



LOCAL HUNGER

ELEMENTARY LEVEL

The Food I Eat Activity

Core Activity

- **Purpose:** the purpose of this activity is for students to gain an understanding around the cost of the food they eat and what constitutes a healthy diet. With this knowledge they will begin to understand that there are many reasons why people experience hunger.
- **Instructional method(s):** class discussion, group work.
- **Differentiated Instruction:**
 - Students work in groups instead of individually.
- **Estimated time:** 30 minutes
- **Steps:**
 1. Collect fliers from your local grocery store.
 2. Begin by leading a discussion around the importance of a healthy diet, using the following suggested questions:
 - What is a healthy diet? What does a healthy diet consist of? Write suggestions on the board.
 - What are the benefits of having a healthy diet?
 - What are the consequences of an unhealthy diet?
 3. Distribute grocery store fliers and blank pieces of paper to each student in the class.
 4. Ask students to volunteer examples of the food they normally eat in a day. Write suggestions on the board.
 5. Students must flip through the grocery store fliers and create a grocery list of the food they will need to buy in order to feed themselves for the day. On their blank piece of paper, ask them to record the type of food, as well as the quantity and price. When this is complete, ask students to calculate the total cost of their groceries.
 6. Ask students to present their grocery list to the class. Lead a discussion around the food they eat using the following questions:
 - Were you surprised by the total price of your daily groceries?
 - If that was the price of your groceries for one day, how much would it cost to have those groceries for one week? Does this surprise you?
 - Is there anything you can cut out of your grocery list to make it more affordable?
 - Were some foods more expensive than others? If so, which ones? Can this affect your healthy diet?
 - What does a family need to take into account when they grocery shop? (e.g.: income, budget, maintaining a balanced diet, etc.)
 7. Move the discussion onto reasons why families might not be able to afford this food, by asking:
 - What other expenses does a family need to think about aside from food? How can this impact their choices? (e.g.: rent, transportation, bills, etc.)
 - What are some reasons that could cause this family to be unable to afford their weekly groceries?
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Teacher note: As you conduct this discussion, keep in mind that some root causes of hunger include: deep and persistent poverty caused by a shortage of full-time jobs with stable living wages; lack of affordable social housing; lack of affordable and accessible child care, etc.

8. Debrief students' feelings, by asking:
 - Have you learned anything new about hunger in your community?
 - Did anything upset you?

Teacher Note: At this time, it is important to keep in mind that some students and/or their family members may themselves have experienced hunger as an ongoing issue, and perhaps visited food banks themselves. Therefore, ask the class to be sensitive and considerate during this discussion

Support students in ending local hunger. Participate in Free The Children's Halloween for Hunger campaign. Learn more at www.weday.com/takeaction.