

HUNGRY TO HELP

TEACHER INSTRUCTIONS

Objective: Students will build empathy for people struggling with hunger and will make an action plan to fight hunger in their communities.

Time Required: 45 minutes

Materials: Art supplies (markers, colored pencils); whiteboard; Student Activity Sheet 1; Family Activity Sheet

Introduce the Activity

1. Invite students to name their favorite meals. Encourage them to share and compare their favorite things, and share yours as well. Hand out Student Activity Sheet 1 and art supplies. Give students a few minutes to draw their meals. Display the artwork on a bulletin board or wall.

Teach the Lesson

2. Pose the following questions to the class and discuss their answers:

- How would you feel if you didn't have dinner tonight?
- How does being hungry make you feel?

- Is it easy or difficult to focus when you're hungry?
- How would you feel if you were told you wouldn't be able to eat tomorrow?
- How much do you think a day's worth of food costs?
- What would happen if you didn't have enough money to afford food?

3. Explore with students the problem of hunger in the United States. Create a visual example to help students understand the proportion of children in the United States who struggle with hunger (1 in 6). Examples: filling one-sixth of a jar with pennies or marbles or shading one-sixth of a circle graph on the whiteboard. City-specific stats can be found at map.feedingamerica.org. One in 6 of all children amounts to millions of kids!

4. Explain that families who don't have enough to eat may not be able to afford the types of meals the students included in their drawings. Also, emphasize that people face hunger for many different reasons, and it shouldn't be something that defines a person.

5. Stress that practicing empathy—our ability to understand situations that are different from our own—is an ongoing exercise and is an important tool to help fight hunger.

6. Talk about where you get your food from—a grocery store, farmers market, etc. Explain that families who struggle with hunger often rely on food banks or food pantries. Then explain the difference between the two: food banks collect and store large quantities of food, whereas food pantries distribute food to people who need it.

Extend the Empathy

7. Explain that students will now work with their families to explore the issue of hunger. Hand out the Family Activity Sheet with the recommended activity you'd like your students to do at home.

8. Share some of your classroom's artwork on social media! Include @FeedingAmerica and #hungrytohelp.

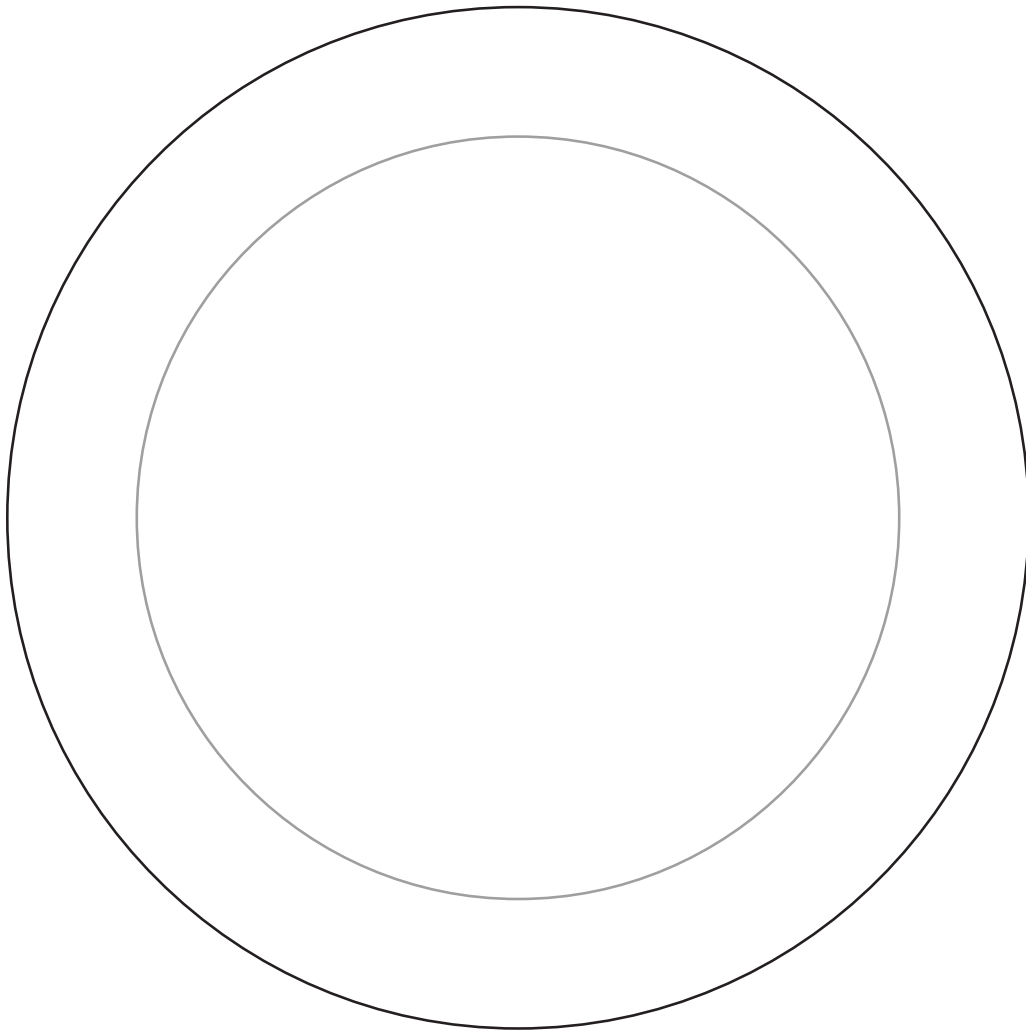


Please be aware that some of your students may be struggling with hunger. Adjust the lesson and activity as necessary to maintain sensitivity to all students.

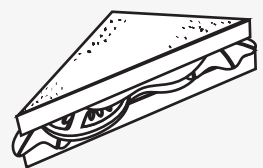
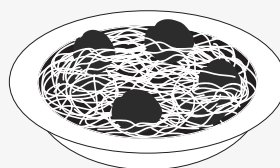
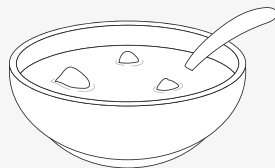
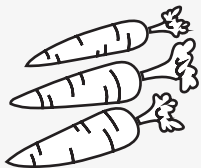
MY FAVORITE MEAL

What is your favorite meal? Some people like a turkey sandwich. Some dream of spaghetti. Everybody has a favorite meal, but not everyone gets to eat nice meals every day. When someone doesn't have enough to eat, this problem is called hunger. Many children live with hunger every day.

In the space below, draw your favorite meal. Think of how much fun it would be to share this meal with someone who has never eaten it before.



NEED IDEAS? TRY ONE OF THESE FOODS!



HUNGRY TO HELP

FAMILY ACTIVITY SHEET

Parents: Your child has been learning about the topic of hunger in his or her classroom.

What You Need to Know

- Nationwide, around 42 million people are food insecure, meaning they may not have enough food to maintain an active, healthy life.
- Around 13 million children may not have enough to eat.

The good news is that we can work together to fight hunger.

How to Help

Feeding America invites you to visit **[FeedingAmerica.org/familyactivities](https://www.feedingamerica.org/familyactivities)** to find the Family Action Plan. This guide will help you talk to your child about hunger and will help them develop empathy for others. Resources such as children's books on hunger and a family action checklist can help your family fight hunger at home and in your community.

Family Action Plan

Download the Family Action Plan and do the recommended activity below with your child. The Family Action Plan guides you through everyday acts and long-term goals. By educating your family about this problem, you can turn thoughts into actions and help make a difference.

FAMILY ACTION ACTIVITY

Recommended Activity: _____

Found in the Family Action Plan on page: _____

To download the Family Action Plan, visit
[FeedingAmerica.org/familyactivities](https://www.feedingamerica.org/familyactivities)