



Hunger to Hope

A Mary's Meals learning resource for pupils
between eight and 11 years old.

mary's
meals

a simple solution
to world hunger

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A Mary's Meals learning resource for children between eight and 11 years old.

Aims

This resource aims to help pupils to:

- understand the impact of world hunger on the lives of children and their right to an education
- understand the work of the charity Mary's Meals and how it helps hungry children
- use their skills and talents to work together and help make a difference to others.

About this resource

These lessons are suitable for pupils between eight and 11 years old.

They can be used separately or together depending on the time you have. Individual lessons can be extended over multiple days if you would like to focus more on a particular topic with your class.

We encourage you to start with lesson one and then choose from the remaining lessons. Lesson eight guides your pupils to use their skills to help raise funds for Mary's Meals through an enterprise project.

We want to help you get the most out of this resource – please contact us on info@marymeals.org if you would like advice and resources for fundraising. We can also arrange for a volunteer to give a talk about Mary's Meals, either in-person or online, and answer questions from the pupils.

Please note: These lessons explore child hunger and poverty, as experienced by some children in countries where Mary's Meals works. If your group includes pupils who have moved to the UK from one of our programme countries, or have their own experiences of hunger or poverty, you may choose to adapt the lessons to suit your group. We have provided a variety of options in terms of questions and activities to help with this.

Curriculum links

- Religious education
- Personal, social, health and relationships education
- Literacy
- Maths
- Geography
- Science
- Citizenship
- Physical education

For specific subject guidance related to the primary school curriculum in England, Northern Ireland, Scotland or Wales, please refer to the relevant curriculum guide.

Special dates

While these resources can be used at any time during the school year, you could choose to link in with one of the following days:

- International Day of Education – 24 January
- World Hunger Day – 28 May
- Harvest Festival – usually at end of September or beginning of October
- World Porridge Day – 10 October
- World Food Day – 16 October
- World Poverty Day – 17 October

Contents

Lesson 1: Introducing Mary's Meals

Learning intention: I will learn about the experiences of children impacted by hunger and poverty, and how the work of Mary's Meals helps them and their communities.

Lesson 2: Mary's Meals around the world

Learning intention: I will learn more about one of the countries where Mary's Meals works, using my skills to research this country and share information with others.

Lesson 3: The price of hope

Learning intention: I will learn about the cost of feeding a child for a whole school year and consider how this compares to my own understanding of how far £19.15 can really go.

Lesson 4: The right to learn

Learning intention: I will learn how the work of Mary's Meals protects children's right to an education, and how I can help stand up for the rights of other children.

Lesson 5: Energy to learn and play (review lesson)

Learning intention: I will check my understanding of key facts about Mary's Meals and reflect on the role of food as fuel for learning and play.

Lesson 6: Faith in food

Learning intention: I will learn about the Parable of the Good Samaritan and how the call to love can be lived out by each of us and by organisations like Mary's Meals.

Lesson 7: Acrostic poetry

Learning intention: I will reflect on how Mary's Meals changes hunger into hope and learn how to express my thoughts on this through poetry.

Lesson 8: An enterprising approach

Learning intention: I will learn how to use my skills and ideas, in partnership with my classmates, to help raise money for Mary's Meals through an enterprise project.

Lesson 1: Introducing Mary's Meals

Learning intention: I will learn about the experiences of children impacted by hunger and poverty, and how the work of Mary's Meals helps them and their communities.

Write the word "hunger" on the board and invite your pupils to describe what the word means, what it makes them think about, or how they would describe it to others.

Watch

Watch the film [From Hunger to Hope](#) as a class.

Discuss the film together, using the following prompts:

- What surprised you about the film?
- What difference does having a meal from Mary's Meals at school make to children living in poverty?
- Why is the work of Mary's Meals important?
- What does hope mean to you?
- Does the film inspire you to learn more and get involved? What could we do as a class to help Mary's Meals?

You can extend your learning by linking to the Sustainable Development Goals, especially Goal 2: Zero Hunger.

Discuss

Discuss why this is an important goal for everyone in the world to work towards. How is Mary's Meals helping make progress towards this goal, and how can we help?

Lesson 2: Mary's Meals around the world

Learning intention: I will learn more about the work of Mary's Meals in one country, using my skills to research this information and share it with others.

Watch

Watch the [World Feeding Map](#) video as a class to find out about the different countries where Mary's Meals works.

Discuss

Discuss which countries the pupils have heard of before and which are new to them.

Research

Research the [countries where Mary's Meals works](#) by dividing the class into small groups, each focused on one country. **Topics for each group to cover could include:**

- the country's flag
- what continent the country is on
- the number of children in this country who eat Mary's Meals
- the food that Mary's Meals serves
- the date that Mary's Meals started working in this country
- why Mary's Meals is needed in this country.

Many of these topics are covered on the Mary's Meals website in the [Where We Work](#) section, but pupils should also use other resources such as online encyclopaedias.

Choose how you would like the pupils to share their findings with the class or other members of the school community. This could be by making fact files with the enclosed worksheet or by creating posters, writing a report, making a short video or presentation.

Lesson 3: The price of hope

Learning intention: I will learn about the cost of feeding a child for a whole school year and consider how this compares to my own understanding of how far £19.15 can really go.

Explore

Explore [the different meals served by Mary's Meals](#), talking about how foods are different around the world, taking into consideration factors such as culture, religion and local food availability.

Research

Research a meal from one of our programme countries (we suggest [India](#) or [Haiti](#)), looking at an online recipe if needed. What ingredients would you need to make this dish?

Create

Create a shopping list of ingredients for your chosen dish with prices and calculate how much this would cost per day, month and year. You could also compare this to how much it would cost in a local restaurant.

It costs £19.15 to feed a child with Mary's Meals for a full school year – that's 10p a meal! Are the pupils surprised to see the difference between this and the costs they have calculated?

Split the class into two groups to make posters, with one considering the costs or impact of hunger for children (such as school absence, starvation and hunger-related illness and mental health issues), while the other considers the benefits of our school meals (such as school enrolment, wellbeing, being well fed and having hope).

The sentence starters below can be used to help guide the pupils' thinking.

Costs of hunger:

- Hunger can make coming to school more difficult because ...
- Hunger can make schoolwork more difficult because ...
- Hunger can make children feel ...

Benefits of daily school meals:

- A daily school meal can help children come to school because ...
- When meals are served, children are more likely to ...
- School meals help children feel ...

Lesson 4: The right to learn

Learning intention: I will learn how the work of Mary's Meals protects children's right to an education, and how I can help stand up for the rights of other children.

Discuss

Discuss as a class Veronica's statement in [From Hunger to Hope](#): "Education is power". What power do we get from education?

Choose

Choose five different careers. What skills and information can we learn at school, college, university or training to help prepare us to do these jobs in the future?

Rights of the Child

Link to the United Nations Convention on the Rights of the Child, particularly Article 28 – the right to an education. How does Mary's Meals help make this right a reality for children like Veronica? How can we help stand up for this right for children around the world?

Create a drama

Create a short drama or video demonstrating the power of education through Mary's Meals. It could show all the people from around the world who make our work possible: the children and adults who raise money, the farmers who grow food, the volunteers who cook and serve the meals, the teachers who provide education, and the children who come to school ... and then it could show these children growing up to become the teachers, doctors and musicians of the future!

Lesson 5: Energy to learn and play (review lesson)

Learning intention: I will check my understanding of key facts about Mary's Meals and reflect on the role of food as fuel for learning and play.

Activity

- Set up six stations in the school hall or playground, using the checkpoints provided at the end of this resource. You may prefer to write your own questions for the pupils to answer based on their learning over the past lessons, or the pupils could write their own true or false questions.
- Split your class into groups, with the groups moving between the different stations in a carousel.
- Work through the stations in groups. As each group approaches a new station, they should try to answer the true or false question, based on what they have learnt so far about Mary's Meals.
- Each group should carry a piece of paper from station to station to record their answers. Then they should carry out the challenge.
- After five minutes, ring a bell or make another signal to indicate that the pupils should move on to the next station.

Discuss

Discuss the experience after all groups have completed all stations:

- What did the groups answer for each question?
- Did they find it any harder to answer the questions as they got more tired?
- Energy is important for learning and for play – where do we get our energy?
- Some pupils who receive Mary's Meals walk for hours without breakfast to get to school – what would that be like?

Share

Share the story of [Sarah and Sibongile in Zambia, and their long walk to school](#) to help pupils put their experience in context.

Checkpoint answers:

1. Mary's Meals feeds over 2 million children every school day.
True
2. It costs £19.15 to feed a child Mary's Meals per month.
False
3. Mary's Meals only works in schools in Africa.
False
4. Hunger is not a problem anymore in today's world.
False
5. Mary's Meals began in 2002.
True
6. Thousands of volunteers around the world cook Mary's Meals for children to eat in school.
True

Lesson 6: Faith in food

Learning intention: I will learn about the Parable of the Good Samaritan and how the call to love can be lived out by each of us and by organisations like Mary's Meals.

Please note: This activity looks at love and helping others in the context of the Parable of the Good Samaritan. This activity can be used by Christian schools, or others looking at Bible stories within the context of Religious Education, with the questions adapted to suit your context.

Read a passage

Read through the scripture passage with the class (Luke 10:25-37), giving time for them to think and meditate on what they are listening to.

Ask the pupils what stands out and how they would summarise the story in their own words. Use these conversation prompts to help:

- What does the story of the Good Samaritan teach us about love?
- Who do you think the people in the story might be for us today?
- What do you think was the lesson behind this parable?
- The founder of Mary's Meals, Magnus MacFarlane-Barrow talks about how we can all make little acts of love. How does the work of Mary's Meals answer the Gospel call of Jesus to love?
- How can we do more to reach the next hungry child in our world?

Write a letter

Write a letter (either individually or as a class) to a respected leader (for example, a parish priest, vicar or head teacher) and share your thoughts and ideas with them based on what you have learned.

Each serving of Mary's Meals costs just 10p. Think about ways you could raise money to reach the next hungry child and share these with your chosen leader, inviting them to get involved and persuade them to take on your ideas to help feed the next hungry child.

Encourage the pupils to include features of a persuasive letter (which you may have covered in literacy lessons) such as paragraphs, formal language, rhetorical language, powerful adverbs and a concluding paragraph.

Lesson 7: Acrostic poetry

Learning intention: I will reflect on how Mary's Meals changes hunger into hope and learn how to express my thoughts on this through poetry.

Ask the pupils to make two headings: Hunger and Hope.

Create a word bank

Create a word bank, using word association to list different words and ideas that come to mind, connected to these two themes and the work of Mary's Meals. It might be helpful for the pupils to rewatch [From Hunger to Hope](#), so they can make notes based on what they see including any quotes or examples.

Write acrostic poems

Write acrostic poems, with each pupil using their word banks as inspiration. One poem should have the word Hunger as the title, written vertically for each letter to begin a new line, and similarly with the word Hope.

Share the poems aloud, or create a class display, including photos or artwork to depict these themes.

Lesson 8: An enterprising approach

Learning intention: I will learn how to use my skills and ideas, in partnership with my classmates, to help raise money for Mary's Meals through an enterprise project.

Fundraising brainstorm

Challenge pupils to think about how they could help raise money for Mary's Meals, focusing on the skills and talents that they have. What could they make or bake to sell for Mary's Meals? Or could they put on a show or event? They could brainstorm this as a whole class or in small groups and you can share these examples to help inspire them.

Some inspiration!

Pupils from St Cuthbert's Primary School in Lanarkshire opened their own shop to raise funds for Mary's Meals. They made calendars, friendship bracelets, keyrings and badges to sell to fellow pupils, raising more than £400!

Each class at Lochnell Primary School, in Argyll, came up with its own fundraising idea based on the pupils' interests and skills – and they also included recycling and reducing waste. One class made bird feeders from used plastic bottles, and another class upcycled clothes. Their creations were sold at an event for parents and members of the community.

Make a plan

Make a plan as a class. This could mean focusing on one idea that everyone works on together or multiple ideas in groups.

The following prompts can help in the planning process:

- Who will be the audience for our event or product – parents, pupils from other classes, members of our local community?
- What materials will we need to buy and how much will these cost? Can we bring some things from home to use?
- What price will we sell our items or tickets at?
- How will we advertise our event or products, including sharing information about Mary's Meals?

Prepare

Prepare for your event or project. You may wish to give pupils or groups different areas of responsibility, such as budgeting, planning, marketing and production. You can find [fundraising resources](#) on our website, or contact us on info@marysmeals.org to find out about other resources.

Have fun

Have fun raising funds! Each serving of Mary's Meals costs just 10p, meaning your efforts can go a long way! However much your class raises, together you will make a huge difference to children living in poverty.

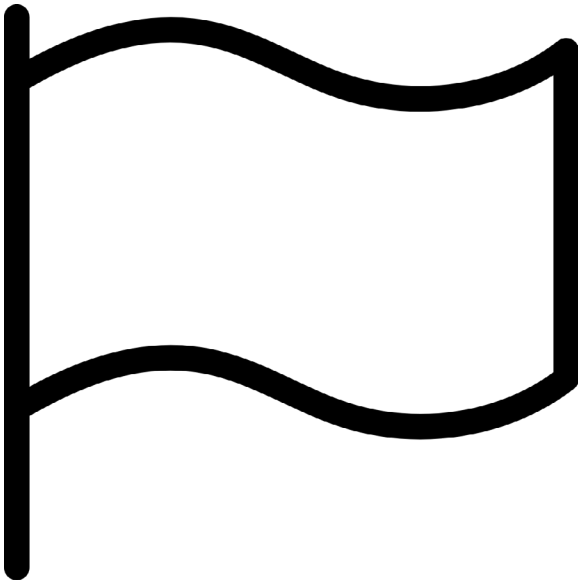
Count

Count the profit as a class, and then work out how many children you are providing with a daily school meal. When [paying in the funds raised](#), you can request a certificate to celebrate what you have achieved.

Country



Draw the country's flag below



Country name _____

Continent _____

Capital City _____

Language(s) spoken _____

Population _____

Number of children fed by Mary's Meals _____

Food served by Mary's Meals _____

Number of schools serving Mary's Meals in the country _____

Mary's Meals began working in this country in the year _____

Other key facts _____

Checkpoints (lesson five)

1. Mary's Meals feeds over 2 million children every school day.
Do 30 star jumps.

2. It costs £19.15 to feed a child Mary's Meals per month.
Jog on the spot for two minutes.

3. Mary's Meals only works in schools in Africa.
Skip for two minutes.

4. Hunger is not a problem anymore in today's world.
Do 20 squats.

5. Mary's Meals began in 2002.
Do high knees for two minutes.

6. Thousands of volunteers around the world cook Mary's Meals for children to eat in school.
Do 15 burpees.



It costs just £19.15 to feed a child with Mary's Meals every day for a school year.

Your class can change the lives of hungry children by holding your very own fundraiser!

You could [Raise Some Dough](#) and hold a bake sale for Mary's Meals. Visit our website for your free Raise Some Dough fundraising pack, which includes a celebrity recipe book and mug-shaped cookie cutter from marysmeals.org.uk/raise.

Or why not [Move For Meals](#)? Your class can skip, walk, dance or swim and turn your moves into meals for hungry children!

You can get in touch with us at info@marysmeals.org for a free fundraising pack full of ideas.

No matter what you choose to do, raising funds for Mary's Meals will be an incredible learning and bonding experience for your pupils, all while helping to feed some of the world's poorest children.

marysmeals.org.uk