

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.

LESSON TWO: Essentials of Nutrition

The GOALS of this lesson are to:



- develop an awareness of what hunger is (SCIENCE)
- learn about healthy eating habits and the importance of a well-balanced meal to meeting the body's needs (SCIENCE)

This lesson has three components: an **ACTIVITY** during which the class builds their own Food Pyramid; a **DISCUSSION** of the Food Pyramid and healthy eating; and an **ACTIVITY** which gives students a hands-on opportunity to put their learning into practice.

ACTIVITY

Divide the class into six groups, corresponding to the six different food groups of the Food Pyramid (See Appendix A). Assign children to one of the following groups: fats, oils and sweets; milk, yogurt and cheese group; meat, poultry, fish, dry beans, eggs, and nuts group; vegetable group; fruit group; bread, cereal, rice and pasta group. Each group should then color or cut out from a magazine food pictures for their food group corresponding to the number of recommended servings for that group (i.e. 2 -3 servings milk, yogurt and cheese; 3- 5 servings vegetables, etc.). Have each group then paste the pictures of their food group onto a larger cutout of a Food Pyramid that you have prepared in advance.

DISCUSSION

Discuss the food value of food groups (see Appendix B). List healthy foods and snacks, and cut out pictures of them to add to the pyramid. Hang the finished Food Pyramid in the classroom, hall or cafeteria to remind the children in this class about healthy eating and help teach other children about how to eat well-balanced meals.

ACTIVITY

Pick one or two students to tell the class about everything they had to eat so far that day. As they describe what they had, point to the appropriate food groups in the Food Pyramid. Have the class brainstorm together what other foods the students should eat for the rest of the day (for snacks and meals).

Using photos or drawings, make "Healthy Eating" and "Poor Nutrition" cards. Have pictures of healthy-looking children eating healthy food. Have pictures of children and elders who do not look well and explain that children cannot learn and become sick if they don't eat well. Explain that elders become ill when they don't eat well.

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.