

Activity 1



What is hunger?

Hunger is when people do not get enough food to provide the nutrients (carbohydrates, fats, proteins, vitamins, minerals, and water) they need for active and healthy lives.

Many children know about the food pyramid for good nutrition from health or science studies in school. Review the food pyramid briefly, using the chart on the back of this sheet. Talk with the group about ways that they receive good nutrition from the food that their families purchase or grow.

Then provide the definition of hunger above for older children or this one based on it for younger children:

Hunger is when people do not get enough of the right kinds of food to be healthy.

Ask the group to think about how this meaning or definition of hunger is different from when they say, “I’m hungry.”

Then ask, “Why do you think some people, including children, face hunger?” Let the children brainstorm ideas for a moment, listing their suggestions on newsprint or a chalkboard. Acknowledge that there are many reasons for hunger, such as war, drought, lack of employment, poor growing conditions, and floods.

Once they have established that hunger has many causes, ask the group, “Why do we, people of God, care about people who face hunger regularly?”

Again, encourage the children to express their ideas. They may recall a story of Jesus feeding a multitude or the manna in the Exodus story.

Read Matthew 25:34-35, 37, 40 aloud to the group. Older children may follow in their Bibles. Ask the group, “When do we feed the hungry or give water to the thirsty?” If the children have participated in service projects of this type, be sure they name them. This discussion can also lead to their participation as a group in a local hunger program.

Conclude the activity with this prayer: Loving God, give us our daily bread and remind us to share what we have so all people have their daily bread. Amen.

Food Guide Pyramid

Fats, Oils, & Sweets
USE SPARINGLY

KEY

◻ Fat (naturally occurring and added)

◼ Sugars (added)

These symbols show fat and added sugars in foods.

Milk, Yogurt, & Cheese Group
2-3 SERVINGS

Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group
2-3 SERVINGS

Vegetable Group
3-5 SERVINGS

Fruit Group
2-4 SERVINGS

Bread, Cereal, Rice, & Pasta Group
6-11 SERVINGS

