



WHO'S HUNGRY

Lesson 2

Objective

Youth will become more aware of world hunger issues and learn that hunger is widespread in the world.

4-H Age

Junior, Intermediate, Senior

Time

20-30 minutes

Materials

- paper bowls
- paper cups
- snacks
- water
- crayons/markers/pencils

Group Size

5-30

Background

Participants will use their hands, head, and heart to explore the plight of world hunger. They will be introduced to the idea of using “Cassava Cups” to help support the Burundi 4-H Sister School Gardens Program.

Steps

Step 1 - Hands

Divide participants into groups of six. Hand out crayons, pens, and/or pencils to each group. Give each participant a paper bowl and a cup. Give five of the participants in each group a snack and have them eat it while they draw their favorite food in their bowl. Instruct the group that they cannot share anything with the sixth person in their group. After they have finished drawing in their bowls, pour the five participants a cup of water. From a different pitcher, pour the sixth child with the empty bowl a cup of dirty water.

4-H PLEDGE

I pledge my **HEAD** to clearer thinking,
my **HEART** to greater loyalty,
my **HANDS** to larger service,
and my **HEALTH** to better living,
for my club, my community,
my country, and my world.





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Steps continued...

Step 2 - Head

Tell participants that one out of six people in the world is hungry.

Ask: *How did it feel to enjoy eating your snack and “making” your favorite food while the sixth person had nothing?*

After a few participants share, tell them that more than one billion people in the world have to walk a long way to get clean water.

Ask: *Would you drink the dirty water?
Would you walk all the way to _____ (a distance several miles from your location) just to get a cup of water?*

Ask: *Is this statement true or false: "There is enough food in the world to feed everyone". (Answer: true)*

Ask: *Since this statement is true, then why are there hungry people?*

Have students brainstorm ideas in their groups. Possible ideas may include: *no land to grow food; no money to buy food; don't know how to grow food; living in areas of conflict; food is not distributed equally (more food is distributed to the wealthy and/or more “influential” populations).*

Step 3 - Heart

Encourage participants to reflect on the following:

Ask: *What are some things people in the United States worry about?*

Ask: *Was “having enough food” on your lists?
How can you help other people to get the food they need?*

After participants have reflected and shared, introduce the *Cassava Cups* concept (see Lesson 2 Handout enclosed).

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MY STUFF

Lesson 2

Step 3 - Heart continued...

Have participants make a list of ways they can fill their Cassava Cup. Possible ideas may include:

- Get water instead of a soft drink at a restaurant and put that money in your Cassava Cup.
- Skip one coffee drink per week and put that money in your Cassava Cup.
- See if you can find a friend to “match” your giving. If you put a quarter in your Cassava Cup, ask your friend to put a quarter in, too!
- Look around the house: check under couch cushions and in the car!
- Put your Cassava Cup on your kitchen table so you will be reminded that you are helping hungry people in Burundi.

Extensions and variations

- Participants can elect to have a group/club Cassava Cup and come up with ways to fill their cup at 4-H meetings.
- Bring craft materials to the meeting (e.g. paper cups, bowls, glue, construction paper, markers, paint, etc.) and have participants design and decorate their own Cassava Cups after the lesson.

Acknowledgements

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Sugar n Spice 4-H Club, Wahkiakum County
Teen Leaders of Tomorrow, King County





CASSAVA CUPS FOR BURUNDI

Lesson 2 Handout

*An active way to support the
Burundi 4-H Sister School Gardens Program*

Cassava is a staple food in the Burundian diet. Cassava (also known as yuca or manioc) is a nutty flavored, starch-tuber in the spurge family (Euphorbiaceae). This sweet, chewy tuber is a popular edible root vegetable eaten by millions of indigenous people in many parts of Africa, Asia, and South America.



What is a Cassava Cup?

A Cassava Cup is a container (cup, bowl, can, basket, hat, etc.) that you put in a prominent place in your house where you can see it regularly. You can decorate your container any way you like!

Why have a Cassava Cup?

A Cassava Cup keeps you organized. It gives you a place where you can drop your spare change. Or a place you can intentionally put money you would otherwise spend on a luxury for yourself (e.g. coffee, bottled water, gum, DVD, etc.). When your Cassava Cup gets full, you send the money off to the Burundi 4-H program! The money from your Cassava Cup will be used to purchase seeds, hoes, and supplies for the school gardening program in Burundi. Then, you go back to filling your Cassava Cup AGAIN AND AGAIN!

How do I do this?

It's pretty easy. The hardest part will be getting into the habit of dropping extra change into the Cassava Cup. But if you keep your Cassava Cup in plain view where you have to see it every day, that will help.



CASSAVA CUPS FOR BURUNDI

Lesson 2 Handout

Step it up a notch and have some fun with the concept! Consider challenging others to match what you put into your cup, coin for coin. Or, compete with your friends and neighbors to see who can collect the biggest Cassava Cup full of bucks for Burundi! Make yours a Cassava Bucket!!

Where do I send the money that I collect?

All money collected, which is tax deductible, can be mailed to:

WSU CAHNRS Development Office,
P.O. Box 646228,
Pullman, WA 99164-6228

Checks payable to: WSU Foundation, "Burundi 4-H" in the memo line

You must indicate that the funds are for the Burundi 4-H program.

What's in it for me?

- You will know that your contributions are **ALL** being sent directly to the Burundi 4-H Sister School Gardening program. Every penny.
- You will be influential in helping to support 4-H youth from the 2nd poorest country in Africa.
- You will be an active and engaged participant in an interconnected world strengthening your thinking skills and practicing global problem solving.

For questions contact:

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