

Dag 1 - Maandag

"For I was hungry
and you gave me
something to eat"

—Jesus (Matthew 25:35)



What is the challenge?

What is your favourite food? We know that eating healthy, nutritious food is super important so that we have energy to go to school, play with our friends, go to work, and stay healthy. Sadly, not everyone in the world has enough food to eat, let alone enough healthy, nutritious food. For children, when they don't get enough of the right types of food, it can lead to malnutrition, illness, and in some cases, developmental challenges. Can you imagine what it would be like to go without food for a day, or just eat one plain meal a day? Today we're stepping into the shoes of millions of people around the world by skipping your lunch, and break your fast tonight with only eating rice and beans, while thinking over the verse and remembering all those who sometimes go through a day without anything to eat.

Activity: Food for thought

1. Hunger trivia questions: true or false?

- 1) The number of hungry people in the world is decreasing.
- 2) Most of the world's hungry children live in urban areas (crowded cities), not rural areas (the countryside).
- 3) Kids who are malnourished (don't get enough nutrition) always have swollen bellies.
- 4) Hunger can make it harder for children to focus in school, and can even stunt their growth.

True. Hunger affects many aspects of a child's life and development. Not only can it stop them from growing tall enough, but it can also cause mental, social, and physical development issues such as brain damage and poor bone growth.

5) We have enough food in the world today for everyone.

2. Bonus activity:

Watch this video to discover why nutrition is so important, especially for children, and how it impacts the whole body.

<https://www.youtube.com/watch?v=L3abZswA5XY>

Dinner devotional questions:

1. What did you eat today?
2. What did you learn from the hunger trivia game we played earlier? Was there anything that surprised you?
3. How does it feel to eat such a simple meal tonight?
4. Can you remember a time when you felt REALLY hungry? How long did you have to wait to eat?
5. How can we share our food with others or help make sure other people have food?

Ways to pray

- Ask God to give families what they need to grow their own food or have the money to buy it.
- Pray for all kids to get enough good food for their bodies to grow healthy and strong, and their minds to be focused so they can learn in school.
- Pray for organizations and people that help hungry families get the food they need.

Hunger Trivia Quiz answer key

1. False. After dropping for 10 years, the number of hungry people went up by 20 million (from 795 million to 815 million) between 2015 and 2016. More people are having trouble getting enough to eat because of problems like wars and lack of rain to grow crops.

2. False. About three of every four hungry people live in the countryside. Most of them are farmers who barely grow enough food to feed their families. But more and more parents and kids in cities aren't getting enough to eat, either.
3. False. You can't always see malnutrition on the outside. Sometimes kids get enough to fill their tummies, but it's not the right kind of food and that can make them weak and sick.
4. True. Hunger affects many ways a person grows and develops. It can keep them from growing as tall as they should, or from learning as they should – so it's harder for them to become all God created them to be.
5. True. There is enough food for every person to eat a healthy meal. The problem is the food we have isn't evenly distributed - some people have lots of good food to eat, while others get very little or nothing at all.