



Interfaith Food Pantry

Serving Morris County

The Perfect Plate

Summary:

This activity is meant to encourage a better understanding of hunger and food insecurity.

Time: 30 to 40 minutes

Age: K-2nd Grade

Materials:

- Printed Copies of the Perfect Plate Coloring Page
- Crayons or Markers

Group Size: 15-30

Procedure:

1. Give each student a printed copy of the Perfect Plate coloring page.
2. Ask students to draw their perfect meal on the plate.
3. Lead a discussion with students, using the discussion questions below.

Discussion:

1. What if you weren't able to have your perfect meal or others meals you like?
2. What would you feel like if you couldn't fill your plate or your plate was empty?
3. Explain that some children don't have enough to eat.
4. What do you feel like when you're hungry?
5. Ask students to complete the sentence "When I am hungry, I can't _____".