

Hungry Planet

Teacher Notes

Primary (5-6)

ACTIVITY DESCRIPTION

The Hungry Planet activity is based on Peter Menzel and Faith D'Aluisio's book showcasing what families from around the world eat during the course of a week. The activity raises awareness around different culture's relationship and access to food, as well as traditions and food preparations. Students will look at portraits of entire families surrounded by a week's worth of groceries and are asked to match the photo with the family's name, location and dollar amount spent on food.

INSTRUCTIONS

1. Match the family with their food

Match the family photo with their name, location and how much money they spend on food per week.

2. Discussion

1. How much do different families spend on food and why? Consider cost, volume and packaging.
2. List the names of the families in order according to how much rubbish they produce (e.g. from most to least amount of rubbish)
3. Which families do you think have the healthiest diet?
4. Which family most closely represents your family's weekly food consumption?

SUGGESTIONS FOR ASSESSMENT

Formative

1. Participation in the Hungry Planet activity
2. Participation in the Discussion questions above

BACKGROUND NOTES

American photographer Peter Menzel and writer Faith D'Aluisio travelled the world documenting that most basic of human behaviours - what we eat. Their project 'Hungry Planet' depicts everything that an average family consumes in a given week - and what it costs. The portraits of families with their weekly groceries highlight some interesting discussions around the relationship between health and our environment, economic resources and access to food, food waste, food miles, food packaging, as well as cultural and social factors that differentiate global communities and their diet. The pair released their book 'Hungry Planet: What the World Eats' in 2005, showcasing meals in 24 different countries.

ACTIVITY SOLUTIONS



United States: The Revis family of North Carolina
Food expenditure for one week: US\$341.98



Great Britain: The Bainton family of Cllingbourne Ducis
Food expenditure for one week: US\$253.15



Australia: The Molloy family of Brisbane
Food expenditure for one week: US\$303.75



China: The Dong family of Beijing
Food expenditure for one week: US\$155.06



Australia: The Brown family of River View
Food expenditure for one week: US\$376.45



Japan: The Ukita family of Kodaira City
Food expenditure for one week: US\$317.25



Guatemala: The Mendoza family of Todos Santos
Food expenditure for one week: US\$75.70



India: The Patkar family of Ujjain
Food expenditure for one week: US\$39.27



Italy: The Manzo family of Italy
Food expenditure for one week: US\$260.11



Chad: The Aboubakar family of Breidjing Camp
Food expenditure for one week: US\$1.23 grown food plus
US\$24.37 in food rations (from UN and other NGOs)

ACCESS THIS ACTIVITY

Visit the CERES School of Nature and Climate website to download the activity -
<https://sustainability.ceres.org.au/education-resources/curriculum-activities/>

Curriculum and RSS Links

KEY CONCEPTS

5Rs (Refuse, Rethink, Reduce, Reuse, Recycle) Plastics, Landfill

KEY LEARNING INTENTIONS

1. Understand ways to minimise waste through the application of the 5Rs
2. Identify materials that can be reused or recycled into new products
3. Sort and categorise materials on the basis of observable properties such as texture and flexibility

VICTORIAN CURRICULUM

Geography

5 - 6

Environmental and human influences on the location and characteristics of places and the management of spaces within them ([VCGGK096](#))

Differences in the demographic, economic, social and cultural characteristics of countries across the world ([VCGGK093](#))

Design & Technologies

5 - 6

Investigate the role of food preparation in maintaining good health and the importance of food safety and hygiene ([VCDSTC036](#))

Investigate how and why food and fibre are produced in managed environments ([VCDSTC035](#))

History

5 - 6

The stories and perspectives of people who migrated to Australia, including from one Asian country, and the reasons they migrated ([VCHHK095](#))

Economics and Business

5 - 6

Consider the effect that consumer and financial decisions of individuals may have in themselves, their family, the broader community and the natural, economic and business environment

([VCEBC005](#))

SUGGESTED RESOURCESMART SCHOOLS MODULE LINKS



Undertaking the activity as described above links to the *ResourceSmart Schools Waste Module - action B1.2*

Below is a list of extension activities that link to additional actions of the Waste module:

1. Students record what they/their family eats in a week (diary, table, pictures). Information recorded can include packaging, food source, food miles, health rating, processed/wholefood rating (*ResourceSmart Schools Waste Module - actions B1.3*)
2. Working in small groups, provide students with examples of a meal and determine how far each item has travelled (refer to page 50 of [Sustainability Victoria's ResourceSmart Schools Curriculum Links document](#) for full breakdown of this activity) (*ResourceSmart Schools Waste Module - action B1.3*)
3. Students run a Nude Food lunch day at your school to raise awareness about healthy eating, packaging and litter. Follow up with a whole school community survey to investigate opportunities to hold these on an ongoing basis (*ResourceSmart Schools Waste Module - actions A3.1, A3.2, B1.4, C1.2, C1.4, C2.1*)
4. Explore traditional cooking and food preparation methods of Aboriginal and Torres Strait Islander people using media resources such as [Wild Kitchen with Clayton](#) (ABC TV series), [Tasty bush tucker](#) (ABC Gardening Australia), [About Native Australian food practices](#) (SBS article) (*ResourceSmart Schools Waste Module - action B1.5*)
5. Students write a learning story about key findings of the activity and share in your school's newsletter and website, including tips to reduce food miles and packaging (*ResourceSmart Schools Waste Module - actions C1.1, C1.3, C3.5*)

Speak to your CERES ResourceSmart Schools Facilitator about further links to the Waste Module.