

mary's
meals

Little Acts Make A Big Difference

Learning resource: curriculum guides



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Curriculum Guide – England

Little Acts Make A Big Difference is a cross-curricular resource that can be used in many different subject areas in your secondary school.

The resource will support the curriculum objectives of developing your pupils as individuals, as well as contributors to society, the economy and the environment. The activities include opportunities for pupils to develop cross-curricular skills, thinking skills and personal capabilities.

You could choose one or two lessons that fit best with the subject you teach, or work across departments to help your pupils learn about Mary's Meals and develop their skills across the curriculum.

We recognise that some young people in your class or group may have their own experience of poverty and/or hunger. We encourage teachers and group leaders to adapt questions and activities to suit the individual needs and experiences of the group.

The subject areas we think are most relevant to each session are as follows:

A simple solution to world hunger

This session uses the film *Child 31* to introduce the issue of world hunger and explain how it impacts children in three of the countries where Mary's Meals works: Malawi, India and Kenya.

Through reflection, discussion and research tasks, learners can build on the knowledge gained from the film and consider their relationship to children around the world with greater empathy and understanding.

Learning intention: I will learn how hunger and poverty impacts children around the world, and how the work of Mary's Meals helps improve the lives of children affected by these issues.

Subject areas: Citizenship, English, Religious Education

The role of school meals

This session uses an extract from the book *The Shed That Fed A Million Children* to look at the particular importance of school meals in tackling child hunger and poverty.

While using their skills in reading, writing, listening and talking, learners will be challenged to put their own experience of school meals in context and consider how cost, access to food locally, and other factors impact the experiences of young people around the world.

Learning intention: I will learn about the provision of school meals around the world and consider the reasons for the differences between my own experience and the experience of children in countries where Mary's Meals works.

Subject areas: Citizenship, English, Religious Education, Geography

A brighter future

This session uses the film *Generation Hope* to explore the hopes of young people around the world, and the opportunities that are available to them because they have access to education.

Learners will meet children who received Mary's Meals at school and find out what a daily meal has helped them to achieve. Our tasks refer to the United Nations Sustainable Development Goals, connecting the rights of children in the film to those living in the UK.

Learning intention: I will learn about how school meals help children in poverty to gain an education, and how this impacts their future and the future of their communities.

Subject areas: Citizenship, English, Religious Education, DT – Food Technology, Geography, Science

What's the emergency?

This session uses case studies to demonstrate how Mary's Meals responds to emergencies. Learners will discover the numerous challenges faced by the communities Mary's Meals works with – from conflict and natural disasters to the Covid-19 pandemic – and how Mary's Meals has responded to these challenges to help communities and safeguard school feeding.

Learning intention: I will learn about the impact of emergencies on the work of charities like Mary's Meals, how developing countries are particularly vulnerable in the face of emergencies, and how Mary's Meals adapts to continue to help communities.

Subject areas: Citizenship, English, Geography, Religious Education, PSHE, Science

Faith and values in action

This session uses the film *Love Reaches Everywhere* to explore the values at the heart of Mary's Meals. Learners will meet a range of people connected to Mary's Meals, including children who receive school meals and their parents, as well as supporters and fundraisers. They will find out about the factors that motivate and inspire these people – from religious faith, to love for the global family. There is an opportunity for young people to reflect on their own values and how to put these into action.

Learning intention: I will learn about the values of different people involved in Mary's Meals and how these are put into action. I will reflect on my own values and beliefs.

Subject areas: Citizenship, Religious Education, English

The difference a meal makes

This session consolidates the message that school meals can make a huge difference for children living in poverty.

Learners will discover the changes that happened for Lette, who also featured in *Child 31*, as a result of Mary's Meals, and will reference findings from the Mary's Meals Impact Report. The activities encourage learners to support Mary's Meals.

Learning intention: I will learn how school meals have made a difference to children living in poverty and contribute to this positive change through my own actions.

Subject areas: Relevant to all subject areas to encourage pupils to put their learning into action

Further to the above, the notes below give guidance on how learning about Mary's Meals can work within each curriculum subject, in line with the National Curriculum. Some of these subjects will work especially well with encouraging pupils to use their skills to do something that can raise awareness of the Mary's Meals story and mission.

Core Subjects:

English – discussion, debate, read whole books.

Maths – develop use of formal mathematical knowledge to interpret and solve problems, including in financial mathematics.

Science – content of a healthy human diet: carbohydrates, lipids (fats and oils), proteins, vitamins, minerals, dietary fibre and water, and why each is needed. Calculations of energy requirements in a healthy daily diet and the consequences of imbalances in the diet, including obesity, starvation and deficiency diseases.

Other Foundation Subjects:

Art and Design – produce creative work, exploring their ideas and recording their experiences.

Citizenship – teaching should equip pupils with the skills and knowledge to explore political and social issues critically – to weigh evidence, debate and make reasoned arguments. It should prepare pupils to take their place in society as responsible citizens, manage their money well and make sound financial decisions, as well as encouraging them to develop an interest in, and commitment to, volunteering and other forms of responsible activity that they will take with them into adulthood.

Computing – use computational thinking and creativity to understand and change the world.

Design and Technology – use creativity and imagination to design and make products that solve real and relevant problems within a variety of contexts, considering their own and others' needs, wants and values. Use research and exploration, such as the study of different cultures, to identify and understand user needs.

Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well – now and in later life. Understand and apply the principles of nutrition and health.

Geography – understand geographical similarities, differences and links between places through the study of human and physical geography of a region within Africa and a region within Asia.

History – equip pupils to ask perceptive questions, think critically, weigh evidence, sift arguments and develop perspective and judgement. History helps pupils to understand the complexity of people's lives, the process of change, the diversity of societies and relationships between different groups, as well as their own identity and the challenges of their time.

Modern Foreign Languages – languages education should foster pupils' curiosity and deepen their understanding of the world.

Music – develop a deepening understanding of the music that they perform and to which they listen, and its history.

PE – opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect. Pupils should develop the confidence and interest to get involved in exercise, sports and activities out of school.

Curriculum Guide – Northern Ireland

Little Acts Make A Big Difference is a cross-curricular resource, that can be used in many different subject areas in your secondary school.

The resource will support the curriculum objectives of developing your pupils as individuals, as well as contributors to society, the economy and the environment. The activities include opportunities for pupils to develop cross-curricular skills, thinking skills and personal capabilities.

The key elements that these lessons will particularly support across subject areas include:

- Personal understanding
- Mutual understanding
- Moral character
- Citizenship
- Ethical awareness
- Economic awareness
- Education for sustainable development

We recognise that some young people in your class or group may have their own experience of poverty and/or hunger. We encourage teachers and group leaders to adapt questions and activities to suit the individual needs and experiences of the group.

Each lesson can be used as a stand-alone opportunity to enable your pupils to learn about Mary's Meals within your subject area, or as series of lessons in a cross-curricular manner.

We have outlined below the subject areas in the KS3 curriculum that we think are most relevant to the sessions. Please note the resource could also be used with KS4 pupils.

A simple solution to world hunger

This session uses the film Child 31 to introduce the issue of world hunger and explain how it impacts children in three of the countries where Mary's Meals works: Malawi, India and Kenya.

Through reflection, discussion and research tasks, learners can build on the knowledge gained from the film and consider their relationship to children around the world with greater empathy and understanding.

Learning intention: I will learn how hunger and poverty impacts children around the world, and how the work of Mary's Meals helps improve the lives of children affected by these issues.

Relevant subject areas:

- English
- Learning for Life and Work
- Geography

The role of school meals

This session uses an extract from the book The Shed That Fed A Million Children to look at the particular importance of school meals in tackling child hunger and poverty.

While using their skills in reading, writing, listening and talking, learners will be challenged to put their own experience of school meals in context and consider how cost, access to food locally, and other factors impact the experiences of young people around the world.

Learning intention: I will learn about the provision of school meals around the world and consider the reasons for the differences between my own experience and the experience of children in countries where Mary's Meals works.

Relevant subject areas:

- English
- Learning for Life and Work
- Mathematics and Numeracy
- Geography

A brighter future

This session uses the film *Generation Hope* to explore the hopes of young people around the world, and the opportunities that are available to them because they have access to education. Learners will meet children who received Mary's Meals at school and find out what a daily meal has helped them to achieve. Our tasks refer to the United Nations Sustainable Development Goals, connecting the rights of children in the film to those living in the UK.

Learning intention: I will learn about how school meals help children in poverty to gain an education, and how this impacts their future and the future of their communities.

Relevant subject areas:

- English
- Learning for Life and Work
- Geography

What's the emergency?

This session uses case studies to demonstrate how Mary's Meals responds to emergencies. Learners will discover the numerous challenges faced by the communities Mary's Meals works with – from conflict and natural disasters to the Covid-19 pandemic – and how Mary's Meals has responded to these challenges to help communities and safeguard school feeding.

Learning intention: I will learn about the impact of emergencies on the work of charities like Mary's Meals, how developing countries are particularly vulnerable in the face of emergencies, and how Mary's Meals adapts to continue to help communities.

Relevant subject areas and curriculum links:

- English
- Learning for Life and Work
- Geography

Faith and values in action

This session uses the film *Love Reaches Everywhere* to explore the values at the heart of Mary's Meals. Learners will meet a range of people connected to Mary's Meals, including children who receive school meals and their parents, as well as supporters and fundraisers. They will find out about the factors that motivate and inspire these people – from religious faith to love for the global family. There is an opportunity for young people to reflect on their own values and how to put these into action.

Learning intention: I will learn about the values of different people involved in Mary’s Meals and how these are put into action. I will reflect on my own values and beliefs.

Relevant subject areas and curriculum links:

- Religious Education
- Learning for Life and Work
- English

The difference a meal makes

This session consolidates the message that school meals can make a huge difference for children living in poverty.

Learners will discover the changes that happened for Lette, who also featured in Child 31, as a result of Mary’s Meals, and will reference findings from the Mary’s Meals Impact Report. The activities encourage learners to support Mary’s Meals.

Learning intention: I will learn how school meals have made a difference to children living in poverty and contribute to this positive change through my own actions.

Relevant subject areas and curriculum links:

English		
Objectives		Sessions
Objective 1 – Developing pupils as individuals	Engage, through language, with their peers and with fictional and real-life characters and situations to explore their own emotions and develop creative potential (Personal Understanding)	All sessions
	Explore and respond to others’ emotions as encountered in literature, the media, moving image and peer discussion (Mutual Understanding)	All sessions
	Explore issues related to Moral Character	All sessions, especially faith and values in action
Objective 2 – Developing pupils as contributors to society	Use literature, drama, poetry or moving image to explore other’s needs and rights (Citizenship)	A simple solution to world hunger The role of school meals

		A brighter future Faith and values in action The difference a meal makes
	Explore issues related to Ethical Awareness	All sessions
Objective 3 – Developing pupils as contributors to the economy and environment	Explore issues related to Economic Awareness	All sessions
	Plan and create an effective communication campaign (Education for Sustainable Development)	The difference a meal makes
Mathematics and Numeracy		
Knowledge and Understanding of Personal Finance Issues The Application of Mathematical Skills to Real Life and Work Situations		
Objective 1 – Developing pupils as individuals	Work collaboratively in problem solving, taking account of others' viewpoints to reach consensus	The role of school meals The difference a meal makes
	Explore issues related to Personal Health, e.g., nutritional requirements and food choices	The role of school meals
Objective 2 – Developing pupils as contributors to society	Explore issues related to Cultural Understanding, e.g., apply mathematical problem solving skills to contexts faced by developing countries	The role of school meals
Objective 3 – Developing pupils as contributors to the economy and environment.	Explore issues related to Ethical Awareness, e.g., research and interpret statistics in relation to social and economic issues	The difference a meal makes

Learning for Life and Work		
Key concept – Human Rights and Social Responsibility	Investigate why it is important to uphold human rights standards in modern democratic societies, including meeting basic needs, protecting individuals and groups of people	A brighter future
	Investigate key human rights principles, e.g., <i>The United Nations Conventions of the Rights of Children</i>	A brighter future
	Investigate local and global scenarios where human rights have been seriously infringed	A simple solution to world hunger A brighter future What's the emergency? The difference a meal makes
Key concept – Equality and Social Justice	Investigate how and why some people may experience inequality/social exclusion based on their material circumstances, in local and global contexts	All sessions
	Explore the work of inter-governmental, governmental and non-governmental organisations (NGOs), which aim to promote equality and social justice	All sessions
Key concept – Democracy and Active Participation	Investigate various ways to participate in school and society	The difference a meal makes
Religious Education		
These sessions will help pupils to develop an ability to interpret and relate the Bible to life and enhance their ability to think and judge about morality. They will also help them to relate Christian moral principles to personal and social life and to identify values and attitudes that influence behaviour.		

Objective 1 – Developing pupils as individuals	Develop a range of skills to promote sensitivity and empathy when discussing religious and moral issues	All sessions
Objective 2 – Developing pupils as contributors to society	Develop a range of skills to promote sensitivity and empathy when discussing religious and moral issues	All sessions
	Investigate how an individual Christian, or the , has responded to an ethical issue, and evaluate the impact of this contribution on the life of others	Faith and values in action
Objective 3 – Developing pupils as contributors to the economy and environment	Explore the role of charities in modern society	All sessions
	Explore why those with a religious faith believe they have responsibility, as stewards, to take care of the world and people within it	Faith and values in action
	Explain how they might put these beliefs about stewardship into practice today	Faith and values in action
Geography		
Objective 1 – Developing pupils as individuals	Demonstrate an awareness of their own relationships to other places, peoples and environments, from local to global	All sessions
	Challenge stereotypes and perceptions of different places, peoples and environments	A simple solution to world hunger A brighter future What's the emergency? Faith and values in action The difference a meal makes

Objective 2 – Developing pupils as contributors to society	Explore how we can play a role in helping to promote a fairer world for all	A simple solution to world hunger A brighter future The difference a meal makes
	Develop an understanding of how people in different places interact with their environment	A simple solution to world hunger A brighter future What's the emergency? The difference a Meal Makes
	Explore issues related to Media Awareness; investigate the causes of an environmental event making the news and evaluate how it is reported in the media	What's the emergency?
Objective 3 – Developing pupils as contributors to the economy and environment.	Investigate how skills developed through Geography will be useful to a range of career	The role of school meals What's the emergency?
	Investigate the impact of conflict between social, economic and environmental needs, both locally and globally	The role of school meals What's the emergency?
	Explore how we can exercise environmental stewardships and help promote a better quality of life for present and future generations, both locally and globally	The role of school meals A brighter future

Curriculum Guide – Scotland

Little Acts Make A Big Difference is a cross-curricular resource that can be used across different subject areas in your school. The resource will support the curriculum objectives of developing your pupils as Successful Learners, Confident Individuals, Responsible Citizens and Effective Contributors. The sessions are infused with opportunities for pupils to develop cross-curricular skills for life, learning and work.

You can choose one or two lessons that fit best with the subject you teach, or work across departments to help your pupils learn about Mary's Meals and develop their skills across the curriculum.

We recognise that some young people in your class or group may have their own experience of poverty and/or hunger. We encourage teachers and group leaders to adapt questions and activities to suit the individual needs and experiences of the group.

The curriculum links, including CfE Experiences and Outcomes, that we think are most relevant to each session are as follows:

A simple solution to world hunger

This session uses the film Child 31 to introduce the issue of world hunger and explain how it impacts children in three of the countries where Mary's Meals works: Malawi, India and Kenya.

Through reflection, discussion and research tasks, learners can build on the knowledge gained from the film and consider their relationship to children around the world with greater empathy and understanding.

Learning intention: I will learn how hunger and poverty impacts children around the world, and how the work of Mary's Meals helps improve the lives of children affected by these issues.

Relevant subject areas and curriculum links:

- Modern Studies
- Geography
- English

SOC 3-11a, SOC 3-16a, SOC 4-16a, SOC 3-19b, LIT 3-02a, LIT 4-02a, LIT 3-07a, LIT 4-07a, LIT 3-09a, LIT 4-09a, LIT 3-16a, LIT 4-16a, LIT 3-24a, LIT 3-26a, LIT 4-26a, LIT 3-29a, TCH 4-01a

The role of school meals

This session uses an extract from the book The Shed That Fed A Million Children to look at the particular importance of school meals in tackling child hunger and poverty.

While using their skills in reading, writing, listening and talking, learners will be challenged to put their own experience of school meals in context and consider how cost, access to food locally, and other factors impact the experiences of young people around the world.

Learning intention: I will learn about the provision of school meals around the world, and consider the reasons for the differences between my own experience and the experience of children in countries where Mary's Meals works.

Relevant subject areas and curriculum links:

- Modern Studies

- Geography
- English

SOC 3-11a, SOC 3-17a, HWB 3-01a, HWB 4-01a, HWB 4-31a, LIT 3-02a, LIT 4-02a, LIT 3-07a, LIT 4-07a, LIT 3-09a, LIT 4-09a, LIT 3-16a, LIT 4-16a, LIT 3-26a, LIT 4-26a, LIT 3-29a, TCH 4-01a

A brighter future

This session uses the film *Generation Hope* to explore the hopes of young people around the world, and the opportunities that are available to them because they have access to education. Learners will meet children who received Mary's Meals at school and find out what a daily meal has helped them to achieve. Our tasks refer to the United Nations Sustainable Development Goals, connecting the rights of children in the film to those living in the UK.

Learning intention: I will learn about how school meals help children in poverty to gain an education, and how this impacts their future and the future of their communities.

Relevant subject areas and curriculum links:

- PSHE
- English
- Modern Studies

SOC 3-11a, SOC 3-15a, SOC 3-16a, SOC 4-16a, SOC 4-16b, SOC 3-17a, HWB 3-01a, HWB 4-01a, HWB 3-09a, HWB 4-09a, HWB 3-19a, HWB 4-19a, HWB 3-20a, HWB 4-20a, LIT 3-02a, LIT 4-02a, LIT 3-07a, LIT 4-07a, LIT 3-09a, LIT 4-09a, LIT 3-16a, LIT 4-16a, LIT 3-24a, LIT 3-26a, LIT 4-26a, LIT 3-29a, TCH 4-01a

What's the emergency?

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Learning intention: I will learn about the impact of emergencies on the work of charities like Mary's Meals, how developing countries are particularly vulnerable in the face of emergencies, and how Mary's Meals adapts to continue to help communities.

Relevant subject areas and curriculum links:

- Modern Studies
- Geography
- English

SOC 3-08a, SOC 3-11a, SOC 3-15a, SOC 3-16a, SOC 4-16a, SOC 4-16b, SOC 3-17a, SOC 3-19b, SOC 4-19b, HWB 3-09a, HWB 4-09a, LIT 3-02a, LIT 4-02a, LIT 3-09a, LIT 4-09a, LIT 3-14a, LIT 4-14a, ENG 3-17a, ENG 4-17a, TCH 4-01a

Faith and values in action

This session uses the film *Love Reaches Everywhere* to explore the values at the heart of Mary's Meals. Learners will meet a range of people connected to Mary's Meals, including children who receive school meals and their parents, as well as supporters and fundraisers. They will find out about the factors that motivate and inspire them – from religious faith to love for the global family. There is an opportunity for young people to reflect on their own values and how to put these into action.

Learning intention: I will learn about the values of different people involved in Mary's Meals and how these are put into action. I will reflect on my own values and beliefs.

Relevant subject areas and curriculum links:

- Religious Education
- PSHE

SOC 3-17a, SOC 4-19b, SOC 4-20b, HWB 3-01a, HWB 4-01a, HWB 3-05a, HWB 4-05a, HWB 3-09a, HWB 4-09a, RME 3-02a, RME 3-02b, RERC 3-20a, RERC 4-20a, RERC 3-21a, RERC 4-21a, RERC 3-24a, RERC 4-24a, LIT 3-02a, LIT 4-02a, LIT 3-07a, LIT 4-07a

The difference a meal makes

This session consolidates the message that school meals can make a huge difference for children living in poverty.

Learners will discover the changes that happened for Lette, who also featured in Child 31, as a result of Mary's Meals, and will reference findings from the Mary's Meals Impact Report. The activities encourage learners to support Mary's Meals.

Learning intention: I will learn how school meals have made a difference to children living in poverty and contribute to this positive change through my own actions.

Relevant subject areas and curriculum links:

Relevant to all subject areas to encourage pupils to put their learning into action.

SOC 3-11a, SOC 3-16a, SOC 4-19b, RERC 3-24a, RERC 4-24a, HWB 3-01a, HWB 4-01a, HWB 3-12a, HWB 4-12a, HWB 3-13a, HWB 4-13a, LIT 3-02a, LIT 4-02a, LIT 3-07a, LIT 4-07a

Curriculum Guide – Wales

Little Acts Make A Big Difference is a cross-curricular resource that can be used across different subject areas in your school. The resource will support the curriculum objectives of developing your pupils as ethical and informed citizens, creative contributors and confident individuals. The sessions are infused with opportunities for pupils to develop cross-curricular skills, thinking skills and personal capabilities.

You can choose one or two lessons that fit best with the subject you teach, or work across departments to help your pupils grow in knowledge of Mary's Meals and develop their skills across the curriculum.

We recognise that some young people in your class or group may have their own experience of poverty and/or hunger. We encourage teachers and group leaders to adapt questions and activities to suit the individual needs and experiences of the group.

The curriculum links we think are most relevant to each session are as follows:

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Learning intention: I will learn how hunger and poverty impacts children around the world, and how the work of Mary's Meals helps improve the lives of children affected by these issues.

Curriculum links (areas of learning and experience):

- Religion, values and ethics
- Health and well-being
- Humanities

The role of school meals

This session uses an extract from the book The Shed That Fed A Million Children to look at the particular importance of school meals in tackling child hunger and poverty.

While using their skills in reading, writing, listening and talking, learners will be challenged to put their own experience of school meals in context and consider how cost, access to food locally, and other factors impact the experiences of young people around the world.

Learning intention: I will learn about the provision of school meals around the world and consider the reasons for the differences between my own experience and the experience of children in countries where Mary's Meals works.

Curriculum Links (areas of learning and experience):

- Humanities
- English
- Health and well-being

- Languages, literacy and communication

A brighter future

This session uses the film *Generation Hope* to explore the hopes of young people around the world, and the opportunities that are available to them because they have access to education.

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Learning intention: I will learn about how school meals help children in poverty to gain an education, and how this impacts their future and the future of their communities.

Curriculum Links (areas of learning and experience):

- Religion, values and ethics
- Health and well-being
- Humanities
- Science and technology

What's the emergency?

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Learning intention: I will learn about the impact of emergencies on the work of charities like Mary's Meals, how developing countries are particularly vulnerable in the face of emergencies, and how Mary's Meals adapts to continue to help communities.

Curriculum Links (areas of learning and experience):

- Religion, values and ethics
- Health and well-being
- Humanities
- Science and technology
- Languages, literacy and communication

Faith and values in action

This session uses the film *Love Reaches Everywhere* to explore the values at the heart of Mary's Meals. Learners will meet a range of people connected to Mary's Meals, including children who receive school meals and their parents, as well as supporters and fundraisers. They will find out about the factors that motivate and inspire these people – from religious faith to love for the global family. There is an opportunity for young people to reflect on their own values and how to put these into action.

Learning intention: I will learn about the values of different people involved in Mary's Meals and how these are put into action. I will reflect on my own values and beliefs.

Curriculum Links (areas of learning and experience):

- Expressive arts

- Religion, values and ethics
- Languages, literacy and communication
- Health and well-being
- Humanities

The difference a meal makes

This session consolidates the message that school meals can make a huge difference for children living in poverty.

Learners will discover the changes that happened for Lette, who also featured in Child 31, as a result of Mary's Meals, and will reference findings from the Mary's Meals Impact Report. The activities encourage learners to support Mary's Meals.

Learning intention: I will learn how school meals have made a difference to children living in poverty and contribute to this positive change through my own actions.

Curriculum Links (areas of learning and experience):

Relevant to all subject areas to encourage pupils to put their learning into action.