



GRADE 4 – 6

Lesson 1

Learning Objectives Students will learn about hunger and do their part to help those in need.

Materials *Starfish Story*: "You Can Make a Difference" Original Story by: Loren Eisley

Teacher Preparation Preview the *Starfish Story*. Have copies of the story as well as the **Parent Letter** (both are provided below) ready for distribution.

Activity

1. What is Hunger?

Lead a discussion about what it means to be hungry.

Did you eat breakfast this morning?

How do you feel when you don't eat breakfast?

Have you ever gone without eating breakfast and lunch?

How do you think you would feel if you didn't eat for two days?

What is the difference between hunger and hungry?

2. Making a Difference

Pass out handouts of the *Starfish Story* then read it aloud to the class.

Lead a discussion about how we can make a difference in targeting hunger in our community.

Brainstorm ways we can reduce hunger.

How many people could we help if the whole school was involved?

Explain that your school will be collecting food and supplies for the ***WESH 2 Share your Christmas Food Drive***. Let the students know that they can do their part to assist those in need. Inform them that they can ask friends, neighbors and family to donate. Then they can collect the items, bring it to the school and the school will get the supplies to the ***WESH 2 Share Your Christmas Food Drive*** in December. Please give them the parent letter to take home.

Facts

How is hunger harmful to children?

Children who do not have enough food get sick more often than children who do have enough food.

Sometimes hungry children do not get enough food to eat during the day and have to go to bed hungry.

Ask these questions then explain the answers.

A. What kinds of people do you think are hungry?

- Children – Boy or Girl
- Adults – Family, mom, dads, aunts, uncles, brothers, sisters, etc.
- Elderly –Not just the young, but t folks like Grandma and Grandpa

B. Why do you think that people are hungry?

- Lack money to buy food
- Homeless
- Limited transportation
- Physical disabilities

C. Why do people lack money for food?

- Don't make enough money to pay all their bills
- They are ill or disabled
- They have children that they must care for
- They have lost a job or can't find a job

The Starfish Story

Original Story by: Loren Easley

One day a man was walking along the beach when he noticed a boy picking something up and gently throwing it into the ocean. Approaching the boy, he asked, "What are you doing?" The youth replied, "Throwing starfish back into the ocean. The surf is up and the tide is going out. If I don't throw them back, they'll die." Son, the man said, "Don't you realize there are miles and miles of beach and hundreds of starfish? You can't make a difference!" After listening politely, the boy bent down, picked up another starfish, and threw it back into the surf. Then, smiling at the man, he said, "I made a difference for that one."



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Lesson II

Skill Areas

Language Arts, media research and team building

Learning Objectives

Students will better understand hunger topics and the words associated with it.

Materials

Vocabulary Worksheet, pencils and Word Find

Teacher Preparation

Preview the vocabulary words on the Vocabulary Worksheet. Have copies of the vocabulary worksheet as well as the Word Find (both are provided below) ready for distribution.

Activity

- 1) Have the students pair off and define the words on the Vocabulary List without using resources.
- 2) As a large group (class) share students definitions.
- 3) Students will then use resources available. For example: a dictionary and/or at the media resource center to find definitions.

Follow-up - Discuss term definitions as a large group.

Extension - All or some of the hunger related vocabulary list may be used as that week's spelling list.

Homework: Distribute the Word Find to the students and allow them to find the hidden words.

VOCABULARY WORKSHEET

Instructions: Work with your partner to define the words below.
Be creative; use any resources available to find the definitions. Happy hunting!

Community:

Donation:

Food Drive:

Protein:

Vegetable:

Hunger:

Volunteer:

Food Bank:

Toiletries:

Fatigue:

VOCABULARY - Answer Key

(Teacher answer key)

Community: a group of people who live in the same area (such as a city, town, or neighborhood)

Donation: something (such as money, food, clothes, etc.) that you give in order to help a person or organization

Food Drive: a fund-raising event hosted by the Inmate Committee. Prisoners can order from a pre-approved outside restaurant using their own funds. Food drives usually happen once or twice a year.

Protein: a substance found in foods (such as meat, milk, eggs, and beans) that is an important part of the human diet

Vegetable: of, relating to, constituting, or growing like plants

Hunger: a very great need for food : a severe lack of food

Volunteer: a person who does work without getting paid to do it

Food Bank: is a non-profit, charitable organization that distributes food to those who have difficulty purchasing enough food to avoid hunger.

Toiletries: an article or preparation (as toothpaste, shaving cream, or cologne) used in cleaning or grooming oneself —usually used in plural

Fatigue: the state of being very tired : extreme weariness

WORD FIND

Find and circle each of the words on the list hidden below.
The words may be hidden across, diagonally, or down.

N F R N R R A E B P U H P J S C
H N O E O U E H K W B Z B E A O
L L A O G I I E K L W N I W A M
H B X H D N T R T N A R R R P M
F I G A L D U A S N T J K T R U
A V Z S P K R H N E U M X W O N
T D V I L Z Q I L O F L M E T I
I N N V F Q Y I V B D W O U E T
G Z V M M O O I M E K F Z V I Y
U I Q L R T O G G O T E L O N K
E M T J D Z N D K E Y W A M J L
U A S W J X N F B D F R T A V P
W B O Y O B O I T A S X L F N Q
J I N R G S R M Y K N J M H V W
Y E L B A T E G E V I K T L I V
N Q N F P O L S K P D L F O Q F
K Q O G E A R H B N V Y C Q Z F
C N V I B T D Y A S V H B V C V
N O V C O Z C V Y L G D Z M W H
W D H I E G E H P H L N Z G K E

COMMUNITY

FATIGUE

FOOD DRIVE

PROTEIN

VEGETABLE

DONATION

FOOD BANK

HUNGER

TOILETRIES

VOLUNTEER

WORD FIND - Solution Key

(Teacher answer key)

+ F R N + R + + + + + + S C
+ + O E O + E + + + + + E + O
+ + + O G I + E + + + + I + + M
+ + + + D N T + T + + R + + P M
F + + + + D U A + N T + + + R U
A + + + + + R H N E U + + + O N
T + + + + + + I L O + L + + T I
I + + + F + + I V + D + O + E T
G + + + + O O + + E + + + V I Y
U + + + + T O + + + + + + N +
E + + + + + + D + + + + + + +
+ + + + + + + + B + + + + + +
+ + + + + + + + A + + + + + +
+ + + + + + + + N + + + + + +
+ E L B A T E G E V + K + + + +
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Lesson III

Learning Objectives Students will feel what not being hungry means to them.

Materials/Resources 4X4 inch white paper tile crayons and/or markers

Teacher Preparation 4X4 inch white paper tiles (templates below) ready for distribution. Preview lesson.

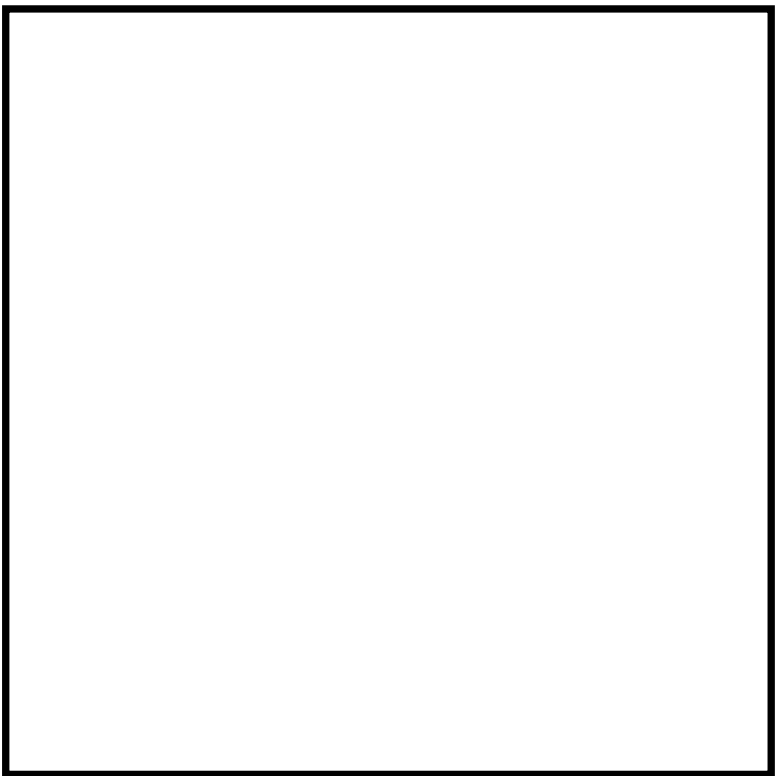
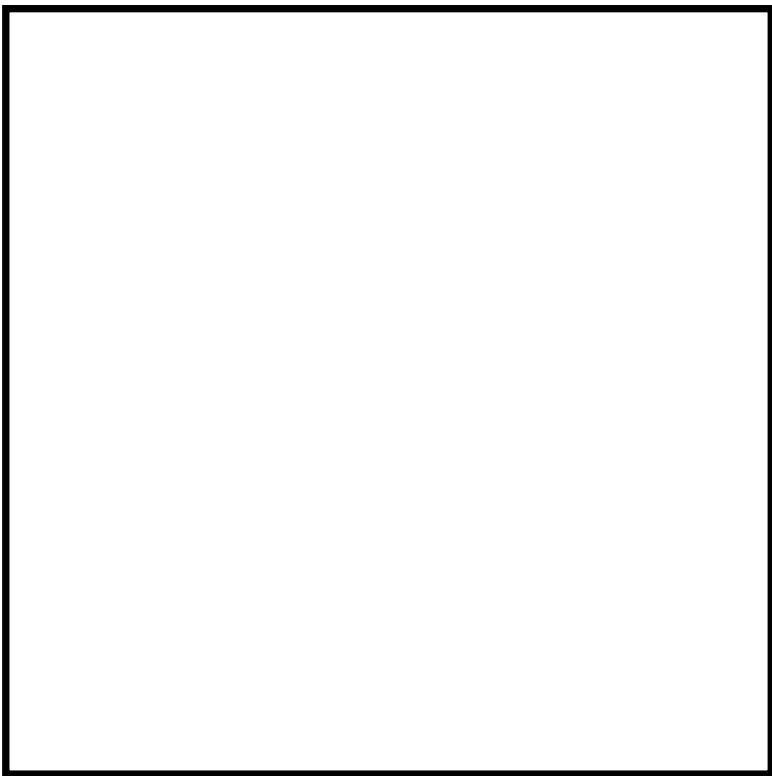
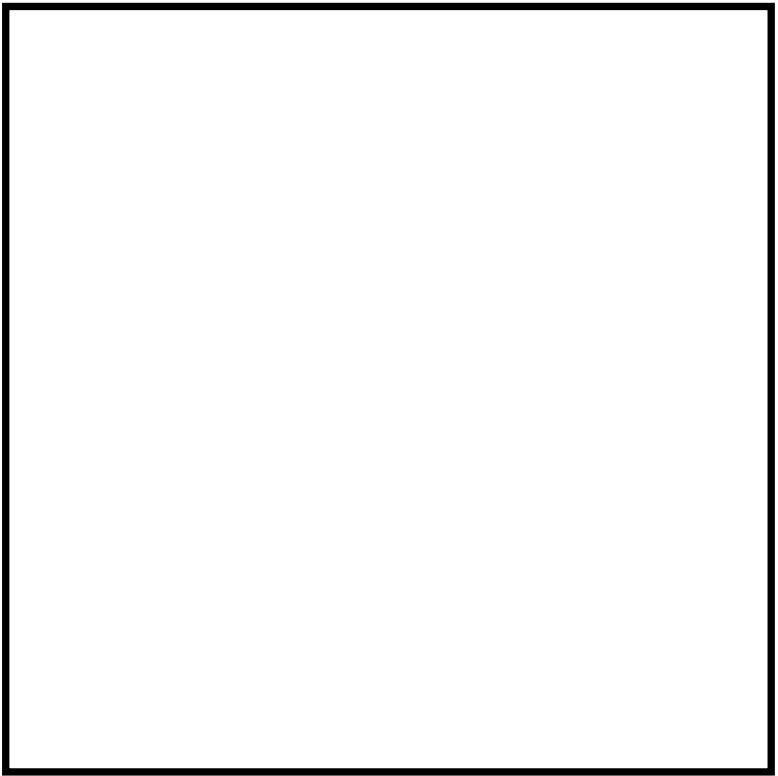
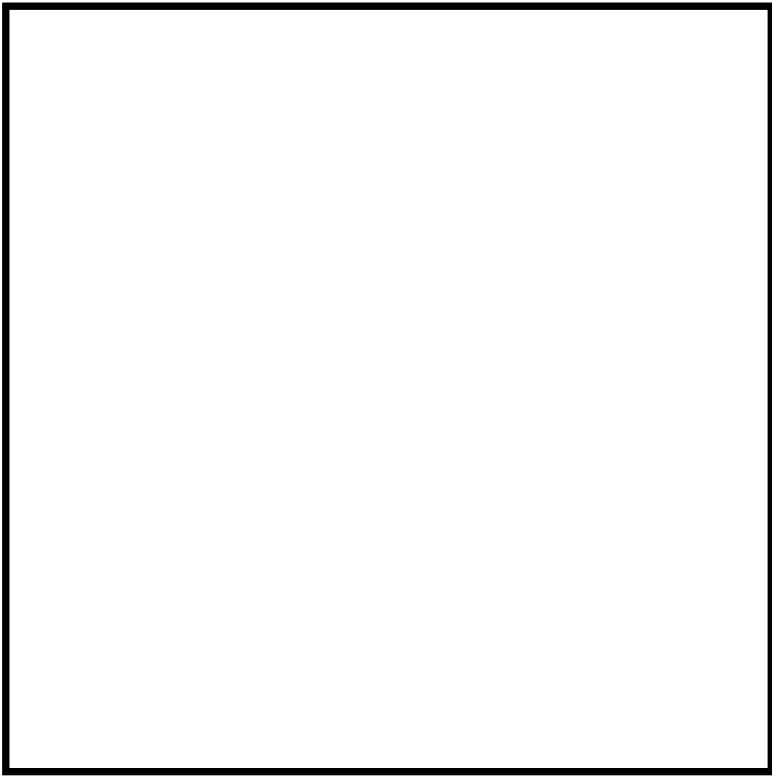
Activity

1. Tile Mosaic Project

This tile mosaic project allows your students to give thought to how having a hot meal at home and how it makes them feel (happy, warm, cozy, safe, full, etc). Give each student a 4X4 inch white paper tile. Using a marker or crayon have each student depict in words and drawings what a hot meal means to him/her.

When the tiles are completed, have your students design a display for the wall arranging the tiles in a mosaic pattern. Display the mosaic in a prominent area such as a hallway, the library, or a showcase to share their concept of not being hungry with others. The project is intended to encourage students to get involved in community service that will benefit people in need in our area.







Dear Parent,

As the month of December approaches, many central Florida families are in need during the holiday season. Our school will be collecting food and necessary supplies for the annual **WESH 2 Share Your Christmas Food Drive** to help hungry families in our community.

WESH 2 teams up yearly with the **Second Harvest Food Bank of Central Florida** to help get these supplies out to those who need it. Every single donation helps, and together we hope our combined donations will make a real difference. Here are some suggestions of what you can collect to donate:

Fruits - Canned fruit (in its own juice, no sugar added varieties), dried fruit, 100% fruit juice

Vegetables - Canned vegetables (reduced salt/no salt varieties), 100% vegetable juice, spaghetti sauce

Protein Foods - Canned meat/poultry, canned tuna/salmon (packed in water), canned/dry beans & peas (low/no salt varieties), peanut butter

Grains - Rice, pasta, crackers (whole-grain varieties), ready-to-eat cereal (low sugar/high-fiber), oatmeal

Meals - Beef stew, canned soup (reduced sodium varieties), chili, other canned meals

Dairy/Dairy Alternatives - Nonfat dry milk, evaporated milk, soy milk.

Baby Food - Must be in complete, undamaged original packaging – no individual serving glass or plastic containers unless in an unopened case.

Nutritional drinks - Drinks such as Ensure and Boost

Non-food Items - Diapers, toiletries (soap, shampoo, shaving cream, etc.) – must be unopened and stored separate from food donations.

Please have your child bring donations to the school, not later than _____. The food will be collected and delivered on behalf of the school. You may also want to volunteer at the Second Harvest Food Bank with your child or children. For more information on volunteering visit www.foodbankcentralflorida.org and click on the Volunteer link. Children have to be at least **10 years old** with a chaperone in order to help at the facility, **16 years old** without a chaperone. They also now have a "**Family Night**" for families with children **ages 5-9** years old. These usually take place every other month, on a Tuesday from 6pm-8pm.

Thank you for your help.

Your generosity is greatly appreciated!

Teacher's Signature _____

