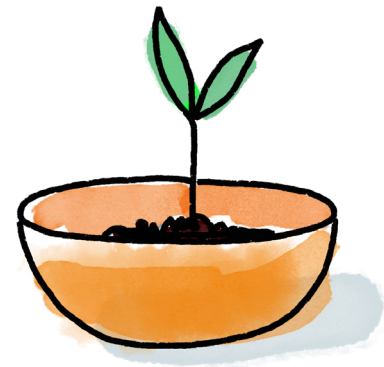


Hunger Challenge

Recommended Lesson Plans

High School/Ages 13-18

In addition to the featured curriculum and learning resources you can find [here](#), we also wanted to share some relevant and helpful lesson plans by grade and age range to help enhance your team's learning through the Hunger Challenge. Explore these lessons below that range in duration and topical focus.



Name and Source	Description	Duration, Grade/Age
How the Food You Eat Affects Your Brain From TED-Ed	This lesson will teach students about the difference between hunger and undernourishment, and why over 1 billion people in the world go hungry, despite the amount of food available being enough to support a population upwards of 9 billion.	<ul style="list-style-type: none">• 15-30 minutes• Grades 6-12• Ages 11-18
Challenging Hunger in the United States From Teaching Tolerance	This lesson will help students recognize that hunger exists in the U.S. and explain why, to identify which groups are most affected by hunger and explain why, and to identify ways to address the problem of hunger. Learners are asked to read, make, and analyze graphs that show that hunger is a growing problem in the United States.	<ul style="list-style-type: none">• 55+ minutes• Grades 6-12• Ages 11-18
The Hunger Gap From <i>Foodspan</i> at the Johns Hopkins Center for a Livable Future	In this lesson, students will consider how to define and measure hunger and food insecurity, examine community food availability maps, and explore interventions designed to improve food security. Associated handouts and slides can be found here .	<ul style="list-style-type: none">• 55 minutes• Grades 6-12• Ages 11-18
Food Insecurity From the Pulitzer Center	In this lesson plan students will be introduced to the concept of food insecurity and learn about the topic on a global level, including what factors contribute to food insecurity and how food insecurity has manifested in Nigeria, India, and Guatemala.	<ul style="list-style-type: none">• 15-30 minutes• Grades 6-12• Ages 11-18
The Paradox of Undernourishment From National Geographic	Students will learn about the difference between hunger and undernourishment, and why over 1 billion people in the world go hungry, despite the amount of food available being enough to support a population upwards of 9 billion.	<ul style="list-style-type: none">• 15-30 minutes• Grades 6-12• Ages 11-18

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Food Policy in Action From <i>Foodspan</i> at the Johns Hopkins Center for a Livable Future	Students will explore key areas of policy influence on the food system and learn how individuals and communities can influence food policy decisions. The lesson wraps up with a mock food policy council, where students will adopt the perspectives of different stakeholders and propose their own food policy interventions. This lesson leads naturally into the culminating Food Citizen Action Project. Associated handouts and slides can be found here .	<ul style="list-style-type: none">• 45+ minutes• Grades 9-12• Ages 14-18
Hunger and Food Security From the Johns Hopkins Center for a Livable Future	This advanced lesson covers the hunger and food security problem in the United States and teaches students how food policy affects all nations in the world.	90 minutes <ul style="list-style-type: none">• Grades 9-12• Ages 14-18
The Meaning of Food From the Community Foodbank of New Jersey	Ten hunger, nutrition, and food security focused lessons for grades 3-12. A comprehensive exploration of misconceptions, consequences, causes, and unequal distribution of food resources.	<ul style="list-style-type: none">• 20-55+ minutes• Grades 3-12• Ages 8-18