
LOCAL HUNGER

SECONDARY LEVEL

“Needs” versus “Wants” Activity

Orientation Activity

- **Purpose:** the purpose of this activity is for students to develop an understanding of the differences between needs and wants. Students will also recognize that food is a basic human need.
- **Instructional method(s):** class discussion.
- **Differentiated Instruction:**
 - Students will discuss proposed questions in groups rather than having a full class discussion.
- **Estimated time:** 20 minutes
- **Steps:**
 1. Ask students: when they find themselves saying “I need ...,” what are those things? Make a list of needs on the board.
 2. As a class, create a definition of a need.
 3. Ask students: when they find themselves saying “I want ...,” what are those things? Make a list of wants on the board.
 4. As a class, create a definition of a want.
 5. Lead a discussion around food and hunger, using these suggested questions:
 - What category does food belong to? Why?
 - Is food necessary for human survival?
 - Do all people have the right to food? Why?
 6. Ensure that students are aware that food is a basic human need and that it is necessary for survival.
 7. Move onto a discussion about hunger using the following suggested questions:
 - What symptoms do people experience when they are hungry? (e.g.: fatigue, bad mood, anxiety, low energy, etc.)
 - How does hunger affect an individual’s daily life? (e.g.: absence from work/school, less energy to study, etc.)
 - What are some of the reasons why a person in your community would go hungry?
 - What are some of the things we do in our community to help people that are experiencing hunger?
 - Thinking of things we already do in our community, where do you still see areas of need? What more can we do?
 8. Before concluding this discussion, ensure that students have a thorough understanding of the causes and effects of hunger.

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.