



EDUCATOR GUIDE

THE FIGHT HUNGER
PLAY-IN-A-BOX-KIT

WHAT IS FIGHT HUNGER?

A household is “food insecure” if they are not always sure if they will have access to nutrient-rich food, or enough food at various times throughout the year. Having access to nutrient-rich food isn’t only important for students – it’s also vital for everyone in the community. This kit acts as a supplement to and helps to better prepare you and your team for the FUTP 60 Fight Hunger Play.

HOW TO USE THE EDUCATOR GUIDE

This guide includes all of the lessons found in the kit, as well as extra teacher content: pre-assessment questions, reflection questions, facilitator tips, and answer keys. The Educator Guide also provides additional resources and optional homework assignments.

Pre-assessment Questions: Ask students questions before you start the lesson, so you can gauge how much they already know.

Discussion Questions: These are meant to be conversation starters after an activity has been completed, to help students reflect on their learning as well as think about next steps.

SCHOOL ACTIVATIONS

There are three activations to help your FUTP 60 team get started on the Fight Hunger Play. Each activation is weighted based on the time and the resources needed.



FAST-PACED ACTIVITIES

Three activities designed to provide an interactive way for students to get an overview of how food insecurity affects a community. Each activity is quick and easy to complete and provides a foundational knowledge that will begin the path to understanding food insecurity. Each activity addresses one critical factor in the challenge to be food secure.

FIGHT HUNGER ROADMAP

Students will be divided into two teams and race to create an access road using cards. Students will discuss how different resources can make it easier and/or more difficult for people to access food.

Purpose: To identify how resources impact access to food.

Pre-assessment Questions:

- What is food security?
- What are resources?
- What are some resources that impact food security?

Discussion Questions:

- Did you make the connection from Food to People?
- Which cards did you use to make the connection?
- Were some of the cards harder to use than others?
- In real life, how might the resource on the card help people access food? How might that resource make it more difficult for people to access food?

Facilitator Tips:

- Keep each game board set separate.
- Encourage teamwork.

What's Included:

- Instruction Card
- 2 Decks of Game Cards (12 cards in each deck)
- 2 Game Board Grids



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MYPLATE PUZZLE BATTLE

In small teams, students will race to put together one of two MyPlate puzzles. The puzzles will contain facts about how to fuel the body using healthy foods.

Purpose: Engage in a fun competition that teaches what our bodies need to be healthy.

Pre-assessment Questions:

- What are nutrients and why are they important?
- Where can we find most of the nutrients that our bodies need?

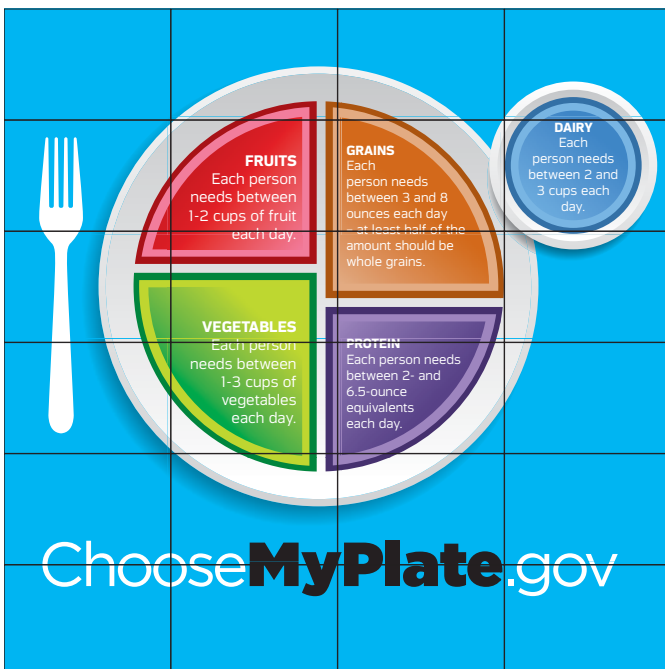
Discussion Questions:

- What do all bodies need to be healthy?
- Besides food, what else helps to keep our bodies healthy?

Facilitator Tips:

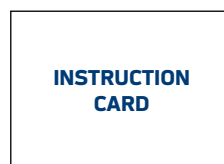
- Keep each puzzle set separate.
- Give a time limit for the competition.
- Encourage teamwork.
- Have the students write the facts from the puzzle in their student guide books.
- Variation: Round two - Students can race to beat their original time.

Answer Key:

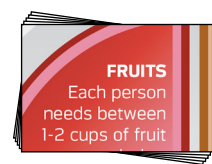


What's Included:

- Instruction Card
- Two 24-Piece Puzzles (48 Total Pieces)



x1



x24



x24

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UDDER BINGO

Students will utilize the Fight Hunger Poster, included in this Play-in-a-Box kit, to play bingo! Facts concerning how people are affected by hunger will be found on the bingo cards and can be referenced from the poster.

Purpose: To present students with facts on how people are affected by food insecurity.

Pre-assessment Questions:

- How do you know when you're hungry?
- What changes about you when you are hungry?

Discussion Questions:

- How does hunger impact students?
- What facts did you find surprising?

Facilitator Tips:

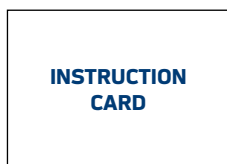
- Many of the bingo answers are written so that it can be connected easily to the question. If students need extra support, encourage them to refer to the Fight Hunger Poster.
- Keep track of the cards that you pick using the **red facilitator board**, so that it is easier to review when a student yells “UDDER”!

Answer Key:

- Please see game cards for answers.

What's Included:

- Instruction Card
- 24 Udder Bingo Cards
- Bingo Chips
- 15 Udder Bingo Boards
- 1 Facilitator Board



x1



x24



x15



x1



Many!

INTERACTIVE EXERCISE

By using a gamified approach, this interactive exercise provides students with real-world, global, and personal scenarios that explore food security, planning, and access. Students will experience a variety of factors that can cause food insecurity for just about anyone. This dynamic exercise allows students to understand the effects of food insecurity while finding ways they can help.

FOOD FOR THOUGHT

The goal is to provide students with real-world, local, global, and personal scenarios that explore food security, planning, and access.

Purpose: Use an experiential activity to illustrate how real-world factors impact food security.

Pre-assessment Questions:

- What factors impact food security?
- What does food insecurity look like?

Discussion Questions:

- Why did you choose that level of food security?
- How did your first meal plan differ from your second meal plan?
- What factors impact food security?
- How do the levels of food security differ?
- How can we help people in our community (including our school) fight hunger?

Facilitator Tips:

- Give students a time limit when they map out their meal plan.
- If there isn't time to go through the whole deck, add in a rule of how many times the students can draw before they have to revise their meal plan.
- This activity is a good lead into creating an action plan to help those in your community.

More resources:

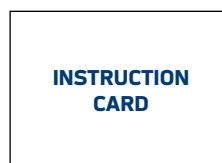
- No Kid Hungry: Youth Engagement toolkit
- Feeding America®
- USDA Food and Nutrition Service
- The Great American Milk Drive

Optional Homework Assignments

- Have students talk to the school nutritionists to gain more insight on how to help fight hunger in their community.
- Students can research local food banks and can earn extra credit by volunteering.

What's Included:

- Instruction Card
- 5 Food Menus
- 38 Game Cards
- 15 Double-Sided Meal Planner Worksheets



x1



x38



x5



x15

SCHOOL ACTIVATIONS

Here are three activations to help your FUTP 60 team get started on the Fight Hunger Play. Each activation is weighted based on the time and the resources needed. You and your team may start with light and progress to heavy, choose one, or decide to try different activations at different points of the school year. Don't forget to report your Play on your FUTP 60 dashboard!

LIGHT LIFT – CREATE AN AWARENESS POSTER

Students will create a poster to raise awareness about food insecurities in their community. Creatively present ideas on affordable food locations around your neighborhood such as farmers markets, food pantries, feeding sites and restaurants that have a feeding program.

Purpose: This “Light Lift” activation presents ideas on where people can get affordable, local food such as farmers markets and food pantries.

Facilitator Tips:

- Allow students to be as creative as possible.
- Use real and specific examples.
- Place the poster somewhere that will get attention.

What You'll Need:

- Enclosed poster
- Writing utensils or markers
- Any supplies you have at home or in school that will make the poster eye-catching

What's Included:

- Instruction Card
- 1 Blank Poster



x1



x1

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MEDIUM LIFT – WHY MILK: PINTS TO GALLONS

Students will fundraise by collecting coins in empty containers to donate to food banks in their community. The money will go towards purchasing milk for local families.

Purpose: This “medium lift” activation provides a fundraising opportunity while showcasing how milk is an excellent nutrition source.

Facilitator Tips:

- Have students research and reach out to local food banks
- Discuss logistics for the fundraiser (deadlines, locations, marketing strategy)
- Have students create promotional material for the fundraiser that includes information on the importance of milk for all bodies.

What You'll Need:

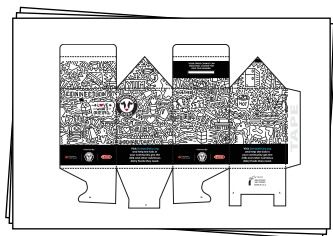
- Bessie Boxes
- Material to promote the coin drive.
- Optional: Other containers to collect coins if you need them

What's Included:

- Instruction Card
- 3 Bessie Boxes



x1



x3

HEAVY LIFT – COOKING WITH INTENT

Students will start a cooking club that focuses on teaching other students how to cook by purposefully using local, healthy ingredients to create economical and nutritious meals.

Purpose: This “heavy lift” activation will allow students to promote economical and healthy meal planning, prep, and cooking habits.

Facilitator Tips:

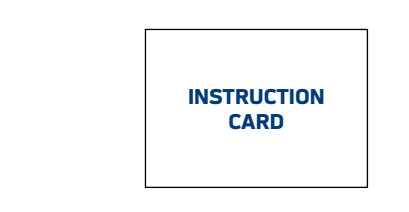
- Research
 - Where can local, healthy ingredients be obtained?
 - What is the budget for buying food?
- Discuss logistics
 - Where can the club take place?
 - What is the school rule for bringing in food?
 - Where can the food be stored?
- Have students create promotional materials for their club.
- Have students research different recipes that can be made in school (talk to the school nutritionist).
- Map out where the extra leftover food can go to help mitigate waste.

What You'll Need:

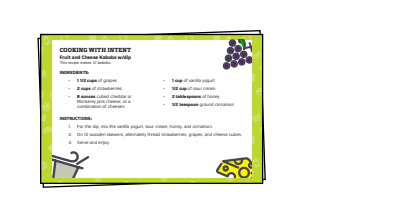
- Enclosed sample recipe cards
- Cooking tools and utensils
- Resealable bags for students to take home ingredients/meals

What's Included:

- Instruction Card
- 2 Sample Recipe Cards



x1



x2



THE FIGHT HUNGER PLAY-IN-A-BOX KIT

Presented by...



GOT QUESTIONS?

Please reach out to the Fuel Up to Play 60 team at
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