

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.

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:

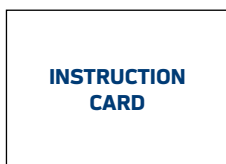
- Many of the bingo answers are written so that it can be connected easily to the question. If students need extra support, encourage them to refer to the Fight Hunger Poster.
- Keep track of the cards that you pick using the **red facilitator board**, so that it is easier to review when a student yells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

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



x1



x24



Many!



x15



x1



UDDER BINGO
INSTRUCTION CARD

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 number 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



UDDER BINGO!
Question Cards



The Fight Hunger Kit

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



UDDER BINGO!
Question Cards



The Fight Hunger Kit

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



UDDER BINGO!
Question Cards



The Fight Hunger Kit

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



UDDER BINGO!
Question Cards



The Fight Hunger Kit

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



UDDER BINGO!
Question Cards



The Fight Hunger Kit

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



UDDER BINGO!
Question Cards



The Fight Hunger Kit

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



UDDER BINGO!
Question Cards



The Fight Hunger Kit



UDDER BINGO!

The Fight Hunger Kit

1 in 6 people are food insecure in the USA	Milk is one of the most requested items at a food bank	There are four levels of food security	Fuel Up to Play 60 is the leading in-school health and wellness program that empowers students	Concentrating on schoolwork can be a challenge when stomachs are growling
Healthy bodies and minds require nutritious meals	Milk is a great source of Calcium, Vitamin D, and Potassium	To help fight hunger you can start a donation jar, volunteer, and plant a garden to donate produce to local food banks	About 4 million students get free summer meals	Between 30 – 40% of food in the USA goes uneaten each year
MyPlate is the nutrition guide published by the USDA	Over 50% of teens do not eat breakfast each day		Breakfast can help children do better in school	School nutrition professionals can help identify food donation needs
You are part of helping the 13 million children who lack access to nutritious food	Students who eat breakfast have higher math scores	Afterschool meals are the fastest growing meal program in the country	SNAP is the single largest program aimed at curbing hunger	People at every age need nutritious foods
Eating enough nutritious food helps health and academic achievement	Feeding America® is the nation's largest hunger-relief organization	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	Feeding America® has donated over 33 million gallons of milk	Everyone can help fight hunger



UDDER BINGO!

The Fight Hunger Kit

Everyone can help fight hunger	1 in 6 people are food insecure in the USA	Milk is one of the most requested items at a food bank	There are four levels of food security	Fuel Up to Play 60 is the leading in-school health and wellness program that empowers students
Concentrating on schoolwork can be a challenge when stomachs are growling	Healthy bodies and minds require nutritious meals	Milk is a great source of Calcium, Vitamin D, and Potassium	To help fight hunger you can start a donation jar, volunteer, and plant a garden to donate produce to local food banks	About 4 million students get free summer meals
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School nutrition professionals can help identify food donation needs	You are part of helping the 13 million children who lack access to nutritious food	Students who eat breakfast have higher math scores	Afterschool meals are the fastest growing meal program in the country	SNAP is the single largest program aimed at curbing hunger
People at every age need nutritious foods	Eating enough nutritious food helps health and academic achievement	Feeding America® is the nation's largest hunger-relief organization	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	Feeding America® has donated over 33 million gallons of milk



UDDER BINGO!

The Fight Hunger Kit

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UDDER BINGO!

The Fight Hunger Kit

<p>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</p>	<p>Feeding America® has donated over 33 million gallons of milk</p>	<p>Everyone can help fight hunger</p>	<p>1 in 6 people are food insecure in the USA</p>	<p>Milk is one of the most requested items at a food bank</p>
<p>There are four levels of food security</p>	<p>Fuel Up to Play 60 is the leading in-school health and wellness program that empowers students</p>	<p>Concentrating on schoolwork can be a challenge when stomachs are growling</p>	<p>Healthy bodies and minds require nutritious meals</p>	<p>Milk is a great source of Calcium, Vitamin D, and Potassium</p>
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<p>Afterschool meals are the fastest growing meal program in the country</p>	<p>SNAP is the single largest program aimed at curbing hunger</p>	<p>People at every age need nutritious foods</p>	<p>Eating enough nutritious food helps health and academic achievement</p>	<p>Feeding America® is the nation's largest hunger-relief organization</p>



UDDER BINGO!

The Fight Hunger Kit

Feeding America® is the nation's largest domestic hunger-relief organization	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	Feeding America® has donated over 33 million gallons of milk	Everyone can help fight hunger	1 in 6 people are food insecure in the USA
Milk is one of the most requested items at a food bank	There are four levels of food security	Fuel Up to Play 60 is the leading in-school health and wellness program that empowers students	Concentrating on schoolwork can be a challenge when stomachs are growling	Healthy bodies and minds require nutritious meals
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Students who eat breakfast have higher math scores	Afterschool meals are the fastest growing meal program in the country	SNAP is the single largest program aimed at curbing hunger	People at every age need nutritious foods	Eating enough nutritious food helps health and academic achievement



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The Fight Hunger Kit

Eating enough nutritious food helps health and academic achievement	Feeding America® is the nation's largest domestic hunger-relief organization	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	Feeding America® has donated over 33 million gallons of milk	Everyone can help fight hunger
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You are part of helping the 13 million children who lack access to nutritious food	Students who eat breakfast have higher math scores	Afterschool meals are the fastest growing meal program in the country	SNAP is the single largest program aimed at curbing hunger	People at every age need nutritious foods



UDDER BINGO!

The Fight Hunger Kit

<p>People at every age need nutritious foods</p>	<p>Eating enough nutritious food helps health and academic achievement</p>	<p>Feeding America® is the nation's largest domestic hunger-relief organization</p>	<p>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</p>	<p>Feeding America® has donated over 33 million gallons of milk</p>
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<p>School nutrition professionals can help identify food donation needs</p>	<p>You are part of helping the 13 million children who lack access to nutritious food</p>	<p>Students who eat breakfast have higher math scores</p>	<p>Afterschool meals are the fastest growing meal program in the country</p>	<p>SNAP is the single largest program aimed at curbing hunger</p>



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The Fight Hunger Kit

SNAP is the single largest program aimed at curbing hunger	People at every age need nutritious foods	Eating enough nutritious food helps health and academic achievement	Feeding America® is the nation's largest domestic hunger-relief organization	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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Breakfast can help children do better in school	School nutrition professionals can help identify food donation needs	You are part of helping the 13 million children who lack access to nutritious food	Students who eat breakfast have higher math scores	Afterschool meals are the fastest growing meal program in the country



UDDER BINGO!

The Fight Hunger Kit

<p>Afterschool meals are the fastest growing meal program in the country</p>	<p>SNAP is the single largest program aimed at curbing hunger</p>	<p>People at every age need nutritious foods</p>	<p>Eating enough nutritious food helps health and academic achievement</p>	<p>Feeding America® is the nation's largest domestic hunger-relief organization</p>
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UDDER BINGO!

The Fight Hunger Kit

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UDDER BINGO!

The Fight Hunger Kit

<p>You are part of helping the 13 million children who lack access to nutritious food</p>	<p>Students who eat breakfast have higher math scores</p>	<p>Afterschool meals are the fastest growing meal program in the country</p>	<p>SNAP is the single largest program aimed at curbing hunger</p>	<p>People at every age need nutritious foods</p>
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UDDER BINGO!

The Fight Hunger Kit

School nutrition professionals can help identify food donation needs	You are part of helping the 13 million children who lack access to nutritious food	Students who eat breakfast have higher math scores	Afterschool meals are the fastest growing meal program in the country	SNAP is the single largest program aimed at curbing hunger
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About 4 million students get free summer meals	Between 30 - 40% of food in the USA goes uneaten each year	MyPlate is the nutrition guide published by the USDA	Over 50% of teens do not eat breakfast each day	Breakfast can help children do better in school



UDDER BINGO!

The Fight Hunger Kit

Breakfast can help children do better in school	School nutrition professionals can help identify food donation needs	You are part of helping the 13 million children who lack access to nutritious food	Students who eat breakfast have higher math scores	Afterschool meals are the fastest growing meal program in the country
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To help fight hunger you can start a donation jar, volunteer, and plant a garden to donate produce to local food banks	About 4 million students get free summer meals	Between 30 - 40% of food in the USA goes uneaten each year	MyPlate is the nutrition guide published by the USDA	Over 50% of teens do not eat breakfast each day



UDDER BINGO!

The Fight Hunger Kit

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UDDER BINGO!

Facilitator Board

<i>place marker here</i>	MyPlate is the nutrition guide published by the USDA
<i>place marker here</i>	Over 50% of teens do not eat breakfast each day
<i>place marker here</i>	Breakfast can help children do better in school
<i>place marker here</i>	School nutrition professionals can help identify food donation needs
<i>place marker here</i>	You are part of helping the 13 million children who lack access to nutritious food
<i>place marker here</i>	Students who eat breakfast have higher math scores
<i>place marker here</i>	Afterschool meals are the fastest growing meal program in the country
<i>place marker here</i>	SNAP is the single largest program aimed at curbing hunger
<i>place marker here</i>	People at every age need nutritious foods
<i>place marker here</i>	Eating enough nutritious food helps health and academic achievement
<i>place marker here</i>	Feeding America® is the nation's largest domestic hunger-relief organization
<i>place marker here</i>	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

<i>place marker here</i>	Feeding America® has donated over 33 million gallons of milk
<i>place marker here</i>	Everyone can help fight hunger
<i>place marker here</i>	1 in 6 people are food insecure in the USA
<i>place marker here</i>	Milk is one of the most requested items at a food bank
<i>place marker here</i>	There are four levels of food security
<i>place marker here</i>	Fuel Up to Play 60 is the leading in-school health and wellness program that empowers students
<i>place marker here</i>	Concentrating on schoolwork can be a challenge when stomachs are growling
<i>place marker here</i>	Healthy bodies and minds require nutritious meals
<i>place marker here</i>	Milk is a great source of Calcium, Vitamin D, and Potassium
<i>place marker here</i>	To help fight hunger you can start a donation jar, volunteer, and plant a garden to donate produce to local food banks
<i>place marker here</i>	About 4 million students get free summer meals
<i>place marker here</i>	Between 30 - 40% of food in the USA goes uneaten each year