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

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**Meal Planner Worksheet – Round 1**

Using the Meal Planning Menu provided in this kit, create your ideal and well-balanced meal plan for the weekend. For round one, there is no limit for points, so choose what you want! Once you have selected your items, tally up the total points for the weekend!

**Total Points Used:** /
Food For Thought – Instruction Card

Overview: 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.

Directions – Part 1:
- Each student needs their own Meal Planner worksheet, but will share the Food Menus.
- Using the Food Menu and side one of their Meal Planner worksheets, students will create their own ideal meal plan for the weekend (Friday evening – Sunday evening).
- The recommended meal plan is 3 balanced meals and 1–3 snacks per day.
- Students will add up the amount of points they need for their ideal meal plan.

Directions – Part 2:
- Students will play the card game. Each student will start with 100 points.
- Shuffle the blue situation cards and place them in a pile. Do the same with the red global cards, and place that pile next to the blue situation cards.
- Students will take turns drawing blue situation cards from the pile.
- Students will read their card aloud and keep their card. Depending on the card, students will either gain or lose points based off of a given situation.
- Some blue situation cards instruct the student to draw a red global card. These cards impact everyone that is playing, not just the person who drew it!

Directions – Part 3:
- After all cards have been drawn, students will use the equation on side two of the Meal Planner worksheet to revise their meal plan based on their new point total.
- Students will compare their revised plans to the Ranges of Food Security chart, located at the bottom of the Fight Hunger poster, to see where they fall.

Reflection: Students will discuss the different elements that impact food security, and the different levels of food insecurity. Students will start discussing ways they can help people in their school or neighborhood fight hunger.

What’s Included:
- This Instruction Card
- 5 Food Menus
- 38 Game Cards
- 15 Meal Planner Worksheets
FOOD FOR THOUGHT
INSTRUCTION CARD
FOOD FOR THOUGHT  Meal Planner Worksheet – Round 1

Using the Meal Planning Menu provided in this kit, create your ideal and well-balanced meal plan for the weekend. For round one, **there is no limit for points**, so choose what you want!

Once you have selected your items, tally up the total points for the weekend!

<table>
<thead>
<tr>
<th>Meal</th>
<th>Friday</th>
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<th>Saturday</th>
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<th>Sunday</th>
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<td>Items</td>
<td>Points</td>
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<td>Drinks</td>
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<td>Points used per day</td>
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*Use this side **first!**

**Total Points Used: ___________________**
**FOOD FOR THOUGHT**  Meal Planner Worksheet – Round 2

Once you’ve completed the game, **use the equation below to receive your new max point total**, then revise your meal plan based on those points, striving to create a well-balance meal plan!

\[
100 \ (\pm \text{Your starting points}) = \text{The total of your situational & global cards} \cdot \text{Your allotted points for round 2} 
\]

<table>
<thead>
<tr>
<th>Meal</th>
<th>Friday Items</th>
<th>Points</th>
<th>Saturday Items</th>
<th>Points</th>
<th>Sunday Items</th>
<th>Points</th>
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<tbody>
<tr>
<td>Breakfast</td>
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<td>Drinks</td>
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</tbody>
</table>

Use this side **second**!

**Total Points Used:** _____________
# Food for Thought

## Meal Planning Menu

### Fruits
- Blueberries: 3 Points
- Grapes: 3 Points
- Apple: 5 Points
- Orange: 5 Points
- Pineapple: 5 Points
- Banana: 3 Points
- Mango: 4 Points

### Vegetables
- Lettuce: 5 Points
- Tomatoes: 5 Points
- Potatoes: 5 Points
- Peas: 5 Points
- Onions: 5 Points
- Broccoli: 10 Points
- Carrots: 5 Points

### Protein
- Burgers: 10 Points
- Fish: 15 Points
- Chicken Nuggets: 10 Points
- Chicken: 10 Points
- Shrimp: 15 Points
- Hotdog: 10 Points
- Cold Cuts: 10 Points

### Grains
- Bread: 5 Points
- Bagel: 10 Points
- Rice: 5 Points
- Pancakes: 10 Points
- Cereal: 10 Points
- Pasta: 10 Points
- Oatmeal: 5 Points

### Dairy
- Milk: 3 Points
- Cream Cheese: 5 Points
- Butter: 5 Points
- Cheese: 5 Points
- Yogurt: 5 Points
- Ice Cream: 10 Points
- String Cheese: 5 Points

### Others
- Eggs: 10 Points
- Beans: 5 Points
- P B & J: 10 Points
- Pizza: 15 Points
- Cookies: 10 Points
- Popcorn: 10 Points
- Fruit Chews: 10 Points

### Beverages
- Water: 1 Point
- Iced Tea: 2 Points
- Soda: 3 Points
- Juice: 5 Points
- Sports Drink: 5 Points
- Smoothie: 5 Points
- Juice Box: 3 Points

### Condiments
- Ketchup: 3 Points
- Mustard: 3 Points
- Olive Oil: 5 Points
- Mayonnaise: 3 Points
- Salad Dressing: 5 Points
- Pasta Sauce: 5 Points
- BBQ Sauce: 3 Points
FOOD FOR THOUGHT
MEAL PLANNING MENU

THE FIGHT HUNGER
PLAY-IN-A-BOX KIT
A new farmers market opened up in town!
You enjoyed a glass of milk with breakfast!

+ 5 POINTS
You started your own community garden.
FOOD FOR THOUGHT
Situation Card

The Fight Hunger Kit
You ate well-balanced school lunches all week.
Congrats!
You met your daily recommended serving of vegetables!
(2-2.5 cups)

+ 5 POINTS
FOOD FOR THOUGHT
Situation Card

The Fight Hunger Kit
Congrats!
You met your daily recommended serving of milk!
(3 cups)
FOOD FOR THOUGHT
Situtation Card

The Fight Hunger Kit
You started a backpack program to help collect food for students to take home on the weekend.
FOOD FOR THOUGHT
Situation Card

The Fight Hunger Kit
You raised money to help donate food to a local food bank.
FOOD FOR THOUGHT
Situation Card

The Fight Hunger Kit
Your awareness campaign on Food Insecurity was a success.
You walked to your local grocery store.
FOOD FOR THOUGHT
Situation Card

The Fight Hunger Kit
Congrats!
You met your daily recommended serving of water!
(8 cups)
FOOD FOR THOUGHT
Situation Card

The Fight Hunger Kit
You went to the local food bank for food!
You collected coins to donate to the food bank to purchase milk for local families.
FOOD FOR THOUGHT
Situation Card

The Fight Hunger Kit
Surprise!
Is it your birthday?
You received a week’s worth of groceries!

+5 POINTS
It’s a new day!
Play a Global Card!
FOOD FOR THOUGHT
Situation Card

The Fight Hunger Kit
It’s a new day!
Play a Global Card!
FOOD FOR THOUGHT
Situation Card

The Fight Hunger Kit
It’s a new day!
Play a Global Card!
FOOD FOR THOUGHT
Situation Card

The Fight Hunger Kit
Your local supermarket just shut down.
FOOD FOR THOUGHT
Situation Card

The Fight Hunger Kit
There was a detour on the way to the grocery store.
FOOD FOR THOUGHT
Situation Card

The Fight Hunger Kit
The local food bank did not receive milk this week.
FOOD FOR THOUGHT
Situtation Card

The Fight Hunger Kit
Animals ate the veggies at the local garden.

-5 POINTS
FOOD FOR THOUGHT
Situation Card

The Fight Hunger Kit
Someone donated expired food to the local food bank.
Your favorite fruit is out of season.

- 5 POINTS
FOOD FOR THOUGHT
Situation Card

The Fight Hunger Kit
Due to flooding, roads are closed today.
FOOD FOR THOUGHT
Situation Card

The Fight Hunger Kit
It takes time and effort to decide which food items to spend money on.
FOOD FOR THOUGHT
Situtation Card

The Fight Hunger Kit
The backpack program did not receive enough donations yesterday.
FOOD FOR THOUGHT
Situation Card

The Fight Hunger Kit
The food bank was short on volunteers last weekend.
FOOD FOR THOUGHT
Situation Card

The Fight Hunger Kit
There is a snowstorm and you can’t get to the supermarket this weekend.
FOOD FOR THOUGHT
Situtation Card

The Fight Hunger Kit
The local farmers market closed for the season.
Your alarm did not go off and so you missed breakfast.
FOOD FOR THOUGHT
Situtation Card

The Fight Hunger Kit
The community garden had a delayed opening due to a late frost.
FOOD FOR THOUGHT
Situation Card

The Fight Hunger Kit
The local food bank did not receive donations this week.
FOOD FOR THOUGHT
Situation Card

The Fight Hunger Kit
The National School Lunch Program offers nutritionally balanced lunches to students each school day.
The School Breakfast Program and the After-School Snack Program feed over 14 million children each school day!
The Summer Food Service Program is a federally funded program that offers free meals to students when school is out. The grant has been renewed another year!
FOOD FOR THOUGHT
Global Card

The Fight Hunger Kit
There were a high number of natural disasters this year, and it has caused food prices to increase.
FOOD FOR THOUGHT
Global Card

The Fight Hunger Kit
Global warming impacted the temperature and rainfall patterns. Crops didn’t do so well this year.
FOOD FOR THOUGHT
Global Card

The Fight Hunger Kit
A new tariff (a tax on imported and exported goods) has just taken effect, causing grocery prices to rise.
FOOD FOR THOUGHT
Global Card
The Fight Hunger Kit