

# Making a Meal of It

## Lesson plan 8: Getting hunger sorted out

**Age group: 7 - 11**

### **Aims:**

To encourage children to appreciate the distinction between hunger, starvation, and malnutrition.

### **What to do:**

Although children may automatically assume that the major problem with lack of food is starvation, in fact this is an extreme and relatively rare problem. A far more common problem is that people do not have enough to eat over a period of time and may become malnourished, weak and ill. Eight hundred million people in the world are malnourished and two billion have a diet which does not contain enough essential vitamins and minerals.

Start by discussing the meanings of hunger, starvation, famine and malnutrition with the pupils, building on their own experience.

**Hunger:** Discuss children's own experience of being hungry, the fact that it was unpleasant and uncomfortable but that it stopped when they were next able to eat again.

**Malnutrition:** Explain that malnutrition means suffering a lack of quantity and variety of food over a long period. People suffering from malnutrition may become weak or ill. You can illustrate this with examples from history that the children may be familiar with, for example, that in the past a lack of vitamins caused sailors to develop scurvy at sea and children to develop rickets.

**Starvation:** Explain that starvation involves suffering an acute shortage of food. Starvation will eventually lead to death if people are not able to get access to food.

**Famine:** A famine is an extreme shortage of food for a large number of people, caused by poor harvests or by food supplies being cut off or destroyed during wars or natural disasters. You can illustrate this with reference to reports of famine which children may have seen on television or stories such as the biblical story of Joseph and the famine in Egypt.














Then hand out the **worksheet: Getting hunger sorted out** (below) which can be completed in groups in class or for homework. All the leaf boxes have questions in them and the children should match them to the answers which are in the apple boxes.

## Curriculum links:

| England                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Scotland                                                                                                                                                                                                                                                                                                                                                                                                | Wales                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
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| <p>English:</p> <ul style="list-style-type: none"> <li>- Respond to others appropriately, taking into account what they say; make contributions relevant to the topic and take turns in discussion; qualify or justify what they think after listening to others' questions or accounts.</li> <li>- Understanding texts and reading for information.</li> </ul> <p>Citizenship/PSHE:</p> <ul style="list-style-type: none"> <li>- Research, discuss and debate topical issues, problems and events; that resources can be allocated in different ways; to think about the lives of people living in other places and times.</li> </ul> | <p>English:</p> <ul style="list-style-type: none"> <li>- Talking in groups.</li> <li>- Listening in groups.</li> <li>- Reading for information.</li> </ul> <p>Environmental Studies,<br/>Social subjects:</p> <ul style="list-style-type: none"> <li>- Developing informed attitudes - the importance of interdependence in a local and global context; caring for other members of society.</li> </ul> | <p>English:</p> <ul style="list-style-type: none"> <li>- Respond to others appropriately, taking into account what they say; make contributions relevant to the topic and take turns in discussion; qualify or justify what they think after listening to others' questions or accounts.</li> <li>- Understanding texts and reading for information.</li> </ul> <p>PSE:</p> <ul style="list-style-type: none"> <li>- Vocational aspect - production, distribution and selling of goods; concern for the wider environment</li> </ul> |

# Making a Meal of It

## Worksheet: Getting hunger sorted out

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|  <p>Hunger is not having enough to eat to satisfy your appetite.</p>                                                                                                                                          |  <p>What is hunger?</p>                                                                                                                                                                                       |  <p>Malnutrition is caused by not getting enough to eat, or not eating enough of the different kinds of foods your body needs.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                        |                                                            |                                                            |
|  <p>Without food over a long period, people can die of starvation.</p>                                                                                                                                       |  <p>What are the causes of malnutrition?</p>                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                        |                                                            |                                                            |
|                                                                                                                                                                                                                                                                                                |  <p>A famine is an extreme shortage of food for a large number of people. Poorer people may starve and die because they can't grow or buy enough food. Richer people survive because they can buy food.</p> |  <p>What is famine?</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |  <p>A famine is caused by food supplies being cut off, either suddenly or over a period of time.</p> |                                                            |                                                            |
|  <p>What is starvation?</p>                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                        |                                                            |                                                            |
|  <p>A famine is an extreme shortage of food for a large number of people. Poorer people may starve and die because they can't grow or buy enough food. Richer people survive because they can buy food.</p> |  <p>What do people need to stay healthy?</p>                                                                                                                                                                |  <p>To stay healthy, everyone needs at least one food from all three boxes every day.</p> <table border="1" data-bbox="869 1556 1460 1865"> <tbody> <tr> <td data-bbox="869 1556 1066 1865">           Bread<br/>           Pasta<br/>           Rice<br/>           Potatoes<br/>           Yam         </td> <td data-bbox="1066 1556 1284 1865">           Fruit<br/>           Vegetables         </td> <td data-bbox="1284 1556 1460 1865">           Nuts<br/>           Lentils<br/>           Beans<br/>           Eggs<br/>           Fish<br/>           Cheese<br/>           Meat         </td> </tr> </tbody> </table> | Bread<br>Pasta<br>Rice<br>Potatoes<br>Yam                                                                                                                                              | Fruit<br>Vegetables                                        | Nuts<br>Lentils<br>Beans<br>Eggs<br>Fish<br>Cheese<br>Meat |
|                                                                                                                                                                                                                                                                                                | Bread<br>Pasta<br>Rice<br>Potatoes<br>Yam                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Fruit<br>Vegetables                                                                                                                                                                    | Nuts<br>Lentils<br>Beans<br>Eggs<br>Fish<br>Cheese<br>Meat |                                                            |
|  <p>What are the causes of famine?</p>                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                        |                                                            |                                                            |