

Key Words:

Hunger, Nutritional value, Undernourished, Overnourished, Crops, Harvest, Extreme Weather Events, Stunted growth, Wasting, Low immune system, Impaired intellectual development, Food bank

Aims and outcomes:

- To understand what it means to be hungry.
- To recall the causes of hunger.
- To recall the effects of hunger.
- To understand and recall solutions to hunger.

Curriculum links:

- **Science:** ‘...find out and describe the basic needs of animals, including humans, for survival (water, food, and air)’
- **Physical health and mental well-being:** ‘... know the characteristics of poor diet and risks associated with unhealthy eating’
- **English:** ‘learn the conventions of different types of writing (for example, the greeting in letters, a diary written in the first person or the use of presentational devices such as numbering and headings in instructions)...’

Lesson Plan 1: What causes hunger?

Key question	Activity	Timing
What causes hunger?	<ul style="list-style-type: none">• Read students the introduction of the 'Zero Hunger' page.	<i>5 min</i>
	<ul style="list-style-type: none">• Choose 3 students to read one cause of hunger each out loud to the class. These are 'Climate Change', 'Conflict', and 'Poverty'.	<i>10 min</i>
	<ul style="list-style-type: none">• Ask students to complete Worksheet 1 (attached) to test their knowledge. Depending on the time you have available and your class's reading abilities you may wish to read the worksheet out to the class and answer it together.	<i>10 min</i>
	<ul style="list-style-type: none">• If the students completed the worksheet individually, mark the worksheet as a class, addressing any misconceptions students may have had.	<i>10 min</i>

Resources and materials:

- SuperKind website – 'Zero Hunger', 'The Problem', 'Causes of Hunger'
- Interactive whiteboard, computers, tablets, or printouts to display website
- Worksheet 1 (optional)
- Pens/pencils to complete worksheet (optional)

Lesson Plan 2: What are the effects of hunger?

Key question	Activity	Timing
What are the effects of hunger?	<ul style="list-style-type: none">Split the class into 4 groups.	2 min
	<ul style="list-style-type: none">Allocate each group one of the effects of hunger cited on the SuperKind website. These are 'Stunted Growth and Wasting', 'Low Immune System', 'Impaired Intellectual Development' and 'Reinforcing Poverty'.	5 min
	<ul style="list-style-type: none">Ask students to use the SuperKind website to work together within their group to make a poster on their allocated cause of hunger. Signpost students to the SuperKind 'Make a Poster' toolkit. Remind students that they do not need to watch the video at this point. Students may wish to put any key facts on their poster, as well as adding some drawings to illustrate the problem.	15 min
	<ul style="list-style-type: none">Ask each group to present their ideas to the class. Invite the class to ask the presenting group any questions.	10 min

Resources and materials:

- SuperKind website – 'Zero Hunger', 'The Problem', 'Effects of Hunger'
- SuperKind website – 'Make a Poster'
- Interactive whiteboard, computers, tablets, or printouts to display website
- A3 sheets of paper
- Pens, pencils, highlighters, felt pens

Lesson Plan 3: What needs to be done to end hunger around the world?

Key question	Activity	Timing
What needs to be done to end hunger around the world?	<ul style="list-style-type: none"> Ask students whether they have ever given food to someone in need – perhaps they have donated food to a food bank, or they have brought food for a homeless person outside the supermarket. 	<i>5 min</i>
	<ul style="list-style-type: none"> Ask students to raise their hand if they would like to share their story. Invite a couple of students who have raised their hand to share their story. 	<i>5 min</i>
	<ul style="list-style-type: none"> Thank students for sharing their experiences, and praise them for their charitable efforts. 	<i>5 min</i>
	<ul style="list-style-type: none"> Explain that most people offer short term, immediate help. 	<i>10 min</i>
	<ul style="list-style-type: none"> Read students the first paragraph of the ‘Lasting Solutions’ section. Choose three students to read a bullet point each out loud to the rest of the class. Discuss as a class and take any questions. 	<i>15 min</i>

Resources and materials:

- SuperKind website – ‘Zero Hunger, ‘The Solution’
- Interactive whiteboard, computers, tablets, or printouts to display website

Lesson Plan 4: How can we help hungry people?

Key question	Activity	Timing
How can we help hungry people?	Note: Before this class you will need to have secured permission from the head of the school, chosen the dates of the donation drive, and spoken to a charity of your choice (we suggest looking at The Trussell Trust).	
	<ul style="list-style-type: none"> • Inform the class that together you are going to organise a food donation drive. 	<i>5 min</i>
	<ul style="list-style-type: none"> • Introduce the children to your chosen charity. Provide them with some information, either via the website, a video, or a print-out. 	<i>5 min</i>
	<ul style="list-style-type: none"> • Explain the roles involved. Roles could include: <ul style="list-style-type: none"> ○ Making posters to tell people about the donation drive, and what foods are most needed ○ Making posters with arrows towards the donation drive location ○ Making a poster to go next to the donation location ○ Speaking in assembly ○ Writing to parents 	<i>10 min</i>
	<ul style="list-style-type: none"> • Assign students to roles. 	<i>5 min</i>
	<ul style="list-style-type: none"> • Show students where to find toolkits to help with their respective roles on the SuperKind website. 	<i>2 min</i>
	<ul style="list-style-type: none"> • Give students time to plan and execute their role. Roam the class offering guidance to those in need. 	<i>30 min</i>
	Note: After the collection has taken place you will need to organize for the donated food to be taken to your chosen charity. Many charities will offer help with collection of donated food, but in the event that this is not feasible parents have, in the past, been very willing to help.	

Resources and materials:

- SuperKind website – ‘Zero Hunger’, ‘Take Action’
- SuperKind website – ‘Take Action’
- Interactive whiteboard, computers, tablets, or printouts to display website
- A4 sheets of card (paper will suffice if card is unavailable)
- Lined paper
- Pens, pencils, highlighters, felt pens

Zero Hunger: Lesson Plan Resources

Worksheet 1 – Causes of Hunger

