



Fast2Change

Sample Lesson- High School

Time: 60 Minutes

Dear Teacher,

Thank you for your willingness to participate in the Fast2Change Campaign for International Samaritan. Below is a lesson plan you may find useful to teach your students in a hands-on approach about extreme poverty. In order to complete the lesson below, you will need 6 fliers from at least three different grocery stores (18 total). If you want to include more fliers from other grocery stores, the more interesting the simulation will be.

At the end of the simulation, we ask you to challenge the students to participate in the Fast. International Samaritan is hosting the fast to raise awareness and financial support for educational scholarships in our partnering communities in Ethiopia, Guatemala, Honduras, Jamaica, and Nicaragua. We thank you for your willingness to participate in the Fast and the learning objectives to understand how families live in extreme poverty around the world.

Please share any photos with our Facebook page (<https://www.facebook.com/InternationalSamaritan/>) or Instagram (@intsamaritan). Please also check out our website ([intsam.org](https://www.intsam.org)) for more information about our initiatives, programs, and impact. You can find more information about Fast2Change at this link: <https://www.intsam.org/fast2change-2021-2/>

Thank you!

International Samaritan Team

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SAMARITAN

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Time: 60 Minutes

MATERIALS

- Blank scrap paper
- White board and/or flip chart
- Tech to show video
- Flyers from grocery stores- at least 3 (include one high end grocery store, one middle range, one lower range)
- Various handouts (attached below lesson plan)
- Masks and proper social distancing at grocery store

Competency(ies) Addressed:

Knowledges	Skills	Attitudes
<ul style="list-style-type: none"> • New understanding of definition of poverty and hunger • Understanding of our own daily expenses vs daily expenses in high poverty areas 	<ul style="list-style-type: none"> • Developing a specific budget 	<ul style="list-style-type: none"> • Sense of empathy for families living under \$2 a day • Consciousness to raise awareness of the realities of extreme poverty

TIME	FORMAT	INSTRUCTIONAL SEQUENCE	MATERIALS
5 min	I. MOTIVATION	Brainstorm: <ul style="list-style-type: none"> • Think about what you had for breakfast this morning. Write it down on a piece of paper. (If you didn't eat breakfast, choose another meal from yesterday.) • How much do you think your breakfast cost? (Students should share how much they think their breakfast cost.) • After, share list of average costs with students and compare. <p style="text-align: center;">Average Costs:</p>	<ul style="list-style-type: none"> • Scrap paper



		<ul style="list-style-type: none"> ○ 1 cup Cheerios =\$0.33 ○ ½ cup milk = \$0.09 ○ Toast with butter = \$0.06 ○ 2 eggs = \$0.35 ○ 1 banana = \$0.35 ○ 1 muffin = \$1.00 ○ Granola bar = \$0.60 ○ Bagel with butter = \$0.70 ○ Yogurt cup = \$0.58 ○ Greek yogurt= \$0.99 ○ 2 Pop Tarts = \$0.55 ○ McGriddle breakfast sandwich= \$3.29 ○ Starbucks Cappuccino = \$3.29 <p>*These costs are averages from products found on Meijer.com. Actual breakfasts costs will depend on the brand purchased, actual serving size, etc.</p> <p>Brainstorm Reflection:</p> <ul style="list-style-type: none"> ● Did your breakfast cost over or under \$2? ● If your breakfast was under, do you think you could eat the rest of your meals under a \$2 daily allotment? ● If you went over \$2, do you think you could go the rest of the day without eating? 	
20 Min.	<p style="text-align: center;">II. INFORMATION</p>	<p>Today we will be learning about poverty and what it is like in places around the world. (Break students into 6 groups.)</p> <ul style="list-style-type: none"> ● Ask: What do you already know about poverty? <ul style="list-style-type: none"> ○ Have students write one-word or short phrase answers on board or flipchart (examples: difficult, hunger, unemployed, etc.) ● According to the World Bank, poverty is: <ul style="list-style-type: none"> ○ Living on less than \$1.9 a day ○ 10% of world lives under \$1.9 a day, meaning 730 million people ○ Often extreme poverty includes unsafe drinking water, limited or no access to education, shorter life expectancy 	<ul style="list-style-type: none"> ● Technology to watch video from provided link



		<ul style="list-style-type: none">○ Families living in poverty may not have the necessary funds to keep their children in school● Ask: What is hunger?<ul style="list-style-type: none">○ Have students write one-word or short phrase answers on board or flipchart (examples: difficult, hunger, unemployed, etc.)● Hunger is directly associated with poverty● Millions of people around the world live with hunger and malnourishment because they simply cannot afford to buy enough food● The cause of hunger is not that there is a shortage of food, but rather a lack of access to food. (Bread for the World)● Rural areas may be even more severely hit by hunger, decreasing the community's ability to invest in development without the economic infrastructure of revealing food access.<ul style="list-style-type: none">○ Hunger in rural areas may also lead to families having to decide to not send their girls to school to save money, increasing the gender inequality gap <p><u>Video- Living on a Dollar</u></p> <ul style="list-style-type: none">● We are going to watch a segment of the short film <i>Living on a Dollar</i>, which was created by four young men who took on the challenge to live on \$1 a day in rural Guatemala. In this short clip, we will see how hunger affected the young men. Take note of what you notice and find interesting from the video clip. <p>https://vimeo.com/ondemand/livingononedollar/176808456?autoplay=1</p> <p>Discuss video in small groups:</p> <ul style="list-style-type: none">● What did you find interesting from the video?● What did the guys eat?	
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		<ul style="list-style-type: none"> ● Were these meals something you would eat? ● What does \$2 of food look like? (See handouts) ● What can \$2 buy you? (Ask youth to brainstorm and share ideas on board) <ul style="list-style-type: none"> ○ Some examples include: <ul style="list-style-type: none"> ■ Rice and beans ■ Spaghetti and meat sauce ■ Fried rice ■ Lentil soup ■ Ramen ■ PB&J ■ 2 eggs and toast ■ Chef boyardee ■ Campbell's soup ○ Visit our website with more meal ideas under \$2: https://www.intsam.org/f2c-meal-ideas/ 	<ul style="list-style-type: none"> ● Handout 1. Please show photos of plates from around the world of meals under \$2.
25 Min.	III. PRACTICE	<p><u>\$2 Meal Simulation</u></p> <ul style="list-style-type: none"> ● Provide each small group with a scenario (Hanout 2) ● Each group much prepare a meal plan for <u>\$2 per person</u> based on flyers from local grocery stores. **Keep in mind, we are only asking you to create a day's worth of meals, not factoring in other costs like rent, bus fare, health needs, etc. ● Give groups 15 minutes to make their meal plans <p><u>Simulation Discussion</u></p> <ul style="list-style-type: none"> ● Ask each group to share their scenario and their meal plan ● Once each group has shared create dialogue around the following questions: <ul style="list-style-type: none"> ○ Was \$2 per person possible for your group's scenario? ○ What did it feel like preparing a meal for under \$2? 	<ul style="list-style-type: none"> ● Handout 2 ● Fliers from local grocery stores ● Scrap paper



		<ul style="list-style-type: none"> ○ For the groups that had a lower income, what did it feel like knowing other groups were able to afford more food than you? ○ For the groups with more income, what did it feel like that some groups could not afford the same amount as you? 	
10 Min	IV. APPLICATION	<p>Fast2Change Challenge</p> <ul style="list-style-type: none"> ● Can you eat off of \$2 for one day? ● Would you be willing to try? ● Who can participate with you? ● We ask you, and your families, to commit yourselves to one day to eat off of just \$2, per person. ● If you could consider fasting for under \$2 for one day, please consider donating what your families would spend on one day's worth of food to International Samaritan. International Samaritan supports families living in extreme poverty around the world from Ethiopia, Guatemala, Honduras, Jamaica, and Nicaragua. Building awareness of what these families battle day in and day out just to put food on the table to important, but lending an extra hand of support in priceless. All donations go directly to supporting educational scholarships for youth in extreme poverty, who otherwise would not have the financial means to continue their education. 	<ul style="list-style-type: none"> ● Handout 3 (Fast 2 Change fliers to send home to families)

Handout 1

Rice and Beans from Nicaragua



Handout 1

Plantains and Beans from Guatemala



Lentil Soup from Ethiopia



Eggs and Toast USA



Handout 2

Scenarios for Group Meal Simulations:



Group One

Your family consists of two working parents making \$2 a day each, excluding Sundays. You earn a weekly total of \$24. You have 2 small children. Create a meal plan for one day of the week under your weekly budget.

Group Two

Your family consists of 4 people (2 adults, 2 children), however only one adult is able to work. Your family earns \$12 weekly. Create a meal plan for one day of the week under your weekly budget.

Group Three

Your family consists of 6 people (2 working adults, 2 small children, 1 working-able youth, and one bed-ridden grandparent). The father of the family works as a night guard earning \$10 a day, 7 days a week. The mother nannies twice a week for \$4 a day. If you send your teenager to work, he earns up to \$20 a week at the local factory. Overall, if your teenager works, you have a weekly family income of \$98. If your teenager goes to school your family has a weekly income of \$78. Decide if your teenager will go to school or not, then create a meal plan for one day of the week under your weekly budget.

Group Four

Your family consists of 8 people (3 working adults, 1 working-able youth, 3 small children, and one infant). The working adults in your family earn \$180 per week. If you send your teenager to work at a local factory you earn an extra \$20 per week, for a total of \$200. First, decide if your teenager will go to work or not. Then, create a meal plan for one day of the week under your weekly budget.

Group Five

Your family consists of 5 people (2 working adults, 3 young children). You consider yourself lucky because you earn a higher wage than some of your neighbors. You earn \$15 a day as a taxi driver, with a weekly total of \$105. The mother of the family



sells baked goods 4 times a week at a local convenience store, increasing your weekly income to \$128. Create a meal plan for one day of the week under your weekly budget, please factor \$5 for the ingredients for baked goods.

Group Six

Your family consists of 7 people (3 working adults, 4 children). You consider yourself lucky because you earn a higher wage than some of your neighbors. You earn \$12 a day as a garbage truck driver for six days of the week, and your partner sells second-hand clothing for about \$5 a day. You earn a weekly total of \$107. Create a meal plan for one day of the week under your weekly budget.