



## Who's Hungry?

**Objective:** Students will think about the imbalance of food distribution.

**Summary:** One-fifth of the class will receive a hearty lunch, three-fifths will get rice and broth, the remainder get water. A discussion will follow.

**Time:** 40 minutes

**Grouping:** Entire class

**Materials:** For a class of 30, six (one-fifth of total class) will each receive a large lunch (for example, a sandwich, fruit and milk); 18 students (three-fifths) each receive ½ cup rice and broth; six students (remaining one-fifth) each receive water. Equal-sized (approximately 3" x 5") slips of paper of different colors in numbers corresponding to the food groupings (i.e., six blue slips, 18 red slips, and six green. See "Preparation" for further explanation.).

**Background Information:** An estimated one person in 10 in lesser developed countries dies from a lack of nutrition, while in the more developed countries 15 out of every hundred people suffer from diseases related to overeating (diabetes, hypertension, stroke, heart disease, intestinal cancer). World food consumption can be broken into three groups. At the bottom are the 630 million poorest people who don't have enough to eat. At the mid level of nutrition are 3.4 billion grain eaters who eat sufficient calories to maintain health through plant-based diets. At the top of the caloric intake ladder are 1¼ billion people who eat substantially more red meat than the other 4 billion on our planet. In the U.S. there are an estimated 32 million people who cannot afford an adequate diet.

**Just the Facts:** In 1992 Sonoma County had approximately 4,000–6,000 people without homes each night. The Sonoma County Human Services Commission estimates that up to 5,000 people a year experience some episode of homelessness. In 1993 the Council on Aging served 87,364 meals and 129,516 home-delivered. In 1985 the Sonoma County Food Bank was formed and delivered 400,000 pounds of food to 18 agencies. In 1993 the Food Bank distributed 2.5 million pounds of food to 100 agencies. The Food Bank director expects these figures to double over the next three years.

The following analogy is startling. If the world were a town of 1,000 people, there would be 564 Asians, 210 Europeans, 80 South Americans, and 60 North Americans. Seven hundred people would be illiterate and 500 would be hungry.

### Preparation:

You may want to send a note to parents letting them know you will be serving food as part of your lesson. Make up slips of paper, some labeled "Most Developed Countries" (enough for one-fifth of the class) another color of paper marked "Developing Countries" (enough for three-fifths of the students) and some marked "Less Developed Countries" (enough for one-fifth of the students). These slips of paper will tell students which group they are in and can be pasted on a sheet of paper to create a visual graph of the population groups. If serving a lunch is not practical, you can use a snack to do the activity at any time in the school day. Provide one-fifth of students nuts, raisins and juice; three-fifths receive bread and milk; the last group receives only water. In each case you will explain to your students that these lunches/snacks represent the meals of more and less developed countries of the world.

