

## Activity 6



# “Feeding a Family” Game

(adapted from *Make Hunger History*)

Form four groups of children (or children and adults). Give each group a paper describing its family and income. Each group is to plan a nutritious menu for one day, based on the money it has.

When they have finished, have them present their menus. Invite them to talk about the ease or difficulty in making the decisions and to compare the results.

Then read Matthew 14:14-21 to the group. Ask, “Why do you think Jesus wanted food for the people?” After they have talked about this question, encourage them to think about what God wants for all people.

From this point, move to a prayer for people who are hungry or a discussion of ways the group can work to help hungry people, using another activity from this packet.



**Family 1:** There are three people in your family. You have \$18 to spend on food for one day. How can you use this money to provide a nutritious menu? (Costs are for the meal for the whole family.)

### **Breakfast for three people**

Cereal and fruit: \$2

Frozen waffles and fruit: \$3

Toast: \$1

### **Lunch for three people**

Cheese sandwiches: \$2

Ham sandwiches, apples and cookies: \$4

Peanut butter & jelly sandwiches and carrots: \$2

### **Dinner for three people**

Spaghetti, salad and bread: \$5

Hot dogs and soup: \$4

Dinner at a pizza place: \$15

### **Snacks for three people**

Ice cream: \$4

Fruit: \$2

Cheese and crackers: \$2

**Circle your choices. How much will your menu cost:**

per day \_\_\_\_\_, per week \_\_\_\_\_, per year \_\_\_\_\_?

---

**Family 2:** There are five people in your family. You have \$18 to spend on food for one day. How can you use this money to provide a nutritious menu? (Costs are for the meal for the whole family.)

**Breakfast for five people**

Cereal and fruit: \$4  
Frozen waffles and fruit: \$5  
Toast: \$2

**Lunch for five people**

Cheese sandwiches: \$4  
Ham sandwiches, apples and cookies: \$6  
Peanut butter & jelly sandwiches and carrots: \$4

**Circle your choices. How much will your menu cost:**

per day \_\_\_\_\_, per week \_\_\_\_\_, per year \_\_\_\_\_?

**Dinner for five people**

Spaghetti, salad and bread: \$8  
Hot dogs and soup: \$6  
Dinner at a pizza place: \$20

**Snacks for five people**

Ice cream: \$6  
Fruit: \$3  
Cheese and crackers: \$4

**Family 3:** There are four people in your family. You have \$8 to spend on food for one day. How can you use this money to provide a nutritious menu? (Costs are for the meal for the whole family.)

**Breakfast for four people**

Cereal and fruit: \$3  
Frozen waffles and fruit: \$4  
Toast: \$2

**Lunch for four people**

Cheese sandwiches: \$3  
Ham sandwiches, apples and cookies: \$5  
Peanut butter & jelly sandwiches and carrots: \$3

**Circle your choices. How much will your menu cost:**

per day \_\_\_\_\_, per week \_\_\_\_\_, per year \_\_\_\_\_?

**Dinner for four people**

Spaghetti, salad and bread: \$7  
Hot dogs and soup: \$5  
Dinner at a pizza place: \$18

**Snacks for four people**

Ice cream: \$5  
Fruit: \$2  
Cheese and crackers: \$3

**Family 4:** There are four people in your family. You have \$30 to spend on food for one day. How can you use this money to provide a nutritious menu? (Costs are for the meal for the whole family.)

**Breakfast for four people**

Cereal and fruit: \$3  
Frozen waffles and fruit: \$4  
Toast: \$2

**Lunch for four people**

Cheese sandwiches: \$3  
Ham sandwiches, apples and cookies: \$5  
Peanut butter & jelly sandwiches and carrots: \$2

**Circle your choices. How much will your menu cost:**

per day \_\_\_\_\_, per week \_\_\_\_\_, per year \_\_\_\_\_?

**Dinner for four people**

Spaghetti, salad and bread: \$7  
Hot dogs and soup: \$5  
Dinner at a pizza place: \$18

**Snacks for four people**

Ice cream: \$5  
Fruit: \$2  
Cheese and crackers: \$3