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 foundational knowledge that will begin the path to understanding food insecurity. Each activity addresses one critical factor in the challenge to be food secure.

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
Udder Bingo – Instruction Card

Overview: 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.

Directions:
- Position the poster found in this kit so that it is easily visible for all students.
- Shuffle the cards.
- Each team should receive a blue Udder Bingo board and bingo chips.
- The facilitator will choose a card from the deck and read the question aloud.
- The students will put a chip on the square that has the correct answer. When a student gets five in a row, they are to yell “UDDER!”
- The facilitator and student will review the questions and answers aloud to make sure they have Udder. The facilitator should keep track of the cards pulled from the deck using the red facilitator board so that the answers can easily be reviewed.
- The student that correctly get Udder first, wins.
- Note: For teams that need extra support, please refer to the Fight Hunger poster.

What’s Included:
- This Instruction Card
- 24 Udder Bingo Cards
- Bingo Chips
- 15 Udder Bingo Boards
- 1 Facilitator Board
Q: How many people are food insecure in the USA?

A: 1 in 6 people are food insecure in the USA
UDDER BINGO!
Question Cards

The Fight Hunger Kit
Q: What do healthy bodies and minds require at every age?

A: Healthy bodies and minds require nutritious meals
UDDER BINGO!
Question Cards

The Fight Hunger Kit
Q: What can be a challenge when students' stomachs are growling?

A: Concentrating on schoolwork can be a challenge when stomachs are growling.
UDDER BINGO!
Question Cards

The Fight Hunger Kit
Q: By being part of the solution to food insecurity, you are helping some of the ______ children in the USA who lack access to nutritious food.

A: You are part of helping the 13 million children who lack access to nutritious food.
UDDER BINGO!
Question Cards

The Fight Hunger Kit
Q: What nutrition guide was published by the USDA?

A: MyPlate is the nutrition guide published by the USDA.
UDDER BINGO!
Question Cards

The Fight Hunger Kit
Q:
What is one of the most requested items at a food bank?

A:
Milk is one of the most requested items at a food bank
Q: Milk is a great source of which healthy vitamins and minerals?

A: Milk is a great source of Calcium, Vitamin D, and Potassium
UDDER BINGO!
Question Cards

The Fight Hunger Kit
Q: What percentage of teens do not eat daily breakfast?

A: Over 50% of teens do not eat breakfast each day
UDDER BINGO!
Question Cards

The Fight Hunger Kit
Q:
Studies show that students who eat breakfast have higher scores in which school subject?

A:
Students who eat breakfast have higher math scores
UDDER BINGO!
Question Cards

The Fight Hunger Kit
Q: Who in your school can help identify food donation needs?

A: School nutrition professionals can help identify food donation needs.
UDDER BINGO!
Question Cards

The Fight Hunger Kit
Q: How many levels of food security are there?

A: There are four levels of food security.
Q: What are some ways you can fight hunger with friends or family?

A: To help fight hunger you can start a donation jar, volunteer, and plant a garden to donate produce to local food banks.
UDDER BINGO!
Question Cards

The Fight Hunger Kit
Q: What program is the fastest growing meal program in the country right now?

A: Afterschool meals are the fastest growing meal program in the country
Q: Eating enough nutritious food helps which two things?

A: Eating enough nutritious food helps health and academic achievement
UDDER BINGO!
Question Cards

The Fight Hunger Kit
Q: What is the leading in-school health and wellness program that empowers students and educators to work together to build healthier schools and create healthy, high-achieving students?

A: Fuel Up to Play 60 is the leading in-school health and wellness program that empowers students
UDDER BINGO!
Question Cards

The Fight Hunger Kit
Q: 22 million students in the USA rely on free and reduced-price school lunches. About how many get free summer meals?

A: About 4 million students get free summer meals.
UDDER BINGO!
Question Cards

The Fight Hunger Kit
Q: What organization is the nation’s largest domestic hunger-relief organization?

A: Feeding America® is the nation’s largest domestic hunger-relief organization.
Q: What is the single largest program aimed at curbing hunger?

A: SNAP is the single largest program aimed at curbing hunger.
UDDER BINGO!
Question Cards

The Fight Hunger Kit
Q: What does it mean if a household is food insecure?

A: If a household is food insecure it means they are not always sure if they will have access to food or enough food throughout the year.
UDDER BINGO!
Question Cards

The Fight Hunger Kit
Q: How many gallons of milk has Feeding America® donated to families who need it?

A: Feeding America® has donated over 33 million gallons of milk
Q: What percent of food in the USA goes uneaten each year?

A: Between 30 – 40% of food in the USA goes uneaten each year.
UDDER BINGO!
Question Cards

The Fight Hunger Kit
Q: Who can help fight hunger?

A: Everyone can help fight hunger
The Fight Hunger Kit

UDDER BINGO!
Question Cards
Q: At what age do you need nutritious foods?

A: People at every age need nutritious foods.
UDDER BINGO!
Question Cards

The Fight Hunger Kit
Q: What meal can help children do better in school?

A: Breakfast can help children do better in school
### Fuel Up to Play 60

**The Fight Hunger Kit**

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**Milk is a Great Source of Calcium, Vitamin D, and Potassium**

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If a household is food insecure it means they are not always sure if they will have access to food or enough food throughout the year.

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**UDDER BINGO!**

*The Fight Hunger Kit*

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