

# Activity 1

# UNDERSTANDING HUNGER



## PART 1

Hunger affects one in six Americans. How much do you know about this big but mostly invisible problem that affects 12 million Americans each day? Take the True/False quiz below to find out.

1. \_\_\_\_ In America, only people who live in big cities suffer from hunger.
2. \_\_\_\_ One in five kids in America lives in a family that struggles to put food on the table.
3. \_\_\_\_ Food insecurity means being afraid to eat foods that aren't good for you.
4. \_\_\_\_ In a recent *Hunger in America* survey of families who rely on food pantries and meal service programs to feed themselves, 79% report purchasing cheaper, unhealthy food to feed their families.
5. \_\_\_\_ If you're hungry in America, you must be homeless.
6. \_\_\_\_ Food banks that serve the hungry and food insecure in America always have plenty of fresh milk on hand for those who need it.
7. \_\_\_\_ Many people who are hungry or food insecure must choose between paying for things like rent, utility bills, car payments, and healthy food like fresh fruits, vegetables, and whole grains to feed their families.
8. \_\_\_\_ Many households in America depend on the nation's network of food banks and their distributors to help feed their families.
9. \_\_\_\_ A shortage of food in America is contributing to hunger and food insecurity.
10. \_\_\_\_ You might be unaware that someone you know is suffering from hunger.



Get the facts and figures on food insecurity and hunger in your state and community by visiting [feedingamerica.org/hunger-in-america/hunger-in-your-community/](http://feedingamerica.org/hunger-in-america/hunger-in-your-community/).

## PART 2

View the *Hunger in America* video at [feedingamerica.org/assets/video/video-hunger-in-america-2014.html](http://feedingamerica.org/assets/video/video-hunger-in-america-2014.html).

Follow your teacher's directions to create a group presentation on one of the following topics:

- the reasons for hunger in America
- how hunger affects people's attitudes and actions
- the effects of poor nutrition on child development
- resources that serve the hungry and food insecure in your community

Use the outline below to organize your presentation.

**Group Topic:** \_\_\_\_\_

**Group Members:** \_\_\_\_\_

**Topic Facts:** \_\_\_\_\_

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### Visuals To Use

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**References:** \_\_\_\_\_

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**Getting Started:** Start your research by visiting **The Great American Milk Drive** website at [milklife.com/give](http://milklife.com/give) and Feeding America at [feedingamerica.org](http://feedingamerica.org).