

# Activity 8: Hunger Quiz

GRADES 3-12

GSE

GSE Standard  
Alignment: Social Studies



15 - 30 min.



This activity is a great way to both begin and conclude your Hunger 101 Curriculum work and will help assess the students' basic knowledge and understanding of hunger.

## Student Learning

Students will gain both a deeper understanding about hunger issues and insight into how easily misconceptions are perpetuated.

## Objectives

Students will have a deeper understanding of some common myths and misconceptions about hunger and food insecurity.

Students will be able to dispel common myths and misconceptions about hunger and food insecurity in the United States.

## Materials

- Hunger Quiz
- Hunger Answer Key
- Pens/Pencils

## Performance Tasks

This activity works well as a call and response before and after you have gone through Activities 1-8 to measure learning and identify misconceptions. The quiz can also be given to individuals or small groups, and written responses brought back to the larger group for discussion. If using the Hunger Quiz as a stand alone activity, we recommend that you familiarize yourself with the entire Hunger 101 Curriculum.

- Explain to participants that they are about to have a quiz.
- Make sure the group hears (or reads) all quiz questions.
- Review answers with group and clarify any misconceptions.

# HUNGER QUIZ

True (T) or False (F).

1. \_\_\_\_ Hunger and food insecurity in the United States are not urgent problems.
2. \_\_\_\_ There are more than 47 million people who experience hunger and food insecurity in the United States.
3. \_\_\_\_ Any person with a job should be able to feed themselves and their families.
4. \_\_\_\_ Children who go to school hungry have difficulty learning.
5. \_\_\_\_ There are both community and government responses to hunger in the United States. If you said T, name one of each.
6. \_\_\_\_ All neighborhoods have equal access to the nutritious and culturally appropriate food needed to lead an active, healthy life.  
If you said False, why not?
7. \_\_\_\_ Food banks are a government response to hunger and food insecurity.
8. \_\_\_\_ I can't do anything to address hunger issues in my community or country.  
If you said False, name some things you can do.
9. \_\_\_\_ Minimum wage jobs pay enough to afford safe housing anywhere in the United States.
10. \_\_\_\_ There is enough food to feed everyone.

# HUNGER QUIZ ANSWER KEY

1. *Hunger and food insecurity in the United States aren't urgent problems.*

**FALSE:** As illustrated throughout this Hunger 101 Curriculum, hunger and food insecurity have many devastating consequences that impact the economy, community health, child development, educational outcomes and more.

(<https://frac.org/hunger-poverty-america>)

2. *There are more than 47 million people who experience hunger and food insecurity in the United States.*

**TRUE:** 1 in 7 Americans face hunger every day across this country, including 1 in 5 children – this is more than 47 million people.

(Feeding America, USDA, 2023)

3. *Any person with a job should be able to feed themselves and their families.*

**FALSE:** The cost of living varies widely across the country and access to transportation and affordable housing is not guaranteed. Wages have not kept up with the cost of living and we know that food and proper nutrition is often the first place that individuals and families make sacrifices and tradeoffs.

(<https://www.feedingamerica.org/research/hunger-in-working-america>)

4. *Children who go to school hungry have difficulty learning.*

**TRUE:** For children, food insecurity is particularly devastating. Not having enough healthy food can have serious implications for a child's physical and mental health, academic achievement and future economic prosperity. Research shows an association between food insecurity and delayed development in young children; risk of chronic illnesses like asthma and anemia; and behavioral problems like hyperactivity, anxiety and aggression in school-age children.

(<https://www.feedingamerica.org/hunger-in-america/child-hunger-facts>)

5. *There are both community and government responses to hunger in the United States.*

**TRUE:** There have been community responses to hunger for centuries, but government responses to hunger in the United States didn't begin until the Great Depression, when 1 in 4 people were unemployed and the situation was so dire people called for a federal response. The Atlanta Community Food Bank explores Responses to Hunger and Poverty in the U.S. in our Hunger 101 curriculum, page 16.

6. *All neighborhoods have equal access to nutritious and culturally appropriate food.*

**FALSE:** Many people in the United States (rural, urban and suburban) do not live near or have access to a large grocery store. According to the USDA, in 2019, 53.6 million people (17.4%) in the U.S. lived in low-income, low access communities. Between 2015-2019, nearly 23% of Georgians lived in low-income, low access communities.

(<https://www.ers.usda.gov/topics/food-nutrition-assistance/poverty-income-volatility/>)

7. **Food banks are a government response to hunger and food insecurity.**

**FALSE:** Food banks and pantries are regional or community based charitable (non-governmental) organizations. Most food banks and food pantries also have official non-profit (501c3) status which helps them put resources back into their programs and services.

8. **I can't do anything to address hunger issues in my community or country.**

**FALSE:** There are many ways for people of all ages to take action and address hunger issues. You can volunteer, donate food and funds to food banks and pantries; you can raise awareness and make sure that policymakers know what hunger and food insecurity looks like in your community; you can learn about how your community responds to hunger and where you might be able to provide assistance. Can you think of other ways you can help? Commit to one action step in the next month!

9. **Minimum wage jobs pay enough to afford safe housing anywhere in the United States.**

**FALSE:** Someone earning the federal minimum wage of \$7.25/hour working full time would earn \$1,160/month. Fair market rent for a safe two bedroom apartment in much of metro-Atlanta is between \$1,310 and \$2,610 dollars. They might be able to come up with rent, but would have nothing for food and other expenses like utilities, healthcare and childcare. This creates a situation where families have to make extraordinary trade-offs between food and housing.

([https://www.huduser.gov/portal/datasets/fmr/fmrs/FY2024\\_code/select\\_Geography.odn](https://www.huduser.gov/portal/datasets/fmr/fmrs/FY2024_code/select_Geography.odn))

10. **There is enough food to feed everyone.**

**TRUE:** World farmers produce enough food to feed 1.25x the global population (8.2 billion people), and that is enough food to feed 10 billion people (the population we anticipate in 2050). That is the good news. The bad news is that well over **2.4 billion** people are food insecure around the world.

(<https://www.ers.usda.gov/amber-waves/2022/november/global-food-insecurity-grows-in-2022-amid-backdrop-of-higher-prices-black-sea-conflict/>)

(Food & Agriculture Organization of the United Nations: *The State of Food Security and Nutrition in the World 2023* )