**Life Skills:**
Accepting Differences, Communication

**What to Do:**
Conduct a Global Hunger Buffet to experience world hunger.

**Success Measurement:**
Youths will become more aware of world hunger issues and how to advocate locally for others.

**Audience:**
4th – 12th grades

**Time Involved:**
60 minutes

**Group Size:**
2 - 100

**Preparation and Materials**

*Materials to prepare Global Buffet:*
- Three colors of 3-by-5 index cards — enough for each participant
- Prepare or arrange to have one large bowl of cooked rice (enough for 2/3 of the group)
- Provide enough sausage to supplement the rice for 1/3 of the group
- Arrange for enough food for a well-balanced meal for 1/3 of the group

**Introduction**

According to the United Nations Food and Agriculture Organization (FAO), millions of people in the world are starving. In addition, many people who feel hungry are malnourished, which mean their diet lacks essential nutrients they need to remain healthy. Malnutrition can be a serious problem even when there is enough food to feed the general population. Internationally, hunger and malnutrition become widespread because of poor food distribution. FAO cites large-scale hunger problems in the following 12 countries: India, Indonesia, Bangladesh, Nigeria, Brazil, Ethiopia and Pakistan, Philippines, Afghanistan, and Burma, Colombia and Thailand. However, the problem of hunger is not confined to Asia and Africa. The Western Hemisphere — including our own country — has areas where hunger is a serious problem.
The Activity:

Global Hunger Buffet

1) Before participants arrive: Select three colors of 3-by-5 index cards and divide colors evenly. The cards represent three groups: developed, middle or developing countries. The colored cards will be used to determine which group participants will be assigned to. Participants should not know the significance of the cards. Mix up the cards and place a card at each participant’s plate.

2) Set up a self-service buffet with a variety of prepared American foods. The last two food dishes on the buffet should be sausage and rice.

3) Have the young people sit at a table and pick up their colored cards. Announce to the group that the cards show group membership in developed, middle or developing countries. Participants with colored cards for middle-developed countries pass through the same buffet line but can only take the last two items: sausage and rice. Participants with colored cards for the developing countries go through the same buffet line but can have only rice.

4) Intermingle the youths so they represent countries of all stages of development. Announce that only those representing developed countries have the ability and economics to move around the room. (They may distribute or redistribute food to other people if they choose but should not be prompted to do so).

5) Following the meal, lead the group in a discussion.

Reflect/Discuss

Share What You Did
(Ask the following questions)

- What happened during this activity?
- How many people feel hungry?
- How did you feel when the people sitting next to you had much less or more food than you?
- What actions took place at your table during the meal?
- Did anyone offer to share his or her food?
- Did anyone try to sell his or her food?
- How did these actions make you feel as givers? As receivers?
- How did you react to your assigned selection of the food items?
- What did you think about the other groups and their food selections?
- What discussions took place during the meal?

Tell What’s Important:

- What did you learn from the activity?
- Did this activity increase your awareness of hunger?
- How do different countries deal with hunger issues?
- What would it feel like to eat the diets of the middle and developing groups all of the time? (Discuss nutrients supplied and left out of each diet. You may want to invite a nutritionist to discuss the pros and cons of all three menus.)
Generalize to Your Life
- Do you think there are hungry people in your community?
- What is being done to feed those people?

Apply What You Learned
- How would you go about creating a world without hunger?
- What can you do to help the hungry in your community?

More Challenges
- Learn about and organize an emergency feeding station such as ones used in areas of Africa.
- Research the organizations and Web sites on the resource list and explore hunger issues.
- Visit and volunteer at the food bank.
- Get involved in World Food Day by contacting the U.S. National Committee for World Food Day, 1001 22nd St. NW, Washington, D.C. 20437
- Monitor the amount of food thrown away by your family.
- Examine how much it costs to feed a family in the United States.
- Hold a fund-raiser and donate funds to a hunger organization.
- Learn about foods/meals in different countries.

Optional Activity
- Use “Analyzing the Hunger Issue” worksheet.