



LEVEL: Elementary

DURATION: 30-45 Minutes

LESSON 1

**Objectives:**

Students will use their hands, mind, and heart to explore the plight of world hunger.

**Materials Needed:**

paper plates

cups

crayons

water

**1. Use My Hands**

Put students in groups of six. Give each student a paper plate and a cup. Give five of the students a box of crayons and have them draw their favorite meal on the plate. Instruct the group that they can't share their crayons with the sixth student. After the students have finished their plates, pour the five students a cup of water. From a different pitcher, pour the sixth child with the empty plate a cup of dirty water.

**2. Use My Mind**

1. Tell the students that one out of six people in the world is hungry.  
Ask: How did it feel to enjoy "making" your meal while the sixth child had nothing?
2. Tell the students that more than one billion people in the world have to walk great distances to get clean water.  
Ask: Would you drink the dirty water? Would you walk all the way to \_\_\_\_\_ (a distance several miles from your house) just to get a cup of water?
3. Ask the students if this statement is true or false: THERE IS ENOUGH FOOD IN THE WORLD TO FEED EVERYONE. (true)  
Since this statement is true, then why are there hungry people?

Have students brainstorm ideas in their group.

- No land to grow food
- No money to buy food

3. **Use My Heart**

- a. Brainstorm: What are some things children in the United States worry about?

Ask students if “having enough food” was on their list.

- b. How can you help people you have never seen?

RICE BOWLS!

- c. Have students make a list of ways they can fill their rice bowls

- Get water instead of a soft drink at a restaurant and put that money in your rice bowl
- See if you can find a friend or grownup to “match” your giving. If you put a quarter in your rice bowl, ask your friend or grownup to put a quarter in, too!
- Check out those seat cushions and car seats!
- Put your rice bowl on your kitchen table so you will be reminded of the hungry people of the world.