

LESSON THREE: Learning Through Community Service



The GOALS

of this lesson are to:

- develop an awareness of hunger and places hungry people can turn for help
- 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)
- provide concrete opportunities for children to make a difference in the lives of the hungry
- 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

This lesson has two components: a **DISCUSSION** about what the class has learned 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

Continue the discussion of hunger from the first lesson. Use the following questions and answers as guidelines:

What problems do hungry some 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

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.

Discuss ways in which the class can help raise awareness of hunger and/or help hungry people, and plan a service project. 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.

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.

Build a food pantry in the classroom and/or for the school. Have the students ask their parents and other adults for donations or food for the food pantry. If possible, plan a field trip to deliver the food that has been collected to a local food pantry.

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.”

Have a child and/or teacher who has participated in the Walk for Hunger in the past talk about the experience and encourage other children to participate this year.