

Lesson: Hunger/Canned Food Drive
Class: Foods and Nutrition

Teacher: Sasha Gartin
Date: July 5, 2010

Standards:

Evaluate the nutritional needs of individuals and families in relation to health and wellness across the life span.
Critique the selection of foods and healthy eating behaviors to promote a healthy lifestyle.

Objectives:

1. The student will be able to understand the consequences of hunger and malnutrition.
2. The student will be able to analyze the statistics of hunger.
3. The student will be able to visualize the geographical application of the food system and hunger both locally and globally.
4. The student will be able to participate in an effort to reduce local hunger.
5. The student will be able to define food-security.

Timeline:

2-3 days background knowledge lessons (50 minutes)
1 day speaker from local community food bank
1-2 days planning community service project
1 day (October 16th, World Food Day) to implement the canned food drive
1 day follow up

Pre-Assessment/Introduction:

1. Read short story/poem about a person struggling with hunger
Ask the students to journal their response to the story/poem – include feelings, thoughts of people they know, do they want to help?
Ask students if they think hunger is applicable to their own community? Do they know anyone who can't afford daily meals? What is life like without food? How do you get food?

Body:

1. Access the lessons and handouts from <http://www.feedingminds.org/handouts/secondary.pdf> to educate students about hunger, both locally and globally.
 - Statistics/maps of hunger and malnutrition
 - What causes hunger or malnutrition
 - What are the health effects for malnutrition?

Time: 2 50 minute class periods or 1 block class period

2. Have a speaker from the local food bank come speak to the class about how significant hunger is locally.

Time: 1 50 minutes class period or a ½ of block class period

3. Have students brainstorm ways to help their local community food banks OR explain to them the FCCLA Service Project of Cans Around Colorado. Come up with a timeline of how to implement the project and a list of responsibilities for individual groups (marketing, logistics, working with the food bank to get a truck, etc).
 - ~ Compete with other clubs at Homecoming to do a canned food sculpture contest
 - ~ Compete with other grades (seniors vs juniors vs sophomores vs freshmen)
 - ~ Compete with other FACS classes
 - ~ Challenge the school to do Cans around the Campus (line cans up around campus, football field, etc)
 - ~ Challenge the school to raise as many cans it would take the border of Colorado in miles

Time: 2 50 minute class periods or 1 block class period
minutes

4. On October 16th (World Food Day) have your Canned Food Challenge/Event and have your local Food Bank come to pick up the donations. Time: 1 day

Conclusion:

Survey students about the highlights of the project as well as the areas to improve on for next year.

Send a thank you to the local food bank for helping you with the project.

Send a thank you to your administrator who helped you with the project – letting him/her know how many cans you donated.

Turn this into a STAR Event Project for the State FCCLA Conference

Time: 1 day