



GRADE 9 – 12

Lesson I

Learning Objectives Educate students about the hunger problem on the U.S.

Materials/Resources Copies of **Hunger Quiz** (provided below) and copies **Food Drive Information Page**.

Teacher Preparation Preview the Hunger Quiz and Information Letter to students and parents. Have copies of the story ready for distribution.

Activity Hand out the Quiz and have the students take it. It will test their hunger knowledge. When everyone is done go over the answers with them.

And out the Information Letter to students and parents: Inform them that that your school will be collecting food and supplies for the **WESH 2 Share Your Christmas Food Drive** to help many Central Florida families in need and we need their support .

Test Your Hunger Knowledge

1. One in six Americans doesn't not have access to enough food.

TRUE FALSE

2. Most individuals struggling with hunger are homeless out of work.

TRUE FALSE

3. Very few children struggle with hunger because there are programs to take care of them.

TRUE FALSE

4. Most people in low income households would be fine if they just worked harder.

TRUE FALSE

5. Even college-educated people struggle with issues of hunger in this country.

TRUE FALSE

6. The lack of adequate nutrition only affects children's physical growth.

TRUE FALSE

7. In school, children from food insecure households perform just as well as children who have enough nutrition daily.

TRUE FALSE

8. More than 2 million rural households experience food insecurity.

TRUE FALSE

9. Urban countries have the highest poverty rates in the United States.

TRUE FALSE

10. Over 50 million Americans don't have dependable, consistent access to enough food due to limited money and resources.

TRUE FALSE

Test Your Hunger Knowledge – Answer key

(Teacher Key)

1. TRUE. Not having access to enough food to sustain a healthy life is reality for one in six Americans, including children and seniors.
2. FALSE. Hunger is not an issue just for the people who struggle with poverty and homelessness. Only 10 percent of the client households are homeless and 36 percent of individuals served by the Feeding America network have at least one working adult in their household.
3. FALSE. According to the USDA, more than 17 million children are living in food-insecure households. School lunch programs do help, but they don't solve the whole problem.
4. FALSE. 36 percent of households served by the Feeding America network include at least one adult who works.
5. TRUE. 17 percent of the adults interviewed during the Hunger Study have attended college or a technical school. Education is extremely important, but sometimes it's just not enough.
6. FALSE. The lack of adequate nutrition affects the cognitive and behavioral development of children.
7. FALSE. Children from food insecure, low-income households are more likely to experience irritability, fatigue, and difficulty concentrating compared to other children. This can make performing in school very difficult.
8. TRUE. More than 2 million rural households experience food insecurity – that means they don't have dependable access to enough food to sustain a healthy life.
9. FALSE. Counties with disproportionately high rates of persistent poverty are often rural, where it can be more difficult for food banks and food emergency assistance to support them effectively.
10. TRUE. According to the USDA, limited resources prevent over 50 million Americans from getting enough food.



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Lesson II

Learning Objectives Students will work in small groups to create a one minute advertisement informing the public about the hunger problem in Central Florida. Students will perform their commercial in front the class on the assigned date that the teacher provides them.

Materials/Resources Paper, pencils, Internet access and/or simple props.

Teacher Preparation Preview the hunger problem in Central Florida by researching on the web and be prepared to talk to students about it.

Activity

Advertisement Writing

1. The teacher will inform students about the project and students should use the two sties below for more information about hunger in Central Florida:
http://www.foodbankcentralflorida.org/site/DocServer/SHF_048_Hunger_Brochure_FINAL.pdf?docID=961 (Second Harvest of Central Florida's most recent hunger study) and
<http://feedingamerica.org/hunger-in-america/hunger-studies/map-the-meal-gap.aspx> (map the meal study from Feeding America. You can click on specific counties to get the info).
2. The teacher will divide the students in groups and will they work together to create a one minute advertisement on hunger (please allow them enough time 1 or 2 class periods). The teacher will recommend gathering or creating simple props (many can be found at home and the dollar store - toy food, toy dishes, etc.) needed to actually perform their advertisements.
3. The teacher will check in with groups as they create (write) their advertisements.
4. Once props have been created, students will be given time to practice their performances.
5. Students will perform their advertisements before the class on the date given by the teacher.

The Share Your Christmas Food Drive

Information Sheet



Dear Students and 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.

Students please bring donations to the school, not later than _____. The food/supplies 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 _____