

# Activities for Children

## Elementary Age

- Make a meal of what children experiencing hunger might eat in a day. Talk about this and what we eat on a regular basis. Talk about how it would feel to eat only 1/2 cup of rice in a whole day or to have to skip meals entirely. How would your body feel? Would you feel tired? Cranky? How much do we need to eat to stay healthy? (Topic: Nutrition/Hunger)
- Visit the Central Pennsylvania Food Bank or a pantry in your area. (Hunger)
- Explore what children eat in different cultures around the world. Make some of these meals with your group. Compare the nutritional value of these meals. Talk about the different flavors and why different cultures cook with different foods. Talk about where food comes from. (Nutrition)
- Visit a grocery store. Look at the food that is good for you and the food that is not. Compare prices. Talk about how many times those people with less money to spend sometimes purchase the items with less nutritional value because of cost. (Nutrition/Hunger)
- Visit <http://www.pbs.org/opb/meaningoffood/> - and have your own discussions about what food means to each of us and how food can bring people together, how it can be a way to express love and family history. (Nutrition/family)
- Have children write a poem or story about hunger. (Hunger)
- Ask children to think about what they would purchase if they had only \$1 to spend to eat for an entire day. What about \$15 for an entire week's worth of meals?