



GRADE 7 – 8

Lesson 1

Learning Objectives Students will get an understanding on how people find themselves in need of help.

Materials/Resources Copies **Creative Writing Worksheet** (1 for each group) and copies of **Parent Letter** (worksheets and parent letter are provided below).

Teacher Preparation Preview the lesson. Have copies of the Creative Writing Worksheet and the Parent Letter (both are provided below) ready for distribution.

Activity

1. Who is Hungry?

There are many reasons that people are hungry. This exercise will help students understand how people find themselves in need of help. Students can do this exercise individually or in small groups, with one student writing the story.

Distribute the Creative Writing Worksheet to the students (if the students are working individually, more than one student can write about the same character). The students will create a story about how their character became hungry.

The stories should address the following topics:

1. What problems do they face?
2. What can they do?
3. How can we help?

When they have finished writing, ask a few students to share their stories. Use these stories to begin a discussion about how people can find themselves needing help.

2. 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.

Creative Writing – Who is hungry?

Group 1:

You are retired and take care of your two grandchildren. Your bills keep going up each month, but your monthly check stays the same.

Address the following topics:

1. What problems do they face?
2. What can they do?
3. How can we help?

Group 2:

You are married and have two children. You recently lost your job and after paying your mortgage and your other bills you do not have enough money left to afford food for your family.

Address the following topics:

1. What problems do they face?
2. What can they do?
3. How can we help?

Group 3:

Because of health problems, you have had to miss work and cannot pay your rent.

Address the following topics:

1. What problems do they face?
2. What can they do?
3. How can we help?

Group 4:

You are a single parent with two children. One of your children becomes ill and you have to stay home from work to take care of him. You only get paid the days you can go to work, but your bills stay the same.

Address the following topics:

1. What problems do they face?
2. What can they do?
3. How can we help?



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Lesson II

Learning Objectives A healthy breakfast provides a steady source of energy that will last throughout the morning. This exercise uses the story of **The Tortoise and the Hare** by Arthur Rackham to show why eating a healthy breakfast is important.

Materials Copies of **The Tortoise and the Hare** story (provided below).

Teacher Preparation Preview the **The Tortoise and the Hare**. Have copies of the story ready for distribution.

Activity Food gives us energy to work, play, and learn. A healthy breakfast, especially one containing whole grains and fresh fruit, provides a steady source of energy that will last throughout the morning. This exercise uses the story of the **Tortoise and the Hare** to show why eating a healthy breakfast is important.

Explain to the students that eating breakfast provides the energy we need. If you do not eat breakfast, you lack the energy you need. If you eat a breakfast that is high in sugar, you have energy for a short period of time, but you run out of energy long before lunch. A breakfast high in whole grains and fresh fruit releases energy at a steady rate all morning long.

Tell the students the story of the **Tortoise and the Hare**. Discuss how the slow but steady pace of the tortoise won in a race with the hare. Compare the healthy breakfast and unhealthy breakfast with the tortoise and the hare. Remind the students that many families cannot afford a healthy breakfast, and do not have the energy needed to stay focused all morning.

Ask the students:

“If you didn’t eat a healthy breakfast would you have the energy to play at recess?”

--do well in Physical Education class?”

--go to soccer practice?”

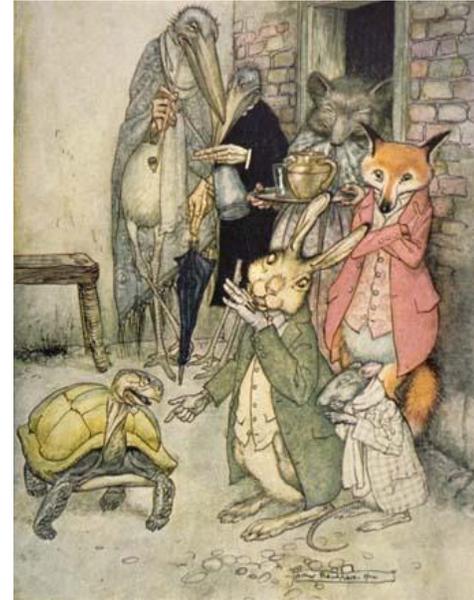
--concentrate in math class?”

The Tortoise and the Hare

Source: ChildhoodReading.Com

Posted on Jul 2, 1997

One of Aesop's Fables (Stories)
by Arthur Rackham



Once upon a time there was a hare who, boasting how he could run faster than anyone else, was forever teasing tortoise for its slowness. Then one day, the irate tortoise answered back: "Who do you think you are? There's no denying you're swift, but even you can be beaten!" The hare squealed with laughter.

"Beaten in a race? By whom? Not you, surely! I bet there's nobody in the world that can win against me, I'm so speedy. Now, why don't you try?"

Annoyed by such bragging, the tortoise accepted the challenge. A course was planned, and the next day at dawn they stood at the starting line. The hare yawned sleepily as the meek tortoise trudged slowly off. When the hare saw how painfully slow his rival was, he decided, half asleep on his feet, to have a quick nap. "Take your time!" he said. "I'll have forty winks and catch up with you in a minute."

The hare woke with a start from a fitful sleep and gazed round, looking for the tortoise. But the creature was only a short distance away, having barely covered a third of the course. Breathing a sigh of relief, the hare decided he might as well have breakfast too, and off he went to munch some cabbages he had noticed in a nearby field. But the heavy meal and the hot sun made his eyelids droop. With a careless glance at the tortoise, now halfway along the course, he decided to have another snooze before flashing past the winning post. And smiling at the thought of the look on the tortoise's face when it saw the hare speed by, he fell fast asleep and was soon snoring happily. The sun started to sink, below the horizon, and the tortoise, who had been plodding towards the winning post since morning, was scarcely a yard from the finish. At that very point, the hare woke with a jolt. He could see the tortoise a speck in the distance and away he dashed. He leapt and bounded at a great rate, his tongue lolling, and gasping for breath. Just a little more and he'd be first at the finish. But the hare's last leap was just too late, for the tortoise had beaten him to the winning post. Poor hare! Tired and in disgrace, he slumped down beside the tortoise who was silently smiling at him.

"Slowly does it every time!" he said.



GRADE 7 – 8

Lesson III

Learning Objectives This exercise will help students understand how difficult it can be to buy healthy food for a family of four.

Materials/Resources Copies of **What's for Dinner? Worksheet #1 & 2** (provided below).

Teacher Preparation Have copies of What's for Dinner? Worksheet #1 & 2 ready for distribution.

Activity We all want our family to have healthy, nutritious food to eat. Unfortunately, healthy foods often cost more than foods that are not as good for us.

Lead a brainstorming session about what makes a healthy meal. Emphasize fruits, vegetables and whole grains as healthy foods and steer the students away from foods high in sugar, fat, and salt.

Hand out the worksheets on the following page and ask the students to add the cost of the healthy meals and the unhealthy meals. Close with a discussion of how eating healthily can be difficult on a limited budget. Remind the students how much easier it is to concentrate in class when you have a healthy breakfast.



What's For Dinner? - Worksheet 1

Unhealthy Shopping List

Breakfast	Fozen Waffles (10 Pk.)	\$2.69
	Syrup (12 Fl.Oz.)	\$2.48
	Fruit Drink (1 Gal.)	\$2.49
Snack	Patato Chips (1Bag)	\$2.00
Lunch	White Bread (1 Loaf)	\$1.89
	Bologna (1Pk.)	\$1.00
Dinner	Pasta Sauce with Meat (1 Bottle)	\$1.49
	Pasta (1 Box)	\$1.00
Dessert	Ice Cream (1 Pt.)	\$2.69

Total Cost: _____

Healthy Shopping List

Breakfast	Cereal (Non Sugar Type) (12 oz.)	\$2.69
	Skim Milk (1Gal.)	\$2.99
	Orange Juice (1 Gal.)	\$5.59
Snack	All Natural Popcorn (Box of 4)	\$4.69
Lunch	Whole Wheat Bread (1 Loaf)	\$2.89
	Solid White Tuna (1lb.)	\$3.84
Dinner	Chicken Breast (1 lb.)	\$5.74
	Broccoli (1.6 lb.)	\$3.69
Dessert	Strawberries (1 lb.)	\$4.99

Total Cost: _____

What's For Dinner? - Worksheet 2

1. Which shopping list costs more?

2. How much more did it cost?

3. Explain, in sentences, why hungry people often eat less healthy foods.



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 _____