
LOCAL HUNGER

SECONDARY LEVEL

Hunger Myths Activity

- **Purpose:** the purpose of this activity is for students to understand the many reasons why people suffer from hunger.
- **Instructional method(s):** class discussion, group work.
- **Differentiated Instruction:**
 - Students work independently instead of in a group.
- **Estimated time:** 30 minutes
- **Steps:**
 1. Ask students to list some of the reasons why people go hungry in Canada. Record answers on the board.

Teacher note: As you lead this discussion, keep in mind that some of the reasons why hunger exists 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.

2. Tell students that there are a great number of myths about hunger that must be broken. Explain that as a class, you are going to work together to break some of these myths.
3. Divide the class into small groups and assign each group one of the following myths:
 - Hunger is visible; if people are suffering from hunger in my community, I am able to see it.
 - If someone in my community is suffering from hunger, it is their own fault.
 - Only adults use food banks.
 - I don't have to donate to my local food bank because other people in my community will.
 - Contributing to local food banks is the only way we can fight against hunger in our community.
 - Problems associated with hunger are confined to small pockets of society, certain areas of the country or certain neighbourhoods. My community and neighbourhood are not affected.
 - People go hungry because they are lazy and don't work hard.
4. Encourage students to discuss these myths as a group, in order to brainstorm facts and statements that break their assigned myths. Further to that, ask the groups to use resources found around the classroom such as computers, books, newspapers etc. to research more substantial facts, publications and statistics that will help break their myth.

Teacher note: please see the list of additional resources below, as a starting point for websites to research this information.

5. When students have completed their research and compiled their evidence, have each group present their myth and findings to the class.



6. Promote an active class discussion around each myth, addressing why they think people believe these untrue myths and how they can be dispelled.

Encourage students to take action to end local hunger. Participate in Free The Children's Halloween for Hunger campaign. Learn more at www.weday.com/takeaction.