whole?



ACTIVITY

The following are suggested activities, one or more of which the class can undertake as a community service project.

Have a speaker from a local food pantry or soup kitchen or from Project Bread talk with the class about hunger and what their organization is doing to combat hunger. The speaker may want to brainstorm with the class about a future project they could undertake together.

Have a can drive for the hungry. Have the students ask their parents and other adults for donations. Remind the students to keep in mind healthy eating and the Food Pyramid in asking for donations. If possible, plan a field trip to a local food pantry to deliver the food that has been collected.

Have the class make posters to put up in the school encouraging children to participate in the Walk for Hunger. Encourage the children to include sentiments about why this is important: "We can make a difference," "We want to help other children who don't have enough to eat."

NOTES

Divide the class into small groups and develop a short script for the children to use in asking their friends and neighbors to sponsor them in the Walk for Hunger. Have the groups use what they have learned about hunger in developing their talking points.

Make food posters about the importance of eating well and/or where hungry people can turn for help. Hang the posters up in the classroom or cafeteria to remind students about healthy eating.