



Additional Teacher Resources

To Accompany *Truck or Treat*

Activities for Students

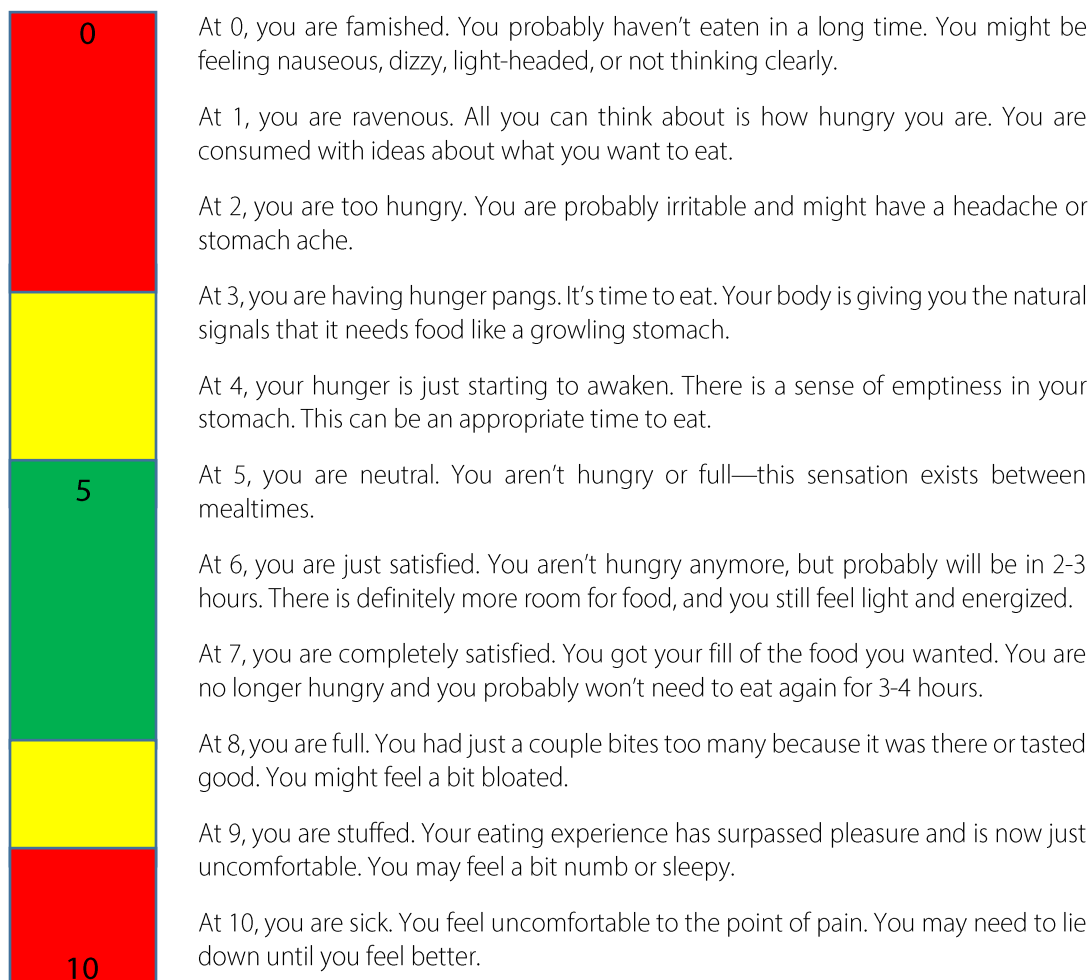
- Grades K-5
 - The Meaning of Food
 - What's for Breakfast?
- Grades 6-12
 - Where's Your Food From?
 - Hunger Quiz

The Meaning of Food

Objective: Students explore what food means to them, their families and community. They also discuss the stages of hunger.

1. Discuss with students how food affects their lives.
 - Do we ever eat when we're not hungry? When and why?
 - Do you think that we ever express love with food? How?
2. Does your family have any special recipes? If yes, what are they? Who created them? Have they been passed down over more than one generation?
3. Describe the hunger scale (below) and ask students where they are on it currently and how it feels when they are hungry.
4. Lead a discussion on how hunger might affect a person's sense of belonging or community.

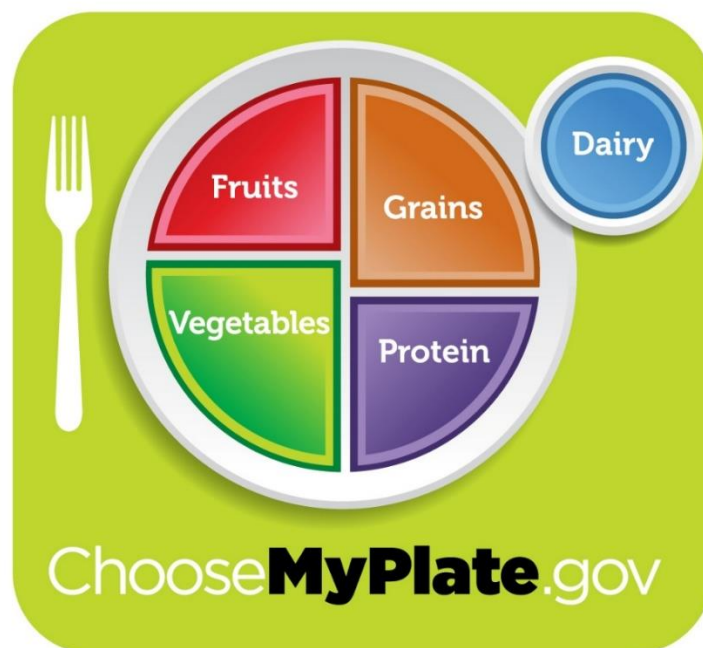
Hunger Scale



What's for Breakfast?

Objective: Increase awareness of how breakfast affects performance, mood and behavior in school.

1. Class discussion about breakfast:
 - Who ate breakfast this morning?
 - Are there things that make it difficult to eat breakfast in the morning?
 - Possible responses: Not enough time. Parent has left for work and no one can help with breakfast. Not enough food to eat. Too tired or not hungry when waking up in the morning.
 - Do you feel or act differently when you haven't eaten until later in the day? What words describe this feeling for us?
 - Do you think it is very important to eat breakfast? Why?
 - Answer: Yes! Eating affects our emotional, behavior and physical health. Breakfast helps our minds and bodies work better all day long. Studies have shown that students who eat breakfast in the morning stay alert during school and perform better on tests. Also, students who do not eat breakfast are more likely to act out during class, complain of stomach aches and headaches and feel tired or fall asleep.
2. Discuss the importance of a healthy breakfast using MyPlate.
 - Print image below or draw on board for class. You can also find the image on the [USDA website](http://www.choosemyplate.gov).
 - Ask students what breakfast items can fit into each of the food categories. For a hands-on activity, have students cut out images of fruits, grains, vegetables, etc. from magazines and newspapers and paste them on to a paper plate.



Where's Your Food From?

Objective: Students will understand where fruits and vegetables come from and which ones are local to New York.

1. Prior to the activity, go to the supermarket and purchase a variety of food (produce is best) that come from different locations around the world. Examples:
 - Apples from New Zealand
 - Bananas from Costa Rica
 - Fruit from California, Florida, Michigan, New Jersey, etc.
2. Bring food in a bag to the class. Pull items out one by one, having kids guess where the food was grown. Have a map on hand to easily illustrate how far food travels.
3. Ask participants to list foods they know/see are grown in New York. Fruit and vegetables grown in NY and available during the month of October include:
 - Apples
 - Blueberries
 - Pears
 - Beets
 - Broccoli
 - Cabbage
 - Carrots
 - Eggplant
 - Potatoes
 - Pumpkins
 - Squash
 - Turnips
4. Ask participants to imagine places where they could buy local foods (such as farmers markets, farm stands, grocery stores, co-ops, or restaurants). Are there many places in your community where local foods are sold? Why or why not?

Hunger in NY: True/False

Objective: Increase awareness and dispel common myths about hunger.

1. The majority of people who are hungry are homeless.

False. Hunger is not synonymous with homelessness. The majority of people served by City Harvest are struggling to pay rent and mortgage, along with other monthly expenses.

2. There were more visits to soup kitchens and food pantries in New York City than there were attendees to NFL games across the country in 2016.

True. There were 25 million visits to soup kitchens and food pantries in New York City, and 17 million attendees at NFL games.

3. People who are hungry in New York City are lazy and don't want to work.

False. The majority of Americans who receive food from emergency sources (food banks, pantries, meal sites) are children under the age of 18, elderly, disabled or working. More than two in five New York City households—over 940,000 households—lack enough income to cover just the necessities, such as food, shelter, health care and childcare. Yet as measured by the federal poverty level, less than half that number is officially designated as “poor.” This translates to over 2.7 million men, women, and children struggling to make ends meet in New York City. The cost of living in New York City is higher than in any other city. According to the Economic Policy Institute’s 2015 Family Budget Calculator, the average budget for a family of four in New York City is almost \$99,000 annually.

4. The Bronx has the highest rate of food hardship of the five boroughs in New York City.

True. Of all the five boroughs, the Bronx has the highest rate of food hardship. Furthermore, the South Bronx has the second highest rate of food hardship in the country.

5. One in 10 children living in New York City live in food insecure homes.

False. According to a 2015 Annual Hunger Survey, 1 in 5 children in NYC are food insecure.