

UNIT ONE: GRADES K-2

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 *Stone Soup* by Marcia Brown to the class.

DISCUSSION

Discuss *Stone Soup*. Below are some suggested questions:

What happens in this book?

What do we learn from this story?

How can we apply what we've learned 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:

Have you ever been hungry? What did it feel like?

Why are some people very hungry?

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

What kind of people do you think are hungry?

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

Can you think of a time when you did something nice for someone? When?

How did you feel about yourself when you did it? Did you feel good? Proud? Strong?

What would happen if everyone did something to help hungry people?

ACTIVITY

Once the discussion has taken place, you can select one or more of the following activities:

Create hunger cards either by cutting out or drawing pictures. Have pictures of people eating, people who are hungry, and people who are serving other people food. Discuss why some people have enough to eat and others don't.

NOTES

Have a variety of types and sizes of spoons available (wooden mixing spoons, plastic spoons, baby spoons, etc.), as well as arts and crafts materials to decorate the spoons. Have the class decorate the spoons and plan ways to sell the spoons to raise money to help feed the hungry.

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 (or cut pictures out of a magazine), and talk about the differences.