



PWS&D Educational Resource

Objectives:

- Teach children about hunger around the world
- Teach children about food security and long-term solutions to hunger
- Simulate what it's like to grow your own food
- Remind children about the importance of sharing our gifts
- Teach children about PWS&D's food security programming in Guatemala
- Encourage children to participate in the Sunday School Challenge—Farming for the Future

Recommended grade level: Grade 1 – Grade 3

Materials: world map or globe (optional), Hunger Around the World photos, bag or sack, potato or other vegetable or fruit, book, spade or other gardening tool, soap, two packets of seeds (one of them should be radishes, peas or lettuce), coins, small pots or paper cups, water, potting soil, the Sunday School Challenge flyer

Growing Hope Around the World

Background Information for Educators

About PWS&D

Presbyterian World Service & Development is the international development and relief agency of The Presbyterian Church in Canada. PWS&D responds with programs in food security, health, livelihoods, human rights, and emergency relief to ease the pain of want and build more sustainable futures.

About PWS&D's Agriculture Programs

Many families in developing countries rely on small-scale subsistence farming for survival. Soil erosion, prolonged drought and the rising price of seeds and commercial fertilizers make it difficult for farmers to increase crop production or purchase a variety of foods to balance their diets. This leads to high rates of hunger and malnutrition. Working with partners in Guatemala, Haiti, Malawi, Tanzania, Nicaragua and Pakistan, PWS&D is helping farmers increase crop yields, grow new crop varieties, improve nutrition and build resilience to environmental changes.

About This Resource

Growing Hope Around the World contains five educational activities that can be done in one session or divided among a few classes. Each activity can run between 5-15 minutes. Instructors should feel free to omit, add or rearrange activities to best suit their curriculum and time constraints. It is recommended to begin with Activity 1: *Hunger Around the World* and end with Activity 5: *Sharing our Gifts through the Sunday School Challenge*.

Activity 1

Hunger Around the World

Objective: Teach children about hunger around the world

Materials: world map or globe (optional), Hunger Around the World photos

Opening Discussion on Hunger

- Do you get hungry sometimes?
- What do you do when you're hungry and want something to eat?
- What do you think would happen if you didn't have any food at all to eat at your house?

Here in Canada, we don't often worry about where our next meal will come from. But there are many people around the world—in countries like Malawi, Nicaragua, Tanzania, Guatemala and many more—who don't get enough food to eat.

Show children these countries on the globe/map.

Question and Answer with Photos

Ask children the series of questions below to help them learn about global hunger. Provide the answers along with the corresponding photo after students have had time to guess.

- How many hungry people are there in the world?
 - ◆ 800 million people don't have enough food to live healthy, active lives. That is about one in nine people. (Photo #1)
- Who are the hungriest people in the world?
 - ◆ Most of the world's hungry people are farmers—people who grow food! (Photo #2)
- What are some of the reasons people are hungry?
 - ◆ **Poverty:** The most common reason for hunger is that families can't afford to buy food or seeds and tools to farm. (Photo #3)
 - ◆ **Conflict or war:** This causes illness, stress and often forces people to leave their homes and their farms. (Photo #4)
 - ◆ **Dry weather, drought:** Plants need water and the nutrients found in good soil. Dry soil doesn't have water for plants to grow or absorb nutrients. During a drought, farmers have trouble growing enough food. (Photo #5)
 - ◆ **Too much rain, flooding:** When plants get too much water they can drown or the soil will wash away and ruin plants. (Photo #6)

Tip

For more information and ideas about global hunger, check out foodgrainsbank.ca/our-work-2/hunger.

Tip

Hunger Around the World photos can be downloaded as a PDF file or as PowerPoint slides at WeRespond.ca/sunday-school-challenge-farming-for-the-future.

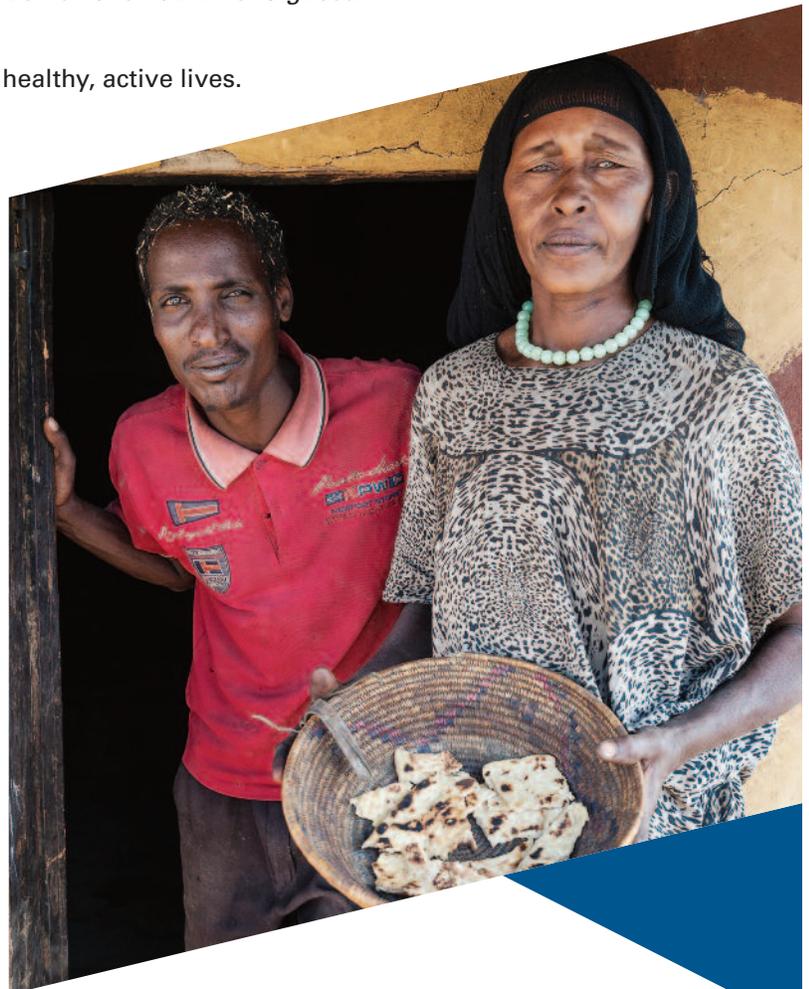


Photo: Johannes Odé, ACT Alliance

**Adapted from Canadian Foodgrains Bank resource Hunger Facts, at foodgrainsbank.ca/education*

Activity 2

The Right Tools

Objective: Teach children that the solution to hunger includes not only providing food but also helping people get the tools they need to grow food for the long term

Materials: Bag or sack, potato or other vegetable or fruit, book, spade or other gardening tool, package of seeds, coins, soap

There are millions of people in the world who don't always get enough to eat. What should we, as followers of Jesus, do about that?

Have the children look at the items in the bag and ask them:

- What do you see?
- Which of these items could we use to feed someone?

The most obvious response would be the potato or fruits/vegetables.

- Are there ways we could use the other things in the bag to help people get enough to eat?

Possible responses:

- We could give people seeds or tools so they could grow their own garden.
- A book can represent learning new skills or new farming methods so people can grow their own food to eat or sell at the market to earn money.
- Soap helps improve hygiene, thus preventing illness. People are able to spend more time farming if they don't get sick.
- Coins represent collecting money to donate to organizations like PWS&D that feed and help people who are hungry in other ways.

Post-Activity Discussion on Food Security

Food donations are a wonderful way to help people who are hungry. But education and supplies can help families have enough food not just for today, but also for the days, months and years ahead. When people know they can always get enough food to be healthy, they are said to have **food security**.

Tip

Encourage children to look at the word for clues. Explain that food **security** is a complicated way of saying that families are **secure** and confident that they have enough food for themselves and their families.



Photo: Sean Hawkey, ACT Alliance

Additional note for teachers:

This activity might present an opportunity to talk about food security in a local, Canadian context. Many people in Canada also struggle with food insecurity and we can help in tangible ways. To make this connection, teachers could encourage material donations to a local food bank, while collecting funds to support PWS&D's international work.

**Adapted from Canadian Foodgrains Bank resource
The Right Tools, at foodgrainsbank.ca/education*

Activity 3

Theresa's Garden of Hope

Use the story *Theresa's Garden of Hope* to illustrate how PWS&D is helping families have **food security** by training farmers on ways to grow and prepare crops. Each photo has captions to read out loud. If you like, you can post the story as a display to stay up in your classroom. These photos are also available to download as PowerPoint slides, at WeRespond.ca/sunday-school-challenge-farming-for-the-future.



**Photo 1
(Theresa Diaz)**

This is Theresa Diaz. Theresa lives in Guatemala. Guatemala is a beautiful country—it's filled with vibrant green trees and rolling hills. It is also a very poor country. Theresa lost her husband several years ago. After that, her life became more difficult. Theresa had to support their seven children on her own. But with help from PWS&D, Theresa is hopeful.

Activity 3: Theresa's Garden of Hope

(Continued)



Photo 2
(Group participants gather to learn new agricultural practices)

With the help of PWS&D, Theresa joined a group with other women in her community to learn how to grow more food and use the food to improve her family's nutrition. Theresa says: "We have been trained in many things—learning about seeds and ideas in how to improve our work and the way we plant."

Activity 3: Theresa's Garden of Hope

(Continued)



Photo 3
(Theresa works in her garden plot)

Because she is growing her own food rather than buying it, Theresa is saving money. She is also more confident because she can take care of herself and her family.

Activity 3: Theresa's Garden of Hope

(Continued)

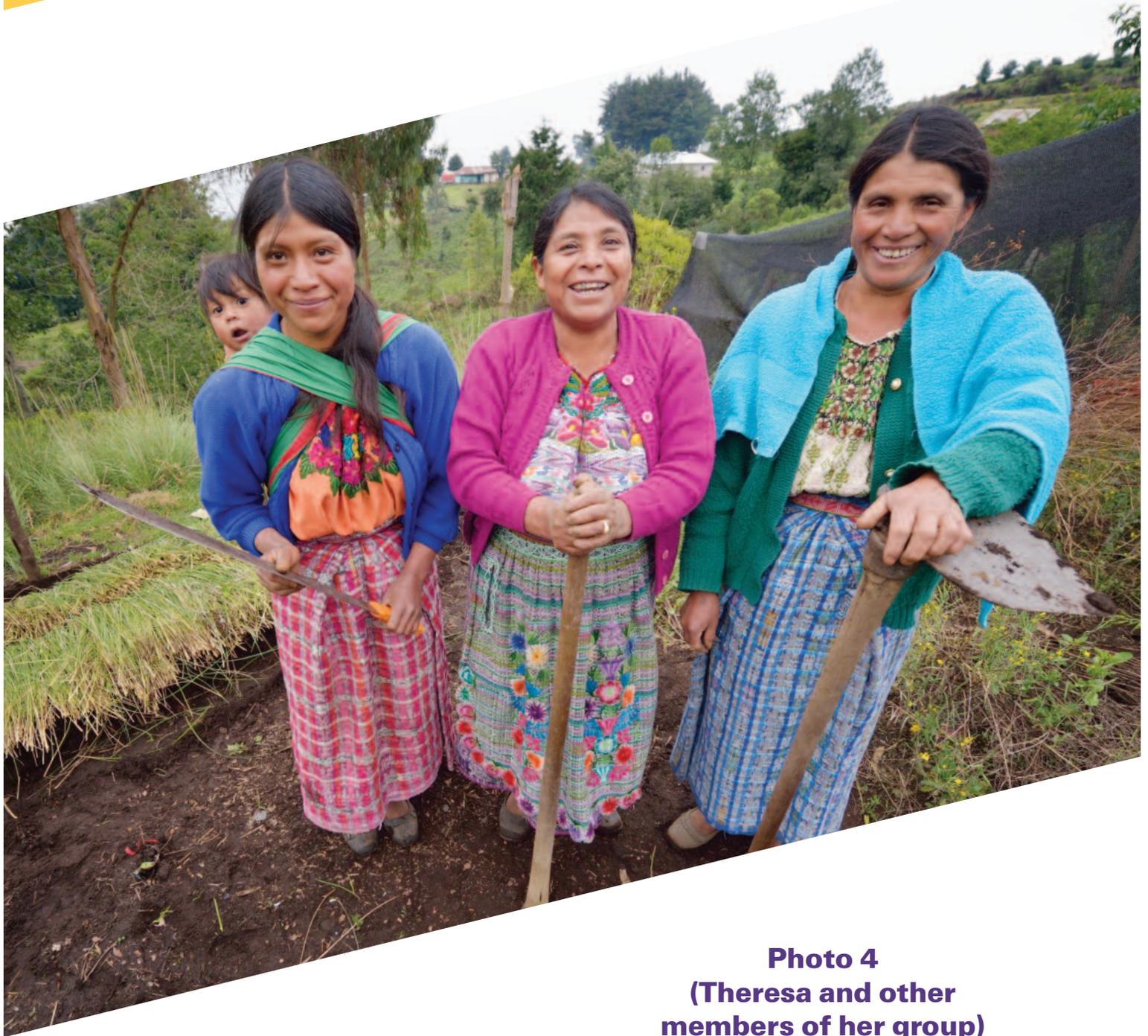


Photo 4
(Theresa and other
members of her group)

Tip

Find more photos from PWS&D programs in Guatemala at WeRespond.ca/gallery-category/guatemala.

Theresa and the other women in her group are not just growing food. They are also growing hope in their gardens. They have hope that they can care for their families for today and for the future.

Activity 4

Teaching Gardens

Objective: Have children experience what it's like to grow their own food

Materials: packet of seeds (radishes, peas or lettuce are good choices as they sprout quickly), small pots or paper cups (one for each child), water, potting soil

Background: In Guatemala, teaching gardens help students learn about nutrition and protecting the environment. Learning how to cultivate and cook the vegetables they grow means boys and girls gain knowledge and skills to have food for the future.

Opening Discussion on Teaching Gardens

In Guatemala, children learn about gardening and cooking nutritious vegetables at school and take this knowledge back to their families. Today, we're going to plant our own mini gardens and experience what it's like to grow our own food, just like Theresa.

Teaching Gardens Activity

- Fill each pot with soil (you could label each pot with the children's names so they can watch their own seeds grow).
- Have the children make two small holes in the soil with their fingers and drop one seed in each hole. Cover up the holes with more soil.
- Water the seeds—only about 4 tablespoons of water is necessary.
- Place the pots in a sunny window and water regularly (when the soil feels dry).
- Wait and watch your plants grow!

Post-Activity Discussion on Watering Plants

- Why is it important to water our plants?
 - ◆ Plants need water and lots of nutrients found in good soil. Dry soil does not have enough water for plants to grow and absorb those nutrients. Dry, sandy soil can easily blow away in the wind. This is a big problem in places where there is not enough rain and not enough moisture in the soil. Crops will often die and many families who depend on the food they grow to survive go hungry.



**Adapted from Canadian Foodgrains Bank resource Climate Change and Farming, at foodgrainsbank.ca/education*

Activity 5

Sharing our Gifts through the Sunday School Challenge

Objective: Use examples from the Bible to teach children about the importance of sharing and introduce the Sunday School Challenge

Materials: Sunday School Challenge flyer

The Bible teaches us many things about money and food and the importance of sharing what we have to help others.

John 6:1-13, Feeding the 5,000

Read out loud or ask a volunteer to read

Although he was hungry, the little boy who had only five loaves of bread and two fish wanted to give it to Jesus. Jesus took what the boy offered and blessed it, making it so that there was enough food for everyone with some left over. Over 5,000 people had something to eat, all because one little boy was willing to share.

God asks us to share what we have with others. As followers of Jesus, what can we do to share our gifts so that there is enough food for everyone?

Introducing the PWS&D Sunday School Challenge— Farming for the Future

One of the ways our church is helping people in need is through Presbyterian World Service & Development.

PWS&D is the part of our church that is working in different countries around the world to help people get the things they need—such as food, clean water, health care or an education. When our church collects money for PWS&D, we help hungry families around the world get enough to eat.

In Guatemala, PWS&D is helping provide farmers with seeds, supplies and training in sustainable, organic farming practices that will help them grow more food, have healthy diets and get enough nutrients to live long and full lives.

Show the Sunday School Challenge flyer.

We can help a family far away farm for the future! \$230 helps one family have food security. It's a lot of money, but any size gift—no matter how small—will bring us closer to achieving this important goal!

Pass around a collection plate.



Closing Prayer

Dear God,
Thank you for providing us
with everything we need.
Thank you for showing us that
our gifts are important to Jesus.
Help us to be generous with others
and to share our gifts,
because when we share,
Jesus can do miracles
and make our gifts grow
in ways we can't imagine.
Amen.