



No More Bread

IN THIS ACTIVITY, participants will reflect on personal food intake and the difference in average food consumption between developed and developing countries.

TIME REQUIRED: 30-40 MINUTES | INTENDED FOR GRADES 6-8



**MATERIALS
NEEDED**

- » Copies of Handout, “Food Journal Chart,” found on page 163, one for each participant
- » Copies of Handout, “Food Journal Comparison Chart,” found on page 164, one for each participant
- » Pens or pencils, one for each participant
- » Visit worldvision.org/lp/acsi-teacher-resources for a video you can show to support this lesson. (optional)

Note: A week before you conduct this activity, give each participant a copy of the “Food Journal Chart” handout and ask them to use it to record all the food they consume in the next week. Ask them to bring their completed charts on the date of the activity.

Activity Steps

INVITE PARTICIPANTS TO GATHER in groups of three or four and share with one another the entries on their completed food journal charts.

AFTER ALLOWING SOME TIME FOR SHARING, give each participant a copy of the “Food Journal Comparison Chart.” Then provide the following key points:

- » You have just received a food journal that is based on the eating habits of a real child, Simphiwe Dlanini, a 13-year-old girl from Swaziland.
- » Simphiwe is the oldest of four children. Her father, Mefika, is currently unemployed, and her mom, Busi, gets up at 4 a.m. to bake cakes for Simphiwe to sell at school.

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- » The family is used to eating bread for breakfast but can no longer afford it.
- » This food journal shows what might happen to a family that doesn't get enough nutritious food. At this point, Simphiwe's family still has enough food, but they can no longer afford certain types of food, and they are becoming anxious about having enough for the weeks ahead.

INVITE THE GROUPS TO REVIEW the handout and do a quick comparison with their own charts. Then have the participants gather into a single large group and lead them in a discussion using the following questions:

- » What's missing from Simphiwe's diet?
- » How do the types of food you eat compare with the types of food eaten by Simphiwe? What are the similarities and differences?
- » How do your family's weekly food costs compare with the amount Simphiwe's family spends on food?
- » Compare your family's weekly food budget with the average amount spent by other families around the world (noted on the handout). What factors, in addition to family income, explain the discrepancies in the amounts spent by families in different countries around the world?

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GIVE EACH PARTICIPANT A PEN OR PENCIL. Invite participants to take a few minutes to write a one-page journal entry from Simphiwe's point of view reflecting on her situation and how it is affecting her life. They may use the back of their food journal chart to write this journal entry.

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AFTER EVERYONE IS DONE, invite a few participants to share their entries.

6

NOW, INVITE PARTICIPANTS to take a few minutes to write a one-page entry about how they might help change the food situation in Swaziland or other countries where people are going hungry. They may use the back of their food journal comparison chart to write this journal entry.

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AFTER EVERYONE IS DONE, invite a few participants to share their entries.

8

CONCLUDE BY ENCOURAGING PARTICIPANTS to follow through on the action step they selected earlier. Before dismissing the group, ask them to join you in prayer for all those who are in need of food.

HANDOUT

Food Journal Chart

In the chart below, record all the food you consume in one week. Include food eaten at home or brought from home, food bought in the cafeteria, snacks bought from vending machines or stores, and meals eaten in restaurants. Record when and where, and even with whom, you ate. Also record any special events you attend where food is served (for example, a special family dinner or party). At the end of each day, provide an estimate of the cost of the food you ate that day. Be as accurate and realistic as possible.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning							
Noon and Afternoon							
Evening							
Cost of food eaten per day							

Cost of food eaten by me this week \$

Number of people in my family X

Estimated family food costs for the week = \$

The fictional food journal is based on the eating habits of a real child, Simphiwe Dlanini, a 13-year-old girl from Swaziland. Simphiwe is the eldest of four children. Her father, Mefka, is currently unemployed, and her mom, Busi, gets up at 4 a.m. to bake cakes for Simphiwe to sell at school. The family is used to eating bread for breakfast, but can no longer afford it. This food journal shows the possible early effects of food insecurity on a family in a developing country. At this point, enough food is still available for the Dlaninis, but they can no longer afford certain types of food, and anxiety about having enough for the weeks ahead has set in.

1. Make a list of the types of food Simphiwe eats in a week. What does she eat a lot of? What's missing from her diet?
2. How do the types of food you eat compare to the types of food eaten by Simphiwe? What are the similarities and differences?
3. How does your family's weekly food costs compare with the amount Simphiwe's family spends on food?
4. Compare your family's weekly food spending with the average amount spent by other families around the world (see chart below). What factors, in addition to family income, explain the discrepancies in the amounts spent by different families around the world?

HANDOUT

Food Journal Comparison Chart

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	Ate a slice of bread	Ate a slice of bread	No bread because a loaf now costs \$1.14—ate nothing	No bread—ate left-over porridge	Ate leftover porridge	Checked with neighbors to see if they have work for me to earn a bit of money—they do not	Woke up tired; we are running out of maize
Noon and Afternoon	Sold Mama's cakes at school for 7 cents each	Sold cakes again; ate a banana	Sold cakes again; ate one	No cakes today because the cost of flour went up at the market	Again, no cakes to sell	Shared some roasted corn with my sister in the market	Mama and Papa talked about the rising prices of flour, sugar, and cooking oil—all ingredients she uses for her cake business
Evening	Helped Mama grind maize and start a fire; cooked maize porridge and vegetable stew from pumpkin leaves, sweet potatoes, and peanuts	Helped Mama cook the same meal as Monday night	Helped Mama cook the same evening meal again	Papa sold one of our family goats for extra income; ate porridge for dinner	Helped Mama cook the same evening meal again	Helped Mama cook the same evening meal again; she is worried we'll run out of maize	Helped Mama cook the same evening meal again, but this time there was not as much porridge and stew; Mama ate less, but gave us the same portions as usual
Cost of food eaten per day	\$0.86	\$0.86	\$0.64	\$0.70	\$0.70	\$0.70	\$0.70

Cost of food eaten by me this week

\$ 5.16

Number of people in my family

X 6

Estimated family food costs for the week

= \$ 30.96

