

Teaching the Power of School Meals

This World Food Day: Meet Molly

Overview:

Molly is just one of the nearly 26 million children around the world who receive a WFP meal at school every day. WFP gave her a small video camera to film her life in the Mathare slum of Nairobi, Kenya- one of the poorest places in the world.

This teaching unit highlights some of the most powerful moments in the videos she shared with us to help spark a conversation on hunger in the classroom this World Food Day. This lesson tells the story of hunger and the power of school meals from Molly's perspective. Molly has a chance – to grow up healthy, to get an education, and to dream beyond Mathare because she gets a WFP school meal.

For hungry children worldwide, the promise of receiving a meal at school can mean the difference between getting an education or not. Join us this World Food Day by starting a vital conversation with your students about the power of school meals in transforming the lives of young people like Molly and helping us build a hunger-free future.

Supplies needed:

- Internet connection
- Overhead projector/smart board.
- Pencils and notebook



Introduction:

Start the class by asking the students to think about global hunger and ask them what they associate with the word hunger. Hand out the [Eleven Myths on Global Hunger](#)

You can break the class into groups and assign each group a couple of myths to discuss - or discuss the factsheet as a class.

Questions:

- What myths did they believe before reading the reality?
- What surprised them?

Having yourself already looked at the [Facts about hunger](#), discuss the [hunger stats](#) with your students



Go on to discuss how the problem of hunger can be solved

A. As a class, watch the short animated video: [How to Feed 90 Million People](#)

B. Ask the class the following

- What are some situations in which people might need food assistance?
Examples: natural disasters, drought etc.
- How would you define food assistance?
- How might organizations like WFP provide food assistance?

C. Project [WFP's 2011 Global Hunger Map](#) onto the board

- Guide students through what the different colors mean. Have them find their home country on the map. What can they learn about hunger in their home country based on this map?
- What surprised them about the map?
- Tell the class they are about to meet a student like them from Kenya. What can they learn about where she lives based on this hunger map? What are some of the challenges she might face?

Meet Molly

A: Introduce the Molly's World video by saying and writing on the board: This is Molly. She receives a meal every day at her school in Nairobi, Kenya. She's just one of nearly 26 million children who receive nutritious meals from WFP at school.



- As a class, watch the [two-minute animated video](#) introduction to Molly and school meals.

B: Then, as a class to watch the video: Molly's World 6 minute [condensed video](#)

C: After the video, break up students into small groups to discuss the following:

- What was in Molly's WFP school meal?
- What can Molly now do, thanks to her daily school meal?
- How might Molly's life be different if she didn't receive a school meal?
- How much do you think it costs WFP to provide one School Meal? (answer in [Two Minutes to Learn About School Meals](#))
- Why might school meals be important to poor students?
- How many elementary-school age children do you think go to school hungry every day? (Answer: There are currently 66 million elementary-school age children who go to school hungry every day.)



E: Discussion Questions:

- What's your typical lunch?
- Have you ever gone without lunch?
- If so, how did you feel for the rest of the day?
- How might school be more difficult if you didn't get lunch every day?

Conclusion: How would you end world hunger?

To conclude the class, write your students' ideas on the board and encourage discussion.

Call to action: Put all that your students have learned to the test by taking the [Molly's World quiz](#) as a class. For every completed quiz, a meal will be donated to a hungry child.

Dive deeper: More resources and activities for teaching Molly's World across the Curriculum

