

Elementary Curriculum - Food Insecurity Awareness Activities (FIAA)

First of all - *Thank you!* We at Hays County Food Bank greatly appreciate your support and want to give you everything you need to make your job easier.

Please let us know if there is anything we can do to help facilitate these activities.

Overall Objectives

- Understand what hunger is and what food banks do.
- Experience the impact of limited and unequal resources.
- Stimulate discussion about the different ways we can respond to the needs and challenges faced within our own communities .

Activities

The following activities do not all have to be done at the same time. The instructions are written so you can pick and choose which activities you think will benefit your class. You are also welcome to do all the activities listed.

- Building Houses (p.2)*
- Book Reading (p.3)
- Drawing Prompt (p.5)
- Additional Resources (p.6)

Things to Understand

- What is hunger?
- How do people who are hungry act?
- What are some reasons why people are hungry?

Building Houses*

Estimated time: 30 minutes

Description

- Participants are divided into 3-5 groups and given envelopes with simple materials to construct a 3-dimensional, miniature “house”.
- What the groups don’t initially realize is that each group has different materials. Some have an abundance of supplies and others do not.

Materials

You can be flexible and creative with the materials you use. The following is a good starting point:

- 3-5 Large manila envelopes
- 6-10 Sharpened pencils
- 6-11 Pieces of construction paper
- 6-15 Colorful markers
- 1-2 Manila folders (or cardstock)
- 2-4 Pairs of scissors
- 1-3 Rolls of scotch tape
- 1 Stapler

Envelope #1: 1 piece of construction paper and 2 pencils

Envelope #2: 2 pieces of construction paper, 2 pencils, and 2 markers

Envelope #3: 2 pieces of construction paper, 2 pencils, 4 markers, and a pair of scissors

Envelope #4: 3 pieces of construction paper, 1 manila folder (or cardstock), 2 pencils, 4 markers, scissors and scotch tape, and a stapler

Envelope #5: 3 pieces of construction paper, 2 manila folders, 2 pencils, 5 markers, 2 pairs of scissors, scotch tape, masking tape, paper clips, and a stapler

Directions

1. Divide the group into 3-5 smaller groups of 3-5 students each.
2. Explain that each group will have 10 minutes to build a 3-dimensional house with the materials inside their envelope.
3. Explain that there is only one rule: they cannot use the large envelope in their house “construction”.
4. Keep an eye on the time and continually alert the groups to how much time they have.
5. Encourage groups to be creative.
6. Do not tell the groups that they can share or collaborate. *If they ask you if they can, tell them it’s up to each group to decide.*

FYI - Facilitators should be prepared for groups to have strong reactions to the unequal distribution of materials. All responses should be addressed in the discussion following the activity.

Discussion Questions

- How did it feel to be in a group that had few materials? Some? Many?
- Did anyone ask to borrow materials? What was the outcome?
- If you didn't share or borrow, why didn't you?
- Can you connect this activity to your life or the lives of people you know?

Book Reading

Estimated time: 15-20 minutes

Description

- This book is written from the point of view of a young boy who spends the day with his Uncle Willie in a Soup Kitchen, where he works preparing and serving food for the hungry.

Materials

- Uncle Willie's Kitchen (most public libraries have one available).
- List of discussion questions. Feel free to choose the questions you think your class with have the best response with.
 - After reading the book, has your idea of what it means to be homeless changed?
 - After reading the book, has your idea of what it means to be hungry changed?
 - How does it feel when someone does something nice for you?
 - What could happen in your life that would cause you to need help getting food?
 - What surprised you about the book?
 - Are the homeless the only people that are hungry?
 - Help students understand that there are a variety of reasons why people visit the food bank.
 - Ex: A parent could lose a job, a person could become older and unable to work, a family member could get sick/injured.

Directions

1. Before the book is read ask two questions.
 - What is hunger?
 - i. What does it feel like when you are hungry?
 - ii. What does it feel like when you are full?
 - What is homelessness?
2. Read the book to the students. *Please contact us if you would like a volunteer to come in and read the book in a Turkeys Tackling Hunger or Super Fruit costume.*
3. Discuss the book and ask the discussion questions.

Drawing Prompt - Imagine a World Without Hunger

Estimated time: 10 minutes

Description

- It's pretty simple. Give the students the drawing prompt and let them draw whatever pops into their minds. After letting them draw freely for 5-7 minutes, have a discussion about their drawings.

Materials

- Markers
- Pencils
- Pens
- Crayons
- Paper
- Optional: glue, yarn, construction paper, scissors, stickers

Directions

1. Give students the prompt with little instruction. Let them be creative.
 - a. Prompt: "Imagine a world without hunger. What would it look like?"
2. Allow 5-7 minutes for drawing.
3. Discuss what they made and why.
 - What does a world without hunger look like?
 - How do you feel when you are hungry?
 - What could happen in your life that would cause you to need help getting food?

Additional Resources

Optional Reading

The Bear Who Shared

- https://www.amazon.com/City-Green-DyAnne-DiSalvo-Ryan/dp/068812786X/ref=sr_1_1?ie=UTF8&qid=1478095249&sr=8-1&keywords=city+green

The Mitten Tree

- https://www.amazon.com/Mitten-Tree-Candace-Christiansen/dp/155591733X/ref=sr_1_1?ie=UTF8&qid=1475253804&sr=8-1&keywords=mitten+tree

City Green

- https://www.amazon.com/City-Green-DyAnne-DiSalvo-Ryan/dp/068812786X/ref=sr_1_1?ie=UTF8&qid=1478095249&sr=8-1&keywords=city+green