



GRADE K – 3

Lesson 1

Lesson Description During this lesson students will listen to the teacher read the book *Uncle Willie and the Soup Kitchen*, a story of a boy who volunteers with his uncle to serve hungry people at a local soup kitchen. Followed by a discussion of general hunger issues.

Learning Objectives

1. Expose students to the concept of a soup kitchen.
2. Develop an awareness of the types of people who are hungry.
3. Discuss the reasons that people might go to a soup kitchen.

Vocabulary **Soup Kitchen** (also known as a meal program): A program people can visit to receive a free hot meal for breakfast, lunch, or dinner.

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

Materials/Resources The book *Uncle Willie and the Soup Kitchen* by Dyanne Disalvo-Ryan (copies are available at your school library or the public library system).

A straightforward fictional view of an urban soup kitchen, as observed by a boy visiting it with his 'Uncle Willie,' who works there every day....The difficult lives of those fed (including children)--as well as the friendly, nonintrusive attitude of the kitchen workers toward them--are presented sensitively but without sentimentality.

Teacher Preparation Preview Book

Activity

1. As a preparatory exercise, the teacher will ask the students if they know what a soup kitchen or food bank is then explain each. The teacher will read *Uncle Willie and the Soup Kitchen* aloud to the class and lead the class in a discussion.
2. Ask these questions after reading.
 - What happens in the book?
 - What does Uncle Willie do during the day?
 - What happens at the soup kitchen?
 - What kinds of people eat at the soup kitchen?
 - How does the boy help out at the soup kitchen?

Facts & Figures

What does going hungry mean?

Hunger is a condition in which people do not get enough food to provide the nutrients (carbohydrates, fats, proteins, vitamins, minerals and water) for fully productive, active lives.

Lots of people are without food go hungry some for a short amount of time and others for a longer amount of time.

In our country, the United States of America, there are lots and lots of people without food.

Being hungry is hard. Low income may lead to malnutrition and hunger among people because they do not have enough money to buy enough nutritious food.

It is tough for the children who are hungry and it's not fun. Children who are hungry often experience headaches, get tired, get colds, and other illnesses that may cause them to be less physically active. Adults who are hungry for long periods of time may get weak bones and muscles, increases the risk of illness, worsens existing health problems, and contributes to sadness (depression) and lack of energy.

Being hungry does not mean a person or a family will never have enough food. We can do things to help them. For example: We will be collecting food and/or money to help people in need for the **WESH 2 Share Your Christmas Food Drive**. You can ask your friends, neighbors and your family to donate and then our school will deliver the supplies to the program in December.



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Lesson II

Skill Areas

Critical Thinking

Learning Objective

Students will be able to identify our basic daily needs.

Materials/Resources

Copies of “What Do Families Need?” worksheet (provided below) to distribute to the class, pencils or crayons, copies of Word Find (provided below) and copies of Parent Letter also found below.

Teacher Preparation

Have copies of worksheets and letter for parents ready for distribution.

Activity

1. Teacher will lead a discussion helping the students to identify basic daily needs for a family (food, toiletries, baby products, etc.).

Possible discussion questions might include:

What are some things we need every day?

What is the difference between a need and a want?

Explain the difference between these two and provide examples.

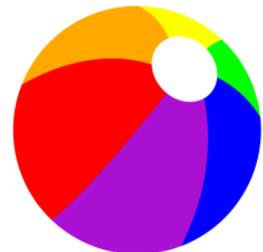
Explain that not every family has what they need and some of the things that we can do to help them. Cover all the words that are listed on the word find so that students have an understanding of each.

2. Students will complete the: “What Do Families Need?” worksheet by circling the pictures of items needed.

Homework: Have the students take the parent letter and word find home to complete with their family.

WHAT DO FAMILIES NEED?

Circle the pictures below which show something a person need.



WORD FIND

Search the puzzle to find the hidden words listed below

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

DONATE

FOOD

MEAL

FEED

HELP

FOOD BANK

WORD FIND - Solution Key

(Teacher answer key)

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| + | + | + | + | + | + | + | + | + | + |
| + | + | + | + | + | + | + | + | + | F |
| + | + | + | + | + | + | + | + | + | O |
| D | F | + | + | F | + | + | + | + | O |
| + | O | O | + | + | E | + | + | + | D |
| + | + | N | O | + | + | E | + | + | B |
| + | + | + | A | D | + | + | D | + | A |
| + | + | + | + | T | L | A | E | M | N |
| + | + | + | + | + | E | + | + | + | K |
| + | + | + | + | P | L | E | H | + | + |

Who is hungry? How big is the problem?

Anybody can experience hunger.

Moms, dads, aunts, uncles, brothers and sisters can all be hungry. It doesn't matter whether you are a boy or a girl, young or old, or live in the city or in the country, hunger can happen everywhere.

People who are hungry have names, families, things they like to do, foods they like to eat and games they like to play — just like you.

There are thousands of families in our country that do not have enough food to eat every day.



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Lesson III

Lesson Description Language arts, critical thinking and creative arts

Learning Objectives Students will increase their awareness and understanding of those who suffer from hunger by comparing their own wants and needs to those of hungry families.

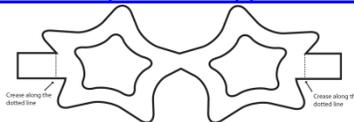
Materials/Resources Construction paper, scissors, and crayons

Teacher Preparation Preview the activity and either make a pair of the construction paper sunglasses in advance or plan to make them in a step-by-step process with the class. Here are some downloadable templates you can use:

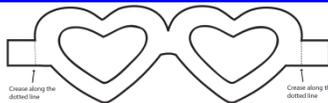
http://www.firstpalette.com/tool_box/printables/eyeglasses.pdf



http://www.firstpalette.com/tool_box/printables/starshapedglasses.pdf



http://www.firstpalette.com/tool_box/printables/heartshapedglasses.pdf



Activity

Students will construct a pair of sunglasses similar to the teacher model

Using construction paper - make the lenses large enough to allow room to add drawings. The students will draw pictures on the lenses of their glasses in response to questions and directions from the teacher.

Directions to the students

The teacher will ask the students to draw a picture of their family on the left lens. Continue with directions to draw their favorite food.

Next ask the students to use the right lens and draw what a hungry family. Continue by asking them to draw the favorite food of a hungry child.

Follow-up Discussion

After the drawings are complete, discuss with the class the images they have drawn. What are the similarities? What are the differences?

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 to re-enforcing what they already learned and a few new ones 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 & 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



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 _____