

Unit 6: Growth and Development

Introduction

Project Bread is dedicated to “alleviating, preventing, and ultimately ending hunger in Massachusetts.” The organization hosts the Walk for Hunger, the oldest continual pledge walk in the country. Project Bread provides funding for food for 400 emergency food programs, school breakfast and lunch programs, and 135 communities throughout Massachusetts. Project Bread’s fundraising walk, the Walk for Hunger, attracts more than 50,000 walkers and 2,000 volunteers.

Links to Explore:

Project Bread

<http://www.projectbread.org>

Directions:

- Follow the link above to the Project Bread home page, and click on “Ending Hunger.”
 - In the left column, click on “About Hunger,” and then click on “Hunger and Health.”
 - In the left column, click on “Ending Hunger,” and then click on the “School Breakfast” link. Read this page and at the bottom, click on the “Better Breakfast Initiative” link.
 - After reviewing this information, answer the following questions:
1. What effect does poverty have on hunger?
 2. What eating habit has been linked to obesity in all people, regardless of income?
 3. How does a healthy breakfast benefit students?
 4. What is the purpose of the Better Breakfast Initiative?
 5. What foods does the Better Breakfast Initiative work to provide to students?
 6. What risks does obesity pose to students?

Answers:

1. The most nutritious foods are generally the most expensive. If a family has little money, they might choose cheaper foods, which contain more calories and have less nutritional value.
2. Skipping meals is associated with obesity in people of all incomes.
3. A good breakfast helps students learn, behave, and perform better in school by giving them the energy they need.
4. The Better Breakfast Initiative works to improve the nutritional quality of school breakfasts.

5. The Better Breakfast Initiative works to provide students with menus featuring low-sugar cereals, low-fat milk, fresh fruit, and whole grains.
6. Obesity can cause type II diabetes, high blood pressure, heart disease, stroke, and low self-esteem.

Additional Links to Explore:

Use the links below to gather additional information on the activity topic. When appropriate, have students extend their research to include important concepts contained in these Web sites.

School Nutrition Association

The School Nutrition Association is a national, nonprofit professional organization representing more than 55,000 members who provide high-quality, low-cost meals to students across the country. Its mission is to advance good nutrition for all children.

<http://www.schoolnutrition.org/>

Community Food Security Coalition

The Community Food Security Coalition (CFSC) is a coalition of U.S. and Canadian groups working to build strong, sustainable, local and regional food systems that give everyone access to affordable, nutritious, and culturally appropriate food.

<http://www.foodsecurity.org/>

Share Our Strength

Share Our Strength is one of the leading organizations working to end childhood hunger in America. It raises funds to support community-based programs that feed hungry children, partners with organizations that pursue long-term solutions, and helps families help themselves through nutrition education programs.

<http://www.strength.org/>

The Hunger Project

Through education and support, The Hunger Project empowers millions of men and women worldwide to play an active role in ending their own hunger.

<http://www.thp.org/>

RESULTS

RESULTS is a nonprofit advocacy organization that lobbies elected officials to support policies that combat hunger and poverty.

<http://www.results.org/>