

A collage of various 'ugly' vegetables, including pumpkins, carrots, potatoes, and peppers, arranged on a light-colored surface. The vegetables are of various shapes and sizes, some with blemishes or unusual forms. The text 'My Mission Log' is at the top, followed by 'Ugly Foods and Hungry People'. Below this is a 'Name:' label followed by a white rectangular box for a name. At the bottom right is the 'rock by rock' logo.

My Mission Log

Ugly Foods and Hungry People

Name:



Contents

Mission Activities

Engage	Your Mission	Pg.3
Habit	Empathy Activity #1	Pg.4
	Empathy Activity #2	Pg.5
Explore	Module #3: How Food is Wasted	Pg.6
	Hands-On Activity: Watch the Waste	Pg.8
	Literacy Lesson #2	Pg.12
	Module #5: Spreading Seeds	Pg.14
	Module #9: Ugly Foods	Pg.15
	Hands-On Activity: Watch it Grow	Pg.16
	Literacy Lesson #3	Pg.22
	Module #11: Making Compromises	Pg.23
	Hands-On Activity: Food & Hunger Emojis	Pg.24
	Literacy Lesson #4	Pg.26
	Hands-On Activity: Food Crisis Lapbook	Pg.28
Take Action	Take Action Project	Pg.36
Reflect	Empathy Reflection	Pg.44



Your Mission

What is your mission?

What is your project?

What are 2 things you already know about food waste or hunger?

Empathy Activity 1

Use the words in the word bank to write how each person might be feeling.

Word Bank

sad
happy

excited
angry

worried
surprised



Empathy Activity 2

Look at the picture. What do you think it would look like, feel like, sound like to be hungry? Write or draw your ideas.



Look like



Sound like



Feel like

A decorative header featuring a variety of fresh vegetables including carrots, bell peppers, and potatoes arranged on a green background. A light blue, torn-edge style box is centered over the vegetables, containing the title.

Module Lesson 3

Directions: Draw a picture to show how food is wasted in each of these places.

Farms

Transport

Grocery Stores

Restaurants

Homes





watch the waste

Scientists make observations. They record and analyze data about their observations to learn more about what they are studying.

Your Mission: Collect and analyze data to describe how often you observe food waste in a day.

Directions:

1) Use tally marks to record how many times you see food being wasted.

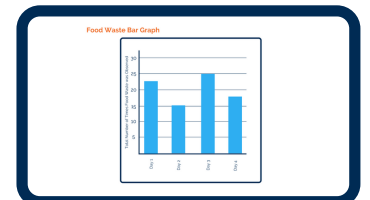


2) Count the total and put the number in the "Total Box."

TOTAL

7

3) Create a bar graph. Shade in the number of wasted food you observed each day.



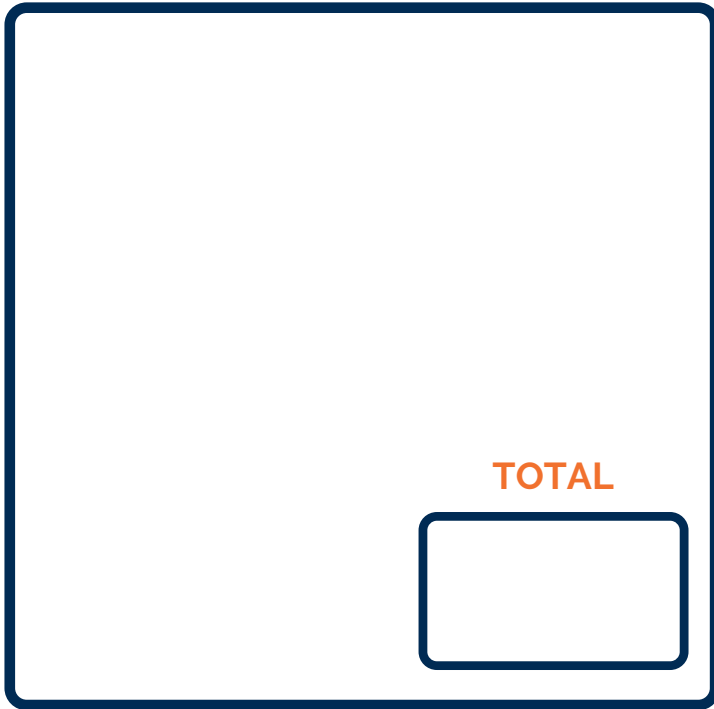
4) Reflect and answer the questions.

Observation Trackers

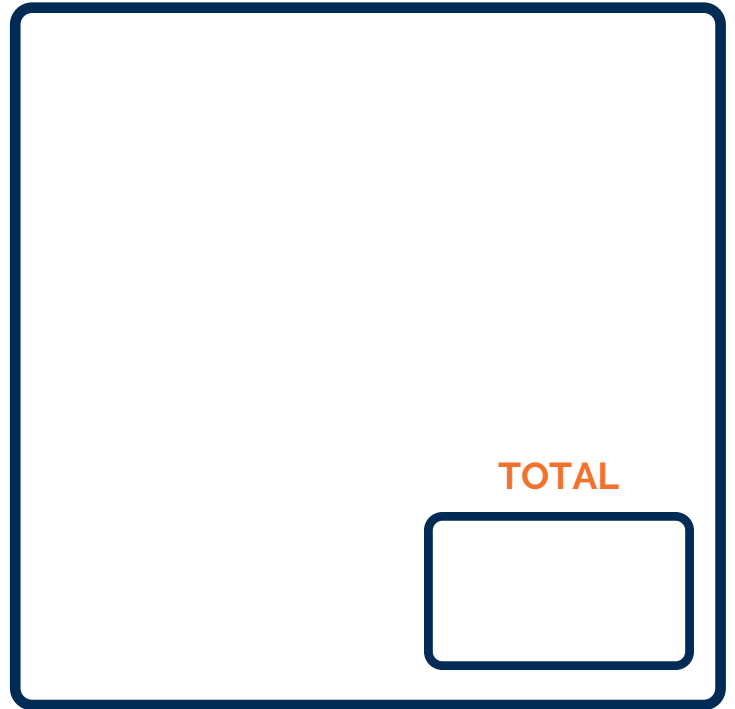
Use tally marks to track the number of times you observe food waste.

Count the total and put the number in the "Total Box."

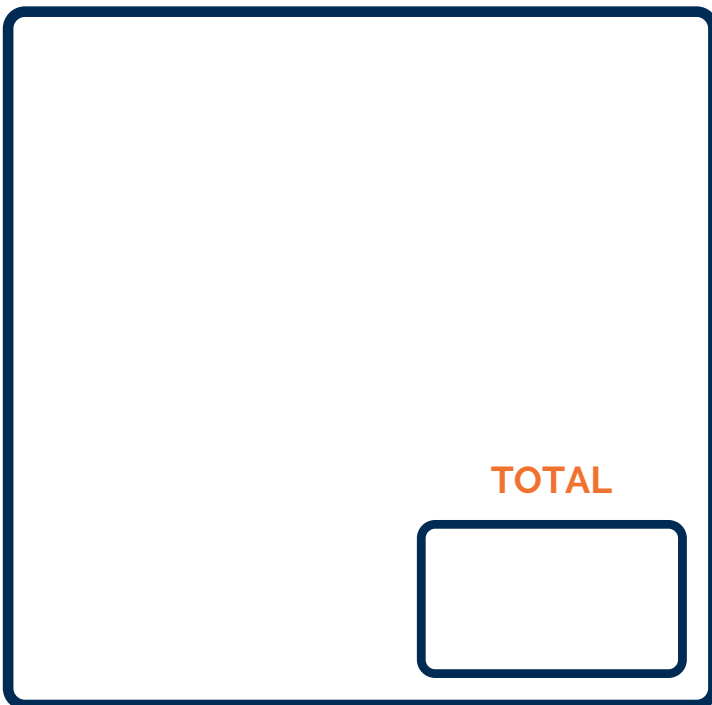
Day 1

A large rectangular box with a dark blue border. In the bottom right corner, there is a smaller rectangular box labeled "TOTAL" in orange text. The "TOTAL" box is also outlined in dark blue.

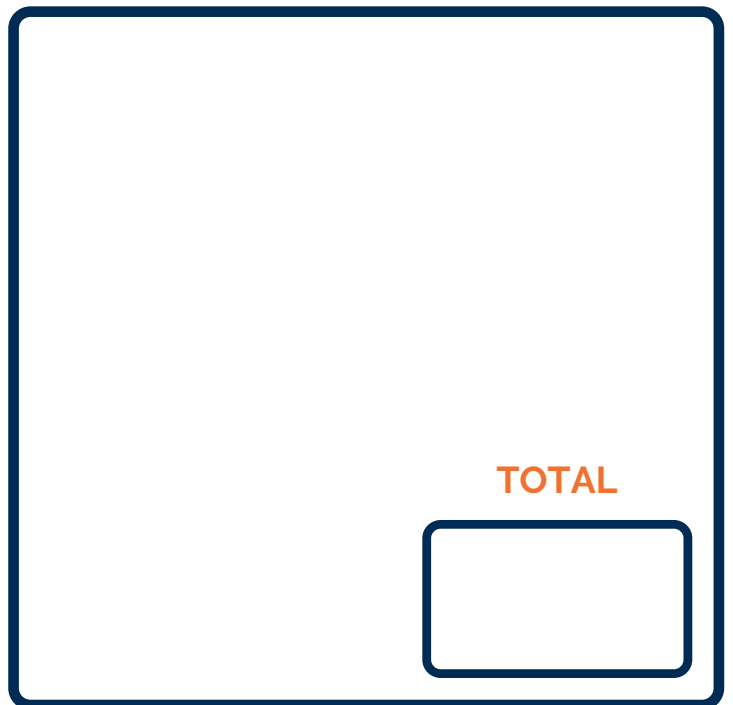
Day 2

A large rectangular box with a dark blue border. In the bottom right corner, there is a smaller rectangular box labeled "TOTAL" in orange text. The "TOTAL" box is also outlined in dark blue.

Day 3

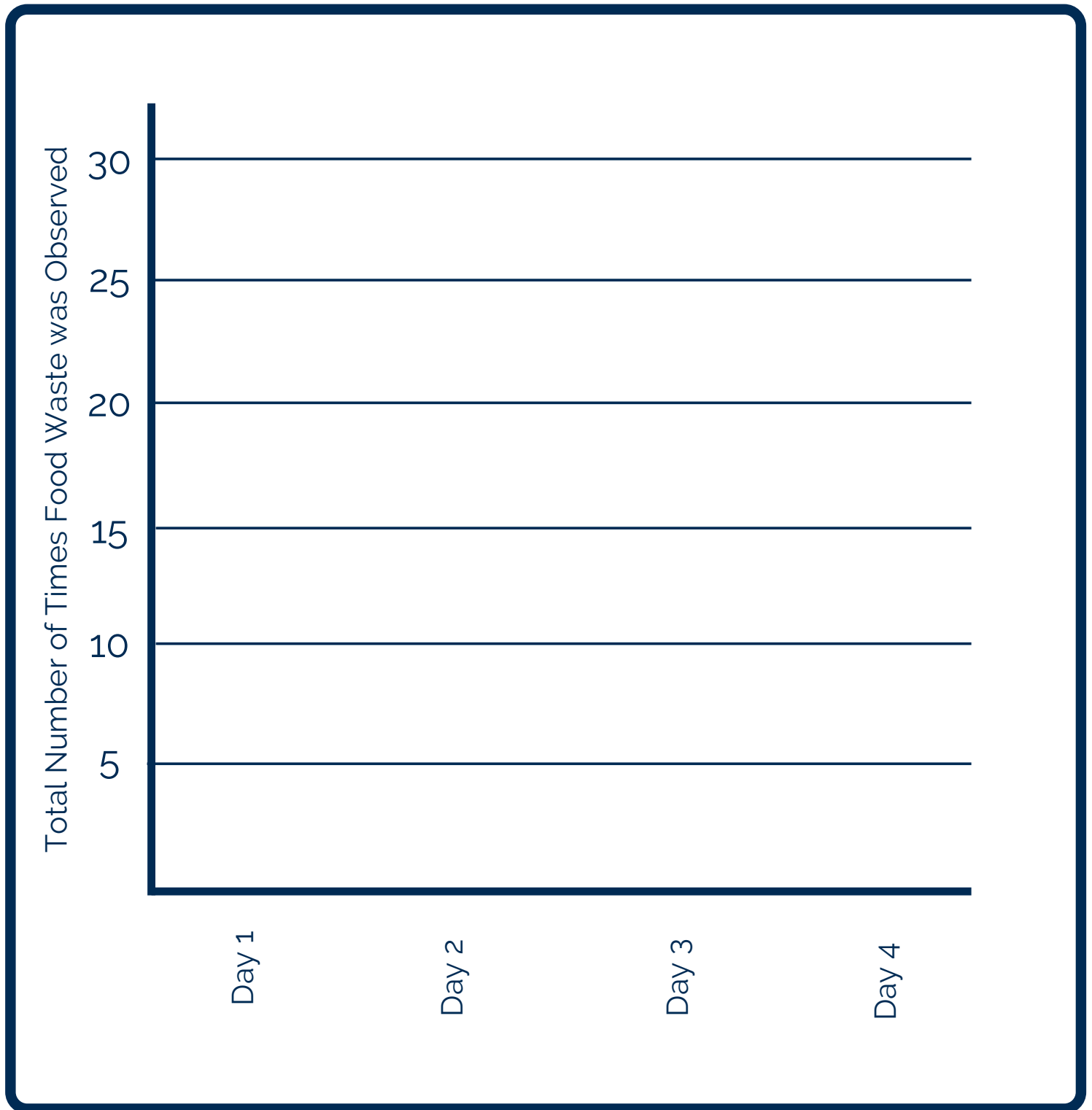
A large rectangular box with a dark blue border. In the bottom right corner, there is a smaller rectangular box labeled "TOTAL" in orange text. The "TOTAL" box is also outlined in dark blue.

Day 4

A large rectangular box with a dark blue border. In the bottom right corner, there is a smaller rectangular box labeled "TOTAL" in orange text. The "TOTAL" box is also outlined in dark blue.

Food Waste Bar Graph

Create a bar graph. Shade in the number of wasted food you observed each day.



Were you surprised by how many times you observed food waste? Why or why not?

Where did you see the most food wasted? Why do you think this is?



Literacy Lesson 2

Directions:

1. Cut out and read each of the plant related words.
2. Determine which category to put each word underneath.
3. Glue each word underneath the correct group.
4. Discuss your responses with a partner.

food

flower

air

water

leaf

space

sunlight

root

Directions:

1. Paste each word into the right group.
2. Discuss your answers with a partner.

Plant Needs

Plant Parts

A decorative header featuring a variety of fresh vegetables including carrots, bell peppers, and potatoes arranged on a green surface. A light blue, torn-edge style box is centered over the vegetables, containing the title text.

Module Lesson 5

Directions: Draw a picture of your observations to show how seeds are dispersed by animals, wind, and water.

Animals

Water

Wind

Gravity



Module Lesson 9

Directions: Think about what you have learned about ugly foods. Answer the following question.

Would you eat or pick the ugly foods at the supermarket? Why or why not?

Watch it Grow

Conduct an investigation to determine the needs of plants.

Materials Needed: 2 packets cress seeds, 4 small plastic trays, 2 cardboard boxes, scissors, 4 pieces of paper towel, water, crayons

Directions:

1. Follow the directions for the Cress Growing Investigation.
2. Record your observations on the Cress Investigation Observation Sheet.
3. Answer questions.

Examine the cardboard boxes to see if there are any holes. Cover any holes with paper.



Cut a large square in the side of one of the boxes.



Line the bottom of each tray with a folded piece of paper towel.



Sprinkle a similar number of cress seeds in each tray.



Pour enough water to soak the paper towel into three of the trays.



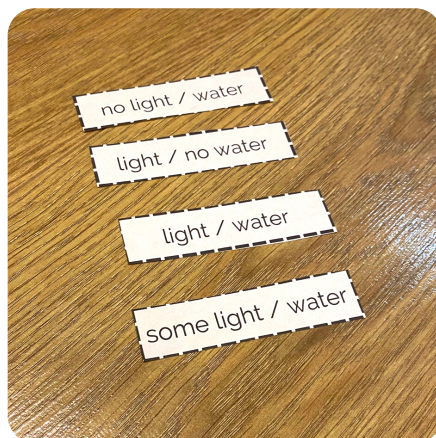
Put one of the watered trays inside the box without the square hole.



Put another watered tray inside the box with the square hole.



Cut the investigation labels and place them near the matching trays.



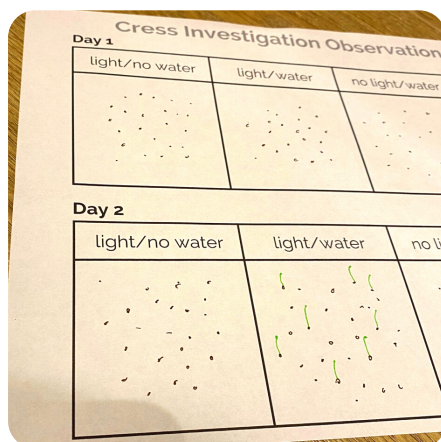
Put all four trays in a location that receives daylight.



Remove the trays from the boxes. Observe the cress seeds in all four trays for six days.



Record your observations. Use crayons to make detailed recordings.



Add more water to the three watered trays after each observation.



Put the two trays back in the boxes after each observation.



Investigation Labels

light / no water

light / water

no light / water

some light / water

Cress Investigation Observation Sheets

Day 1

light/no water	light/water	no light/water	some light/water

Day 2

light/no water	light/water	no light/water	some light/water

Day 3

light/no water	light/water	no light/water	some light/water

Day 4

light/no water	light/water	no light/water	some light/water

Day 5

light/no water	light/water	no light/water	some light/water

Day 6

light/no water	light/water	no light/water	some light/water

Which cress grew best? Why do you think this one grew best?

Which cress did not grow at all? Why do you think this one did not grow?

Literacy Lesson 3

Directions: Compare the two groups of images.

Group 1



Group 2



Module Lesson 11

Look at the picture. What do you think it would look like, feel like, sound like to be hungry?
Write or draw your ideas.



 Look like

 Sound like

 Feel like

What have you learned about food insecurity since the beginning of this unit?

Food Emoji

Create an emoji to represent words related to food hunger and waste.

Materials Needed: crayons, color pencils or markers.

We use emoji's to represent many things.
Look at the emoji's below and review what they represent.



Shush!
Be Quiet



Ugly Fruit

Feeling
Shy



Help!

Going to
sleep

Goodnight!

Sometimes you can use one, two or three emojis to represent an idea. Use the handout in the next page to create a new emoji to represent words related to food waste and hunger.

Food InSecure

Food Secure

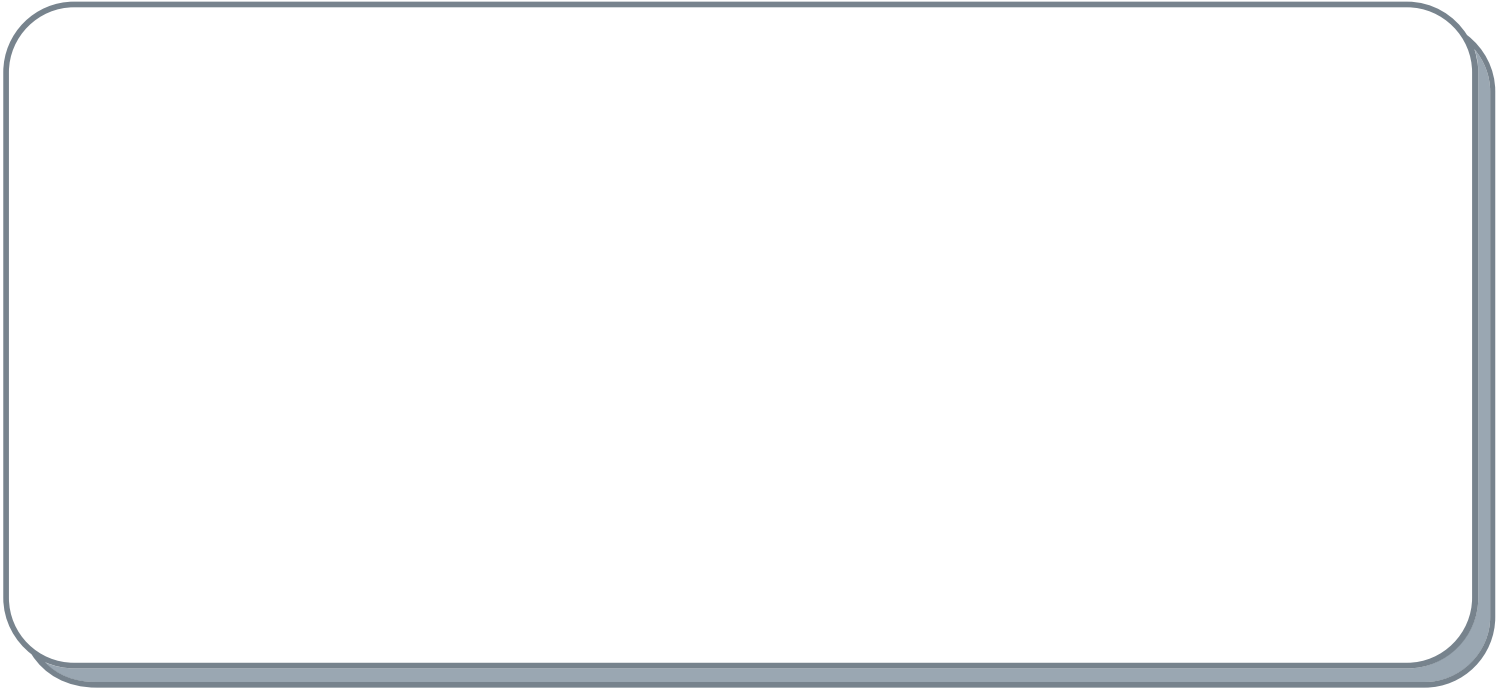
Hunger

Food waste

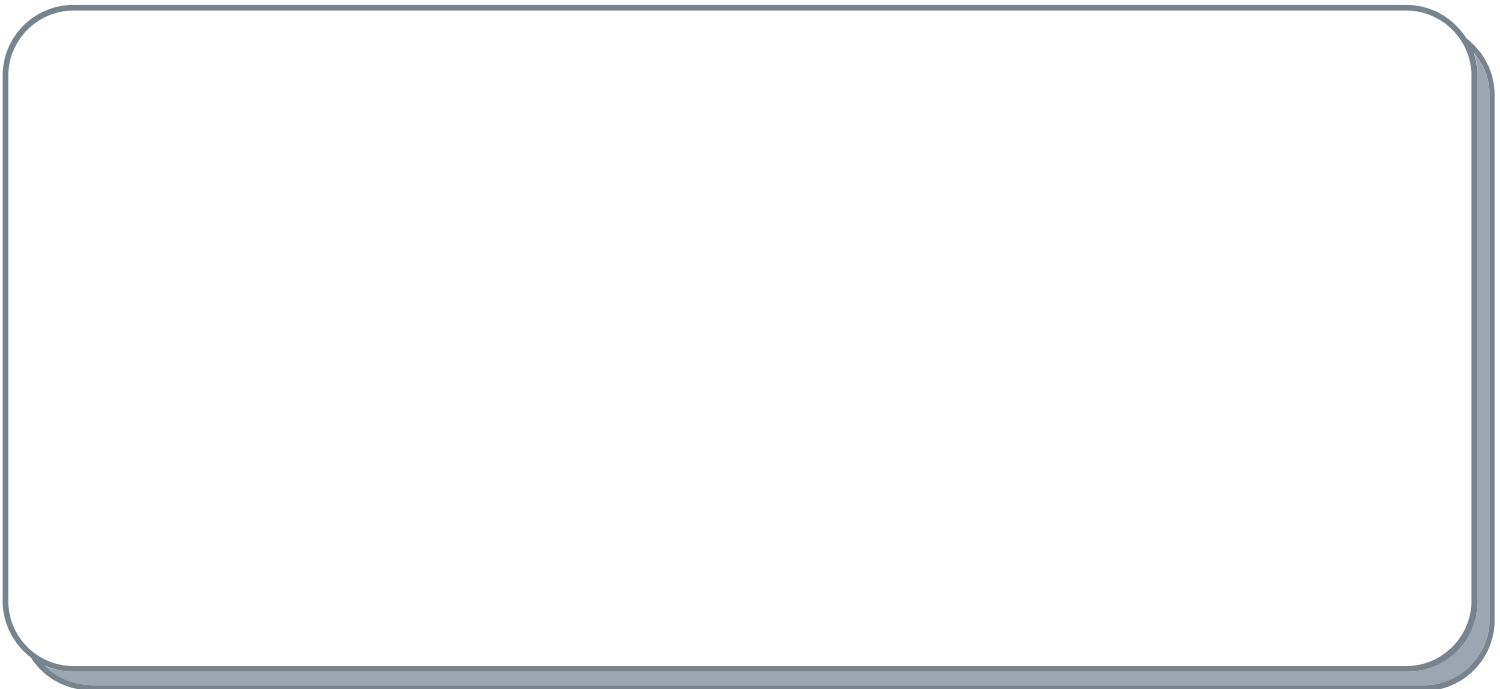
A decorative header featuring a variety of fresh vegetables including carrots, bell peppers, and potatoes arranged on a green background. A light blue, torn-edge style box is centered at the top, containing the title.

Literacy Lesson 4

Directions: Draw a picture to show what people can do to reduce food waste.

A large, empty rectangular box with rounded corners and a thin grey border, intended for a student to draw a picture illustrating ways to reduce food waste.

Directions: Draw a picture to show what people can do to address hunger.

A large, empty rectangular box with rounded corners and a thin grey border, intended for a student to draw a picture illustrating ways to address hunger.

Food Crisis Lapbook

Sung-Ae

Jeff

What do you get if you cross a lap and a book?

What?

Lapbook, heheheh

What's that?

It's a fun way to share what you have learned!

<p>What can you do to address hunger?</p> <p>□</p> <p>□</p> <p>□</p>	<p>Causes of Food Insecurity</p> <p>□ □ □</p> <p>□ □ □</p> <p>Effects of Food Insecurity</p> <p>□ □ □</p> <p>□ □ □</p>	<p>What can you do to reduce food waste?</p> <p>□</p> <p>□</p> <p>□</p>
--	--	---

Can we make one?

We sure can. Let's get started!

Activity: Create a book to teach others about food waste and food insecurity.

Materials Needed: file folder, scissors, glue, crayons, pencils, markers

Food Crisis Lapbook

Directions:

1. Draw an illustration showing food waste in the box below the "Food Waste" title. Write a fact about food waste in the "Did you know?" box below your illustration.

Food Waste



Did you know?
40% of all food is thrown out.

2. Draw an illustration showing food insecurity in the box below the "Food Insecurity" title. Write a fact about food insecurity in the "Did you know?" box below your illustration.

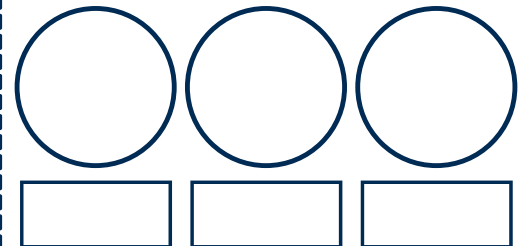
Food InSecurity



Did you know?
1 out of every 6 kids may not get enough food.

3. Draw three illustrations showing the causes of food insecurity in the circles below the "Causes of Food Insecurity" title. Write a caption for each of the illustrations in the boxes below the circles.

Causes of Food InSecurity



Food Crisis Lapbook

4. Draw three illustrations showing the effects of food insecurity in the circles below the "Effects of Food Insecurity" title. Write a caption for each of the illustrations in the boxes below the circles.

Effects of Food Insecurity

5. Write or draw three things people can do to reduce food waste below the "What can you do to reduce food waste?" title.

What can you do to reduce food waste?

6. Write or draw three things people can do to address hunger below the "What can you do to address hunger?" title.

What can you do to address hunger?

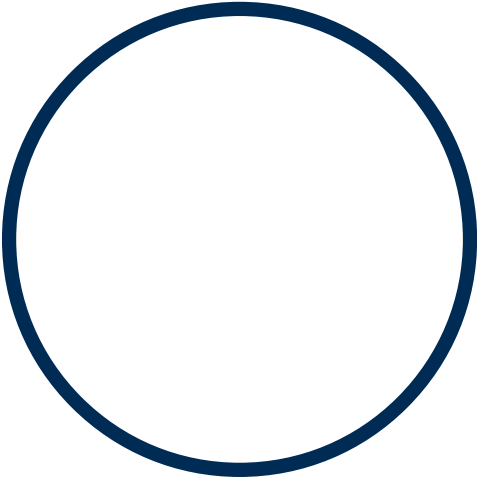
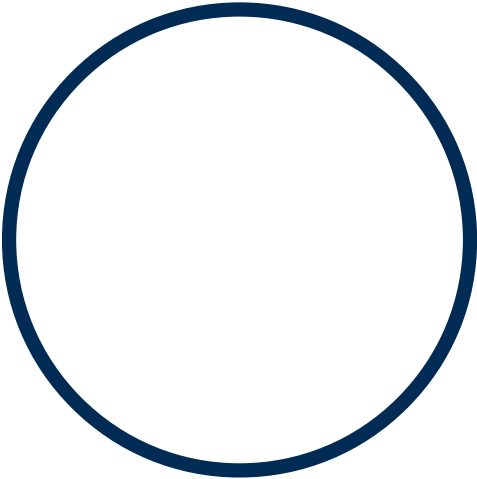
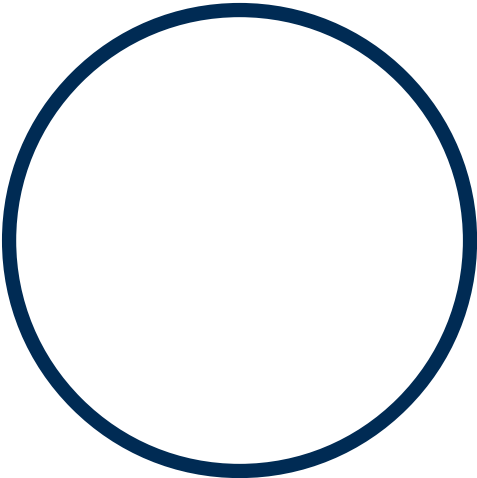



Food waste

Food InSecurity

Did you know?

Did you know?

Causes of Food InSecurity

Effects of Food InSecurity		
		
		

What can you do to
reduce food waste?

What can you do to
address hunger?

Lapbook Creation!

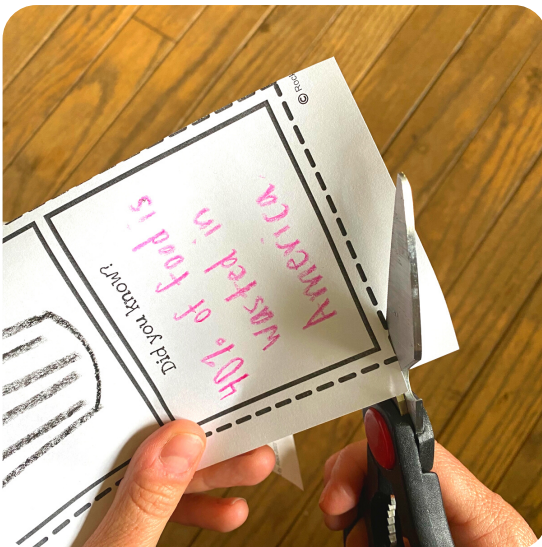
Open the flaps of the folder and lay it flat on the table.



Fold the flaps in half toward the center of the folder.



Cut along the dotted lines to cut out the captions and illustrations.




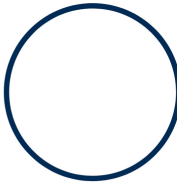
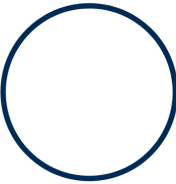
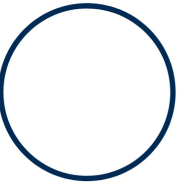







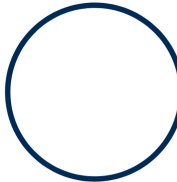
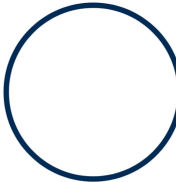
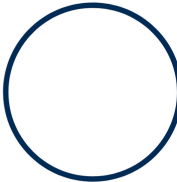




Use the diagrams to glue the captions and illustrations on the lapbook.



Outside

Food waste	Food InSecurity
Did you know?	Did you know?

Inside

what can you do to address hunger?	Causes of Food InSecurity	what can you do to reduce food waste?
	  	
	  	
	  	
	  	



Take Action Project

Empathic people help others.

Sung-Ae

Jeff

Hey Jeff, ready to take some action against hunger?

Yes!

Awesome because our take-action project is a fundraiser!

Fundraiser? What's that?

It's a way to raise money.

Cool. But how are we going to raise the money?

We are going to make food clips. We will teach them about food waste and ask for a donation for the clips.

Sounds like a great way to feed two birds with one seed!



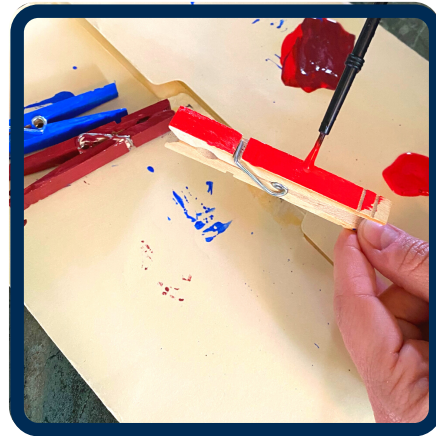
Our food clips will reduce food waste and help people who are hungry!

Food Clip Creation!

Gather your Materials:

1) Clothespin, 2) Paint, 3) Paintbrush, 4) Stickers

Step 1: Paint the wooden part of the clothespins.



Step 2: Leave the painted clothespins to dry for 30 minutes.



Step 3: Use stickers to decorate the painted clothespins.



Fundraiser

Sung-Ae

Jeff

Now we have our clips, it's time to get ready for the fundraiser.

How?

Well we probably want to set some goals and figure out how much money we want to raise.

Yes. And we need to figure out which organization we want to donate to.

Great and we will want to figure out how we will persuade people to donate to our fundraiser.

Let's get started! We gotta a lot of work to do!

3 Big Questions

- 1) How much money do we want to raise?
- 2) Where do we want to donate?
- 3) How will we help others have empathy so that they will donate to our fundraiser?





Set a fundraising goal.

Setting a goal is an important part of every fundraiser. Goals help you decide how much money you want to raise. When you have a goal, you can create a plan to reach that goal. We will have two goals: the total number of food clips we want to sell and the total amount of money we want to raise.

Complete the calculations to determine your goals.

How many food clips
will you sell?

TOTAL FOOD
CLIPS SOLD

How many people will
sell food clips?

How much will you
ask for each food clip?

GOAL:

TOTAL FOOD CLIPS SOLD

GOAL:

TOTAL MONEY RAISED

Decide where to donate the money you raise.

With a partner or on your own write a list of local organizations that help people who are food insecure.

Think about the ways each of these organizations help people who are food insecure. Is there an organization that you are most interested in? Why would you want to help that organization more than others?

Which organization would you most like to help?

I would most like to help _____

because _____

Decide how you will persuade others to donate.

Write a list of people you will ask to buy a food clip.

How will you persuade?

- 1) Teach them about food waste and food insecurity.
- 2) Teach them about where their money will be donated and how it will help.
- 3) Build empathy - tell a story or facts about why helping people who are food insecure matters.



Think about the people you will ask to donate money. What will you teach them about hunger and food waste? Look at your lapbook to help you answer the following questions.

What is one thing you have learned about food waste?

What is one thing you have learned about hunger?

How will donating money help fight hunger?

Now it's time to go fundraise!

Did you meet your goals?

Congratulations on completing your fundraiser! Now it is time to think about how we did. Did we meet our goals?

How many total food clips did we want to sell?

How many total food clips did we sell?

Did we meet our goal?

How much total money did we want to raise?

How much money did we raise?

Did we meet our goal?

Think about how you did. What are you most proud of?

I am most proud of _____

because _____



Reflect

Changemakers always take time to reflect on what they learned and how they grew. How did you use empathy during this project? Fill in the blanks below.

I practiced empathy by _____

As a changemaker I learned _____
