



Lesson Plan #3

Starving for Survival

Part 3.1 – Introduction

Opening Activity:

Supplies Required: pencil, paper

Teacher: I'd like you to take out a piece of paper and list or draw every food item you've eaten in the last 24 hours.

(Allow 5 minutes of wait time).

Teacher: Who wants to read their list?

(Allow several children to share their list with the class, having fun understanding how much is eaten in 24 hours)

Without eating – we simply cannot live. In Canada, we have the choice to eat a large variety of food and even throw some food in the garbage if we don't finish it.

Unfortunately, children in poverty-stricken countries lack even the most basic food. And when children don't have food their bodies become weak. And when their body becomes weak they lose strength and cannot fight off disease. In fact, poor nutrition contributes to over 50% of deaths associated with infectious diseases (WHO).

To make things worse, for many children who get sick there is no healthcare. They cannot just go to a hospital or clinic for help. Mostly they suffer through their pain – and many die.



www.ccfcanada.ca
Call 1-800-263-5437

Charitable Registration #10691 8543 RR0001

Please send this form to:
Christian Children's Fund of Canada
Attn: Marketing and Communications
1200 Denison Street
Markham, ON L3R 8G6
Fax: 1-905-754-1002

Part 3.2 – Activity

Supplies Needed: 100 pennies

But change can happen. Just a little boost in nutrition and the right vaccinations can reduce the number of children affected by disease.

I want to tell you a story of transformation. In 2002, measles killed more than 1 million children in Africa. *(Place 100 pennies on the table)* Each one of these pennies represents 10,000 children. Today, because children received vaccinations and proper nutrition, that number is half. *(Take away 50 pennies)*. Can you see how much of a difference vaccinations and nutrition make?

Teacher: What would it take to bring the number of children killed because of measles to zero?

Vaccinations and proper nutrition can make that happen. If we continue to share resources with these children, that number could fall to zero. This is just one example of how transformation can bring lasting change.

Christian Children's Fund of Canada is helping communities with healthcare. Through our child sponsorship program, boys and girls are getting nutritious meals and the healthcare they need to grow strong.

What can you do?

- Learn more about Christian Children's Fund of Canada at <http://www.ccfcanada.ca/>
- Try not to waste food
- Give to a local food bank
- Talk to your parents about sponsoring a child
- Pray for children around the world who don't have food
- Write your Member of Parliament asking them to do more to help children overseas



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Starving for Survival

Find the words!

Malnutrition	Vaccination
Parasites	Measles
Infectious	Waste
Disease	Transformation
Healthcare	Poverty
Children	Homework
Food	

A	S	D	F	G	H	J	K	L	F	W	D	E	F	G	B
M	A	L	N	U	T	R	I	T	I	O	N	F	G	H	K
S	D	F	G	H	J	K	L	D	F	G	O	J	Q	W	O
W	E	R	T	Y	U	I	I	O	K	M	D	D	E	N	O
P	I	Y	T	H	I	U	Y	C	H	I	L	D	R	E	N
X	C	V	B	T	Y	U	Y	G	N	K	N	H	D	K	O
D	I	S	E	A	S	E	N	V	K	D	O	J	K	S	I
P	A	R	A	S	I	T	E	S	J	G	I	J	D	K	T
H	D	S	A	J	H	D	J	F	H	I	T	M	M	A	A
S	D	F	G	H	E	A	L	T	H	C	A	R	E	L	M
A	S	D	F	Y	H	J	W	E	F	R	N	T	A	J	R
X	C	V	B	N	T	T	Y	U	U	J	I	D	S	M	O
N	K	D	H	A	E	R	D	N	F	C	C	P	L	P	F
U	S	U	O	I	T	C	E	F	N	I	C	V	E	P	S
Q	W	E	R	T	S	C	V	V	B	N	A	C	S	S	N
E	X	Y	C	I	A	N	O	M	O	I	V	N	I	C	A
Y	B	J	K	H	W	S	J	K	H	P	J	K	S	K	R
H	D	K	R	O	W	E	M	O	H	C	N	C	I	A	T

Quick Facts:

- More than 29,000 children die every day from preventable things like malnutrition and parasites.
- By the year 2010, the number of AIDS orphans will have reached 20 million in Africa.
- Poor nutrition contributes to over 50% of deaths associated with infectious diseases (WHO).