

5. World Hunger Game

To gain an understanding of hunger, play the “World Food Game”. Divide a box of raisins so that one girl gets the majority of the raisins, four girls get a smaller quantity, two girls get a couple, and the rest of the girls get nothing. Discuss how you felt during the game. Do you think the raisins were divided fairly? How did you feel about the number of raisins you received? How does this game help you understand the issues related to hunger?

6. Discover Healthy Life Skills

Plan a one week menu for yourself. Make sure it is a balanced diet using the four basic food groups and add snacks for each day.

7. What's the Cost?

Check the cost of the foods you have chosen. How much would it cost you to feed yourself for one week? How much would it cost to feed a family of four? Research the terms “recommended daily allowance” and “USRDA”.

8. Action Plan

Develop an action plan that would help ease the problem of hunger. Send your ideas to legislators who can make a difference in combating hunger.

9. Volunteer

Take action and make the world a better place. Volunteer your services to help distribute food to those in need. Contact your local food distribution pantry for assistance.

10. Essay

Gather information on nutrition and practice your writing skills by creating an essay. Explain why it is important to adopt good eating habits at an early age.

11. Survey

Connect with your school. Conduct a classroom or school-wide poll to survey eating habits and attitudes towards nutrition. Share the results with your troop.

