

Hunger Continuum

Grades 4-12

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Thanks to The Common School
for providing the worksheet



The Food Bank
of Western Massachusetts

TIME

45mins-1 hour

MATERIALS NEEDED

- Cardboard, poster board or any other sturdy material, paper, markers and glue sticks, worksheet (*provided*)

OBJECTIVE

- This activity will help students think about the complexity of the term “hunger” and gain a better understanding of the different stages of hunger that exist in the world and in their own communities.

PROCEDURE

- Prepare Continuum Cards (large enough for the group to see). This is best done before the workshop.
 - Cut cardboard/poster board into five rectangular cards for the five levels of hunger.
 - On the front of each card, write a term from the continuum (*see attached*). On the back, write the definition of that term.
 - Use the text provided and any colored papers, markers or other art supplies you have to make the cards. Alternatively, print the text from the computer and glue it onto the cardboard cards.
- Once cards are prepared:
 - Ask 5 students to stand in a line at the front of the room.
 - Hand each student one card in order and ask him/her to hold it so that everyone can see the term on the front.
 - Read the first term (starvation) and ask students what they think of when they hear that word, what it means to them. Then, ask the student with the card to read what is written on the back.
 - Continue this process down the continuum allowing time for discussion of each term before or after the definition is read. You can use the attached worksheet for students to fill out beforehand or as the discussion goes along.
- Discuss: Community Food Security,
 - What does it look like?
 - What do we need to reach it?
 - What ways can our community increase access to affordable healthy nutritious foods?
Brainstorm as a group, some examples might be:
 - Electing legislators who understand hunger
 - Making it easier to access government assistance
 - Putting a grocery store in every town
 - Having more nutritious meals in schools
 - Reducing stigma about hunger
 - Producing more affordable local foods (farmers markets)
 - Creating more community gardens
 - Increasing nutrition education for kids and families
 - Increasing the living wage

POSSIBLE ACTIONS

- Create a fund drive- *see list of fundraising ideas* – or contact The Food Bank of Western Massachusetts for information & resources.
- Host a food drive i.e. peanut butter drive or canned tuna drive
- Using a bulletin board, have a school wide poll on what students think would *most* help your community (i.e. building a school garden, having a speaker come, running a food drive, assembling brochures from local organizations for the guidance office, etc.).

MA DOE STANDARDS

COMPREHENSIVE HEALTH

Nutrition

3.3 Recognize hunger and satiety cues and how to make food decisions based upon these cues

Community and Public Health

14.4 Identify how individuals can be knowledgeable and active in the school and community to promote health.

14.6 Describe how local public health departments have developed and implemented policies to keep communities safe.

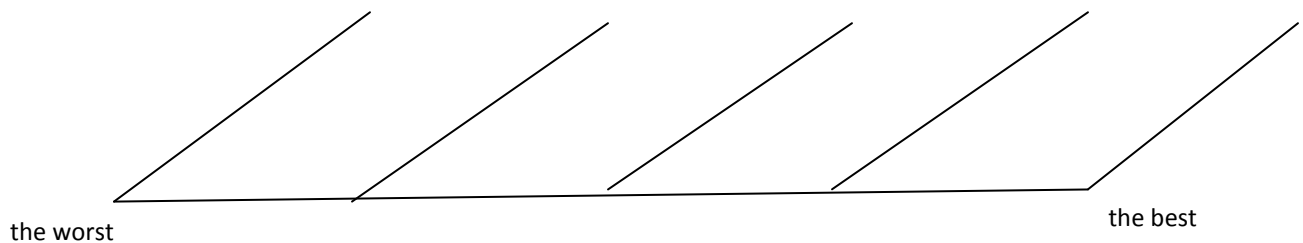
Name:

Date:

1. For each term below, write what images it makes you think of and how you would define it.

Term	What it makes you think of	What you think it means
Starvation		
Food Security		
Community Food Security		
Food Insecurity		
Malnutrition		

2. Now put the terms in order below, by writing on the diagonal lines.



3. Match the terms below to their actual definitions.

Community Food Security

When all people in a community have access to culturally acceptable and nutritionally adequate food at all times through non-emergency sources. (There are many people working towards this goal)

Food Insecurity

The ability to obtain, at all times, nutritionally adequate and culturally acceptable food. (Not having to worry about having enough food for oneself and one's family.)

Malnutrition

The lack of access to enough nutritious food at all times to meet one's basic needs. (May or may not result in malnutrition or feelings of hunger. People in this category often have to make hard choices between paying for food or paying the rent and other bills)

Food Security

A condition caused when the body does not get the proper nutrients, usually due to a poor or inadequate diet. (Does not necessarily mean not getting enough food or always feeling hungry. Sometimes people have to spend money on food that is filling but not nutritious. Can lead to serious health problems.)

Starvation

A state of extreme hunger resulting from lack of food and nutrients over an extended period.

TEXT FOR CONTINUUM CARDS

1. STARVATION

A STATE OF EXTREME HUNGER RESULTING FROM LACK OF FOOD AND NUTRIENTS OVER AN EXTENDED PERIOD.

- Though hunger is a real problem right here in Massachusetts, we do not see anything as extreme as starvation in our communities.

2. MALNUTRITION

A CONDITION CAUSED WHEN THE BODY DOES NOT GET THE PROPER NUTRIENTS, USUALLY DUE TO A POOR OR INADEQUATE DIET.

- Malnutrition does not necessarily mean not getting enough food or always feeling hungry. Often people with limited resources to spend on food may be forced to eat food that is filling but not nutritious. Malnutrition can result in many serious health problems.

3. FOOD INSECURITY

THE LACK OF ACCESS TO ENOUGH NUTRITIOUS FOOD AT ALL TIMES TO MEET ONE'S BASIC NEEDS.

- Food insecurity is often the result of a lack of financial resources which forces people to make tough choices between buying food or paying the rent and other bills. Food insecurity may or may not result in periods of malnutrition or feelings of hunger.

4. FOOD SECURITY

THE ABILITY TO OBTAIN, AT ALL TIMES, NUTRITIONALLY ADEQUATE AND CULTURALLY ACCEPTABLE FOOD.

- Food security means not having to worry about having enough food for oneself and one's family!

5. COMMUNITY FOOD SECURITY

WHEN ALL PEOPLE IN A COMMUNITY HAVE ACCESS TO CULTURALLY ACCEPTABLE AND NUTRITIONALLY ADEQUATE FOOD AT ALL TIMES THROUGH NON-EMERGENCY SOURCES.

- The Big Question: how do we reach this goal???