



Hunger Simulations and Lessons Appropriate for Older Group (Grades 6 and up) - Distance Learning Option*

How Do You Spend the Money?

Description:

Youth will learn what it takes to plan a nutritious menu for a family and the costs associated with that. They will learn about how limited resources cause people to make choices that aren't always best for their family.

Objectives:

Youth will better understand:

1. How to budget money to achieve specific outcomes for their "family."
2. Use math to find per person costs for food and scale costs based on per person cost.
3. The limiting factors of cost for nutritious foods.
4. The difficulties of planning nutritious meals on a budget.
5. The choices that food insecure families must make in order to pay their bills.

Time:

About 30 minutes

Materials and Preparation:

Either printed copies or pdf of the menu handouts and family situations for each youth.

Plan:

1. Have youth watch the Feeding America video about Brittany: <https://www.feedingamerica.org/hunger-in-america/real-stories-of-hunger/brittanys-story>. Ask them to listen for and write down some of the struggles that the family has when they must worry about paying all their bills and eating a healthy diet.
2. Ask youth to use the menu to determine a daily meal based on the family size and budget for each scenario.
3. After complete, have the students answer follow up questions based on their experience:
 - a. Which became a priority to you during each budget creation: Enough Food or Healthy Food?
 - b. On a scale from 1-10, how nutritious do you think each meal is? If you had to eat that menu every day, how do you think it would affect your body?
 - c. What do you think it feels like as a parent to know that you can't afford to buy your children healthy food?

Menu Options for a Family of 3

Breakfast

Cereal and Fruit	\$2
Frozen Waffles, Eggs	\$3
Toast	\$1

Lunch

Peanut Butter and Jelly Sandwich and chips	\$3
Turkey Sandwich, Apples, Cookies	\$4
Cheese Sandwich	\$2

Dinner

Hot Dogs, Soup	\$4
Spaghetti with Marinara, salad and bread	\$5
Dinner at fast food restaurant	\$13

Snack

Cheese and Crackers	\$2
Chips	\$1
Fruit Salad	\$4

1. Find a cost per person for each item.
2. Use that cost per person to find cost for each family size.

Scenario #1: There are three people in your family, and you have \$18 per day to spend on food. Please provide a nutritious menu for your family.

What would your menu cost?

per day? _____

per week? _____

per year? _____

On a scale from 1-10 (10 being most nutritious), how nutritious is your menu?

If you ate this every day, how do you think it will affect your body?

Scenario #2: There are five people in your family, and you have \$18 per day to spend on food. Please provide a nutritious menu for your family.

What would your menu cost?

per day? _____

per week? _____

per year? _____

On a scale from 1-10 (10 being most nutritious), how nutritious is your menu?

If you ate this every day, how do you think it will affect your body?

Scenario #3: There are four people in your family, and you have \$8 per day to spend on food. Please provide a nutritious menu for your family.

What would your menu cost?

per day? _____

per week? _____

per year? _____

On a scale from 1-10 (10 being most nutritious), how nutritious is your menu?

If you ate this every day, how do you think it will affect your body?

Scenario #4: There are four people in your family, and you have \$32 per day to spend on food. Please provide a nutritious menu for your family.

What would your menu cost?

per day? _____

per week? _____

per year? _____

On a scale from 1-10 (10 being most nutritious), how nutritious is your menu?

If you ate this every day, how do you think it will affect your body?

Follow up Questions:

1. When creating your menus, which priority became more important? Enough food or Healthy Food?
2. What do you think it feels like as a parent to know that you can't afford healthy food for your children?
3. How does this activity change your perspective of food insecurity in our country?

*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.