

# Hunger Tree

## Goals:

- Help students see how hunger affects kids, families, and communities.
  - Show that there are many reasons why people don't have enough food.
  - Encourage brainstorming of real actions they can take.
  - Connect hunger to fairness, kindness, and helping neighbors.
- 

## Materials:

- A box of small snacks (Cheerios, goldfish, pretzels, etc.)
  - Small paper bags or cups (one per student)
  - Chart paper or whiteboard
- 

## Preparation

### Put different amounts of snack pieces in each bag/cup:

- Tree template (roots, trunk, leaves) for each group.
  - Big class "Hunger Tree" poster.
  - Markers/crayons.
  - Fact sheet or short video on hunger (local and global).
- 

## Activity:

### 1. Learn Together

- Begin with a short story, picture book, or local fact sheet about hunger.
- Ask: "Have you ever felt hungry before lunch or dinner? How does it feel?"
- Explain: Hunger is when people don't have enough healthy food to eat every day]

### 2. Small Groups

- Roots (Causes): Why might some people not have enough food? (e.g., not enough money, no grocery store nearby, illness, natural disasters).
- Trunk (Effects): What happens when people are hungry? (e.g., can't focus in school, feel tired, get sick more easily).
- Leaves (Solutions): What can kids and communities do? (e.g., food drives, sharing food, writing thank-you notes to farmers, raising awareness).

### 3. Class Tree

- Each group adds their roots, trunk ideas, and leaves to the big poster.
- Display the Hunger Tree in the classroom.

### 4. Reflection and Action

- What new thing did you learn about hunger?
  - What can we do as a class to help?
  - What's one small thing you can do this week to make a difference?
- 

## Extension Lesson:

**Community Action Brainstorm:** Create a class list of ways kids can help (food drives, helping at school gardens or fundraising ideas).

