



# Interfaith Food Pantry

## Serving Morris County

### **The Hunger Tree**

*A lesson exploring the root causes of hunger*

Age Range: Grades 4-6

Subjects: Social Studies & Language Arts

Adapted from wfp.org

#### **Overview**

*Critical thinking, making connections, visualization of problems, collaborative learning.*

This activity uses the image of a tree to help students understand the problem of “hunger” that may seem overwhelming and impossible to change at first. This Hunger Tree activity helps young people think through the problem and why it occurs. They also think together about actions that can be taken to help reduce the problem of hunger.

#### **Aims & Objectives**

- To encourage students to think about global and domestic hunger, and the differences between the two
- To increase students’ awareness of hunger related problems
- To increase students’ awareness of the multiple solutions for addressing hunger-related problems
- To help students understand the connections between hunger and poverty

## **Materials**

- Copies of tree template and hunger notes for the entire class
- One piece of poster board with the outline of a tree drawn on it.
- Markers, crayons, and/or colored pencils

## **Instructions**

1. Introduce hunger to the class by using the information found at:  
<http://mcifp.org/learn-about-hunger/>
  - a. Have students fill in the notes page as you speak. (If computers are available, this part of the activity could be performed by students in groups, followed by group feedback.)
2. Break students up into groups of 3-4 and pass out the tree templates
  - a. Groups should be encouraged to articulate the ways in which hunger affects both individuals and society, and write them on the tree trunk
    - a. Ex. Hunger makes it difficult for children to concentrate in school.
    - b. Second, have students discuss the possible causes of hunger and write them on the roots of the tree.
      - a. Ex. Poverty, lack of access to food, conflict/war, etc.
3. Next, have students brainstorm possible actions to take to help solve the problem of hunger and write them on the leaves of the tree.
  - a. Ex. Have a food drive, an awareness activity, fundraising activity, etc.
4. Come together as a class to make a large Hunger Tree for the entire class
  - a. Have each group present their trees
  - b. Write some or all of the causes, consequences, and actions on the large tree.

- c. Keep the Hunger Tree in the class to remind students what they learned.
5. As you are wrapping up the activity, discuss the questions below with your class.
6. Possible spin-offs into Language Arts might include letter writing, journalism, writing for a particular audience, persuasive writing, expository writing etc.

**Discussion Questions:**

1. What actions, as a class, do you think we could take to reduce hunger in our community?
2. What did you learn about hunger from this activity?
3. Is there something we could do every day to help make a difference?

