

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:

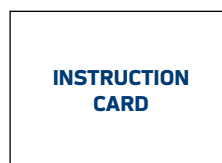
- No Kid Hungry: Youth Engagement toolkit
- Feeding America®
- USDA Food and Nutrition Service
- The Great American Milk Drive

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



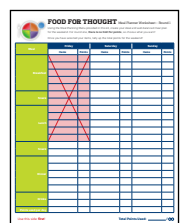
x1



x38



x5



x15

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



x1



x38



x5



x15



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!

Meal	Friday		Saturday		Sunday	
	Items	Points	Items	Points	Items	Points
Breakfast						
Snack						
Lunch						
Snack						
Dinner						
Drinks						
Points used per day						

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!

$$100 (+/-) \quad \underline{\hspace{2cm}} = \underline{\hspace{2cm}}$$

Your starting points
The total of your situational & global cards
Your allotted points for round 2

Meal	Friday		Saturday		Sunday	
	Items	Points	Items	Points	Items	Points
Breakfast						
Snack						
Lunch						
Snack						
Dinner						
Drinks						
Points used per day						

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!





FOOD FOR THOUGHT

Situation Card



The Fight Hunger Kit



You enjoyed a glass of
milk with breakfast!





FOOD FOR THOUGHT

Situation Card



The Fight Hunger Kit



You started your own
community garden.





FOOD FOR THOUGHT

Situation Card



The Fight Hunger Kit



You ate well-balanced
school lunches
all week.





FOOD FOR THOUGHT

Situation Card



The Fight Hunger Kit



Congrats!

You met your daily
recommended serving
of vegetables!
(2-2.5 cups)





FOOD FOR THOUGHT

Situation Card



The Fight Hunger Kit



Congrats!

You met your daily
recommended serving
of milk!
(3 cups)



POINTS



FOOD FOR THOUGHT

Situation Card



The Fight Hunger Kit



You started a
backpack program to
help collect food for
students to take home
on the weekend.

 **10**
POINTS



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.





FOOD FOR THOUGHT

Situation Card



The Fight Hunger Kit



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!





FOOD FOR THOUGHT

Situation Card



The Fight Hunger Kit



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!





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



It's a new day!
Play a Global Card!





FOOD FOR THOUGHT

Situation Card



The Fight Hunger Kit



Your local supermarket
just shut down.

-5
POINTS



FOOD FOR THOUGHT

Situation Card



The Fight Hunger Kit



There was a detour
on the way to the
grocery store.

 **5**
POINTS



FOOD FOR THOUGHT

Situation Card



The Fight Hunger Kit



The local food bank
did not receive milk
this week.

 **5**
POINTS



FOOD FOR THOUGHT

Situation 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.

-5
POINTS



FOOD FOR THOUGHT

Situation Card



The Fight Hunger Kit



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.

 **5**
POINTS



FOOD FOR THOUGHT

Situation Card



The Fight Hunger Kit



It takes time and effort to decide which food items to spend money on.

 **5**
POINTS



FOOD FOR THOUGHT

Situation Card



The Fight Hunger Kit



The backpack program
did not receive enough
donations yesterday.

 **10**
POINTS



FOOD FOR THOUGHT

Situation Card



The Fight Hunger Kit



The food bank was
short on volunteers
last weekend.

 **10**
POINTS



FOOD FOR THOUGHT

Situation Card



The Fight Hunger Kit



There is a snowstorm
and you can't get to
the supermarket this
weekend.

 **5**
POINTS



FOOD FOR THOUGHT

Situation Card



The Fight Hunger Kit



The local farmers
market closed for
the season.

 **10**
POINTS



FOOD FOR THOUGHT

Situation Card



The Fight Hunger Kit



Your alarm did not
go off and so you
missed breakfast.



10
POINTS



FOOD FOR THOUGHT

Situation Card



The Fight Hunger Kit



The community garden
had a delayed opening
due to a late frost.

 **10**
POINTS



FOOD FOR THOUGHT

Situation Card



The Fight Hunger Kit



The local food bank
did not receive
donations this week.

 **5**
POINTS



FOOD FOR THOUGHT

Situation Card



The Fight Hunger Kit



GLOBAL CARD

The National School
Lunch Program offers
nutritionally balanced
lunches to students
each school day

 **10**
POINTS



FOOD FOR THOUGHT
Global Card



The Fight Hunger Kit



GLOBAL CARD

The School Breakfast
Program and the
After-School Snack
Program feed over 14
million children each
school day!

 **10**
POINTS



FOOD FOR THOUGHT
Global Card



The Fight Hunger Kit



GLOBAL CARD

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!

+ **10**
POINTS



FOOD FOR THOUGHT
Global Card



The Fight Hunger Kit



GLOBAL CARD

There were a high number of natural disasters this year, and it has caused food prices to increase.



10
POINTS



FOOD FOR THOUGHT
Global Card



The Fight Hunger Kit



GLOBAL CARD

Global warming impacted the temperature and rainfall patterns. Crops didn't do so well this year.



10
POINTS



FOOD FOR THOUGHT
Global Card



The Fight Hunger Kit



GLOBAL CARD

A new tariff (a tax on imported and exported goods) has just taken effect, causing grocery prices to rise.

 **10**
POINTS



FOOD FOR THOUGHT
Global Card



The Fight Hunger Kit