



Hunger Simulations and Lessons Appropriate for All Students (Distance Learning Option)*

What Happens in a Crisis?

Description:

This simulation will help youth understand the complexities of hunger and poverty in the US, its emotional and physical consequences and what can happen in a crisis situation.

Objectives:

Youth will better understand:

1. The definition and relationship between poverty, hunger and food distribution.
2. How families end up in need in the US society.
3. What happens to families in crisis.
4. The emotional ramifications of being food insecure in our country.

Time:

About 20-30 minutes

Materials and Preparation:

Access to YouTube and video screen appropriate for whatever size group you have.
Question handout for each participant.

Plan:

1. Watch each 2-minute Feeding America video profiling individuals:
 - Brittany (<https://www.youtube.com/watch?v=OOTNW2-GPF8>)
 - Edwin and Deb (<https://www.youtube.com/watch?v=nLQ1amdpKY8>)
 - Lamont (<https://www.youtube.com/watch?v=00QCni8Itt0>)
 - Emily (<https://www.youtube.com/watch?v=NQuz1qkEF8k>)
2. After each video consider the discussion and thought questions on the handout.
3. Discussion, as a group, the ramifications of a crisis on families in need based on these stories.

Real-Life Situation #1: Brittany (<https://www.youtube.com/watch?v=OOTNW2-GPF8>)

1. Describe the challenges that are being faced in this situation.
2. What was something that surprised you about the situation described in this video?
3. What do you think happened to this family when the entire country faced a shutdown as it did with COVID-19?
4. What could you do if you lived near this family in your community? How could you show love and compassion?

Real-Life Situation #2: Edwin and Deb (<https://www.youtube.com/watch?v=nLQ1amdPKY8>)

1. Describe the challenges that are being faced in this situation.
2. What was something that surprised you about the situation described in this video?
3. What do you think happened to this family when the entire country faced a shutdown as it did with COVID-19?
4. What could you do if you lived near this family in your community? How could you show love and compassion?

Real-Life Situation #3: Lamont (<https://www.youtube.com/watch?v=00QCni8Itt0>)

1. Describe the challenges that are being faced in this situation.
2. What was something that surprised you about the situation described in this video?
3. What do you think happened to this family when the entire country faced a shutdown as it did with COVID-19?
4. What could you do if you lived near this family in your community? How could you show love and compassion?

Real-Life Situation #4: Emily (<https://www.youtube.com/watch?v=NQuz1qkEF8k>)

1. Describe the challenges that are being faced in this situation.
2. What was something that surprised you about the situation described in this video?
3. What do you think happened to this family when the entire country faced a shutdown as it did with COVID-19?
4. What could you do if you lived near this family in your community? How could you show love and compassion?

Special Thanks and Acknowledgement to Feeding America for this video series.

*Realize that these lessons are meant to support understanding and compassion for those in need. Be sensitive to the needs of your youth and be careful to know their own situations and how they may respond.