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# The Lunch Thief

This resource was created to accompany the Green-Schools Ireland Global Goals Book Club.

[www.greenschoolsireland.org](http://www.greenschoolsireland.org)



2 ZERO HUNGER





# Global Goal 2: Zero Hunger



This resource is designed to inspire your classroom with engaging activities that support critical thinking and meaningful discussions centred around the Global Goal of 'Zero Hunger'.

**Age Group:** Junior Infants - Second Class

## **Resource List:**

- The Lunch Thief Discussion Questions
- Character Profile Sheet - The Lunch Thief
- Food Waste Fact Sheet - The Lunch Thief
- Looking at School Waste Activity Sheet - The Lunch Thief
- Nutrition art activity - The Lunch Thief
- Rice show Activity - The Lunch Thief
- Foraging Recipes - The Lunch Thief

## **Global Goals Book Club and Global Goal 2: Zero Hunger**

Teaching children about Global Goal 2: Zero Hunger is important for supporting a sense of empathy, community, and responsibility towards eradicating hunger worldwide. "The Lunch Thief" and "Stone Soup" are excellent books to illustrate these concepts. In "The Lunch Thief," children learn about the impact of hunger on individuals and the importance of understanding and addressing the needs of others. "Stone Soup" highlights the power of community and cooperation in overcoming scarcity. These stories encourage children to think critically about food security, the value of sharing, and collective efforts to ensure everyone has enough to eat. By engaging with these books, your students can understand the importance of ending hunger and be inspired to take action, supporting your classroom to express global citizenship and consider sustainable solutions.

**We would love to see pictures of your bookworms artwork and creations from the activities in our Global Goals Book Club. Please email any photos to [globalcitizenship@eeu.an.taisce.org](mailto:globalcitizenship@eeu.an.taisce.org)**

# The Lunch Thief

## The Lunch Thief

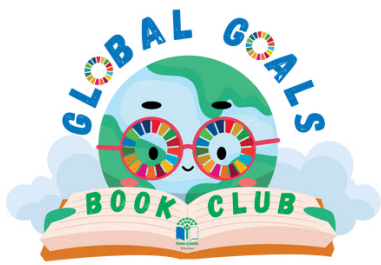
Read or listen to the book 'The Lunch Thief' by Anne Bromley with your class. The questions below offer a guide for discussion with your class, along with some actions and activities to complete.



**[Listen to the story here.](#)**

### Discussion Questions:

1. Why do you think Kevin takes other people's lunches?
2. How would you feel if you didn't have enough food to eat every day?
3. How does Rafael feel when he sees Kevin taking his lunch?
4. What does Rafael learn about Kevin's situation that changes his feelings?
5. Why is it important to understand why someone might take food without asking?
6. What are some ways Rafael and his friends could help Kevin without getting angry or fighting?
7. How can schools or communities support children who might not have enough to eat?
8. What can you do if you see someone who is hungry or doesn't have enough food?
9. How can you and your classmates work together to make sure everyone has enough to eat at school?
10. What does "Zero Hunger" mean to you?
11. Why is it important for everyone in the world to have enough food to eat?
12. How does having enough food help children succeed in school and life?
13. Have you ever felt hungry and didn't have food right away? How did it make you feel?
14. Do you know of any programmes or efforts in your community that help people who are hungry?
15. What are some ways we can make sure everyone in our community has enough food?
16. Can you think of any projects or activities your class can do to help people who are hungry?
17. How do you think hunger in our school or community is similar to or different from hunger in other parts of the world?
18. What are some reasons people might be hungry in different countries?



# The Lunch Thief by Anne C Bromley

Choose your favourite character and complete the questions below:

**Character Name:**

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**Personality :**

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**Draw a Picture of your character:**

**What do you know about the Character?**

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**What was the character's problem? Did they manage to solve it? If so , how?**

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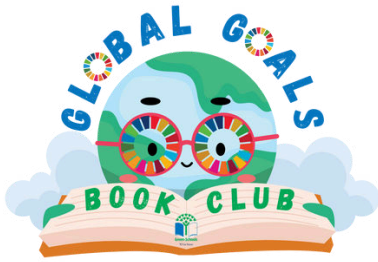
**How did the character change over time?**

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## Food Waste Fact Sheet

This Global Topic will explore the fact that vast amounts of food grown never gets eaten.



### What is food waste? How/where does it happen?

Food waste refers to the discarding or alternative (non-food) use of food that is safe and nutritious for human consumption. It is wasted in many ways from leftovers at home and in school to expired 'best before dates' by retailers and consumers or removed from the supply chain during sorting operations. Food loss refers to any food lost in the supply chain between the producer and the market.

There are 3 types of food waste thrown out:

60% Avoidable food waste (left overs, plate scrapings, perishables)

20% Potentially avoidable food waste (bread crusts, potato skins)

20% Unavoidable food waste (General rubbish, banana skins, chicken bones etc)

The Urban food waste collection (brown bin) by law was introduced in 2013. One third of the food we buy ends up in the bin. The average household bins between €400-€1,000 worth of food each year. As a nation that's a million tonnes of food waste per year, enough to fill Croke Park two and a half times! 1.3 billion tonnes globally! This is an alarming figure if you consider 1 billion are suffering from hunger per year. Reducing food waste is critical to creating a Zero Hunger World and achieving the second Sustainable Development Goal. Goal 12 'Responsible Consumption and Production' also sets out a 2030 target to halve per capita global food waste at the retail and consumer levels and reduce food losses along production and supply chains including post harvest losses. Food is not wasted in the same way in every part of the world. Most food waste worldwide actually occurs when food is left in the field. In lower income countries 40% of food is lost post harvest and during the processing stages due to poor infrastructure and a lack of efficient storage technology.

### Food Labelling

A number of labels and dates on foods often confuse the consumer resulting in food waste.

Best Before dates relate to the food quality, taste, appearance, nutritional value etc. Often used on tinned food and are generally safe to eat past this date once stored correctly.

Use by dates are used for highly perishable foods such as dairy and poultry and should never be consumed after this date

Sell by/Display until dates are not a legal requirement and assist with stocktaking so can be ignored.

Expiry dates are never safe for consumption after the given date.

## What are the environmental impacts?

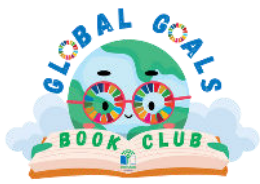
A huge amount of resources go into the growing, production, transportation and packaging of our food. Around 20% of global GHG emissions are related to the production, processing, transportation and storage of food. An area larger than China (1.4 billion ha) is used to grow food that is never eaten. 25% of the world's freshwater supply is used to grow food that is never eaten.

Uneaten food ends up in our landfills releasing harmful greenhouse gases. In landfill food breaks down anaerobically producing methane, a greenhouse gas 21 times more potent than CO<sub>2</sub>. Carbon dioxide, Methane, Nitrous oxide and Hydrofluorocarbons (fluorinated gases used in refrigeration) are produced and emitted from food production to our refrigerators. Metal cans, plastic bags and cardboard boxes our food comes in contribute too. According to the U.N Food and Agriculture Organisation, 30% of food is wasted globally contributing 8% of total global greenhouse gas emissions. If food waste was a country, it would come third after the U.S and China in terms of impact on Climate Change. Reducing food waste is one of the most important actions we can take in combating Climate Change.



## What can your school do?

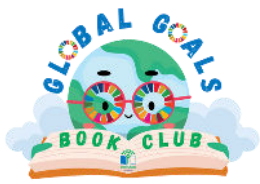
- **Record/Measure**-Pick a typical school day and empty all food waste into one bucket. Identify which food type is wasted the most.
- **Investigate** the option of a Compost Bin (and/or staff training on composting!)
- **Investigate and generate awareness around** use by and sell by dates
- Use what you have before buying more
- Compare how a pupil in Ireland and an indigenous Amazonian might differ in terms of attitudes and behaviours on waste
- Planning-Shopping-Storing-Cooking
- Explore systems that are set up to tackle food waste e.g. Food Cloud
- Circulate a calendar to "Eat in season"! <https://stopfoodwaste.ie/wp-content/uploads/2018/11/Final-Seasonal-Calendar.pdf>
- For further tips please go to
  - <https://www.mywaste.ie/what-to-do-with-my-food-waste/>
  - <https://stopfoodwaste.ie/>
  - <https://www.obeoliving.com/2016/11/30/food-waste-facts/>
  - <https://www.globalgoals.org/12-responsible-consumption-and-production>
  - <https://www.eatresponsibly.eu/en/materials/>
  - <http://www.fao.org/food-loss-and-food-waste/en/>
  - <https://www.youtube.com/watch?v=lqfD3p8Fn-g>
  - <http://eschooltoday.com/global-food-waste-and-food-loss/how-is-food-wasted-in-the-food-supply-chain.html>
  - <http://www.foodwastemovie.com/quiz-js/>
  - <https://vimeo.com/154439089>



## Looking at School Lunch Waste

Choose a normal school day and investigate how much of your lunch goes to waste every day. List all the lunch and snack food items and any packaging in the table below. Note what you have to eat, has already been eaten or was put in the bin at three stages throughout the day.

Time of Day	Food you have to eat	Has been eaten	Wrappers, leftovers or food in bin
School Starts			
After Little Break			
After Big Break			



## Follow Up

- How many people in the class ate everything they had for lunch that day?
- What were the most common food items eaten or not eaten in the class?
- Were there any food items that had parts you didn't eat for example, bread crusts, apple cores etc.
- What happened to any food that was leftover at the end of the day?
- Work out how much wasted food there would be each week or year if there was the same amount of food waste each day. What about for the whole school?
- Which food items produced the most waste overall (including leftovers and packaging)?
- Did you know how to separate all your waste into the correct bins? Were there bins available for everything or did you bring your waste home?
- Make a lunch plan that you think would produce the least food waste.

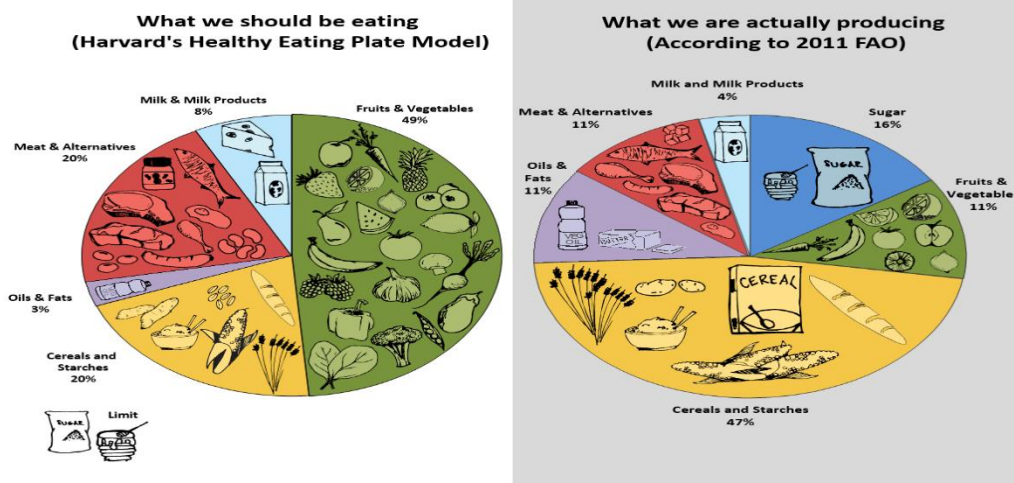


If a person, or community, regularly goes without food, or eats poor quality food and an unbalanced diet then they will not develop to their full potential and will be more vulnerable to falling ill. Suffering in such a way is called malnutrition (lacking in the vital nutrients and minerals to grow properly).

It is not often thought of but a person can eat enough to feel full but still suffer malnutrition, also overeating is also a form of malnutrition. So a balanced and complete diet is as important as having enough to eat.

In Ireland our diet is often not balanced and healthy. In general we consume too much sugar, bread and salt and not enough fruit, veg and fibre.

One way to improve our individual, family and national diet is to explore more **wholefoods** rather than rely on **processed foods**.



### Whole Food Activity:

Why not explore with your class what wholefoods they eat at home?

By wholefoods we mean foods in their natural form, 'superfoods' (because of their nutrient and mineral content) such as: nuts, pulses, beans, peas and seeds.

In their dry form these wholefoods provide a fun, colourful and relatively cheap art medium to create a colourful image with. Just use PVA glue to 'paint' a simple picture and colour it with the different seeds, pulses and beans.

**\*Watch out for any allergies.**

Why not create versions of some of the Global Goals logos in this way? They could make a nice display for your Green-Schools notice board while at the same time informing the wider school community about wholefoods.





## Activity: The Rice Show

Links to the Curriculum : Maths and Geography

An activity to explore and visualise statistics and to view the world differently. It also helps us to realise the true enormity of numbers, such as the true difference between; million, billion & trillion.

Further the statistics chosen here demonstrate that there is plenty of money/resources available to end world hunger it just depends on what we choose to spend on or what we prioritize. In truth Goal 2 Zero Hunger, is easily achievable if we choose to change how resources are shared and distributed.

The use of rice to depict statistics can be used to visualise any global comparison but here we are using it to consider human population and food production.

This activity is inspired by the Stan's Café performance/exhibition that has toured the world: <https://www.youtube.com/watch?v=BZ8Ixivq-OHY>

\*Note in the exhibition they use one grain of rice to symbolise one person but this results in a lot of rice!! Our version uses one grain of rice to equate to 1 million people/animals/tonnes/\$, which makes for much more manageable amounts, until you get into measuring global military budgets!!

The categories listed here are just suggestions, why not research your own? Have your own 'Rice show' exhibition, if you are careful, keeping the rice mounds on, paper, plates, trays, blankets you will be able to recollect the rice and as long as it is washed before cooking it will be perfectly fine to eat, we wouldn't want to waste food!!

If you are going to have your own rice exhibition you will need a few food scales, but most households will have them and so can easily be brought into class for the day. Pupils will really enjoy the hands on realisation of statistics!

As a guide to how much rice you will need (see table below for measurements):  
World population of 7 billion = 7000million = 7000grains of rice = 140g of rice.  
Estimated world pop' in 2050 is 9 billion, what will that look like?

Estimated global pop' of chickens in 2050 = 35billion (!!)  
35billion = 35,000million = 35,000grains of rice = 700g of rice.

Annual fizzy drink spend in the US = \$65 billion, or 1.3kg of rice.

**THE RICE SHOW:**

If one grain of rice = 1 million of something (people, animals, tonnes or \$ ) then how much rice represents these figures?

\*Note 1 grain of rice weighs approximately 0.02grams.

\*Note 1 billion is 1000 million.

<b>Human Populations:</b>	Statistic:	Weight in rice	Number of grains
Ireland	6 million		
UK	60 million		
China	1 billion		
World	7 billion		
<b>Global farm animal population</b>			
Pigs	965million		
Cattle	1.4billion		
Goats & sheep	2billion		
Chickens	19.4billion		
Estimated chicken pop' in 2050	35billion		
<b>Global food production (in tonnes) annually</b>			
meat	302million		
Fish	154million		
Fruit	609million		
Grains	2.37billion		
Sugar	1.9billion		
Vegetables	965million		
Global annual spend on:			
Aid	In \$ US dollars		
Military	22 billion (2014)		
	1.57 trillion (2016)		
Fizzy drinks (US only!)	65 billion (2012)		



**World food** day is **celebrated** on the 16 October annually as a key international day of awareness and action dedicated to tackling **food hunger**.

The **world** has set a challenge to achieve **Zero Hunger** and better nutrition by 2030

Around 90% of farms in the world are family-owned. This means that behind each farm there's a mum, a dad, sometimes other relatives, and children who all work together to produce food for the family and for the rural community they belong to. These farms play an impressive role in the mission to reach Zero Hunger, and they must be made aware of it! A lot of farmers create cooperatives which help to increase their power, improve their access to resources, and maximise their profits. Together, they can adapt to climate change and develop common strategies for sustainable cultivation, as well as to learn how to prepare for natural disasters and recover faster from their impacts. Lastly, small farmers need to preserve the Earth's natural resources, such as soil and water, and improve techniques for harvesting, food storage, packing or transport to cut down on food loss. We are not only talking about farmers in the fields but also communities living off forestry, fishery, and farming.

**Activity:** Find out which local farmers are in your area by visiting your local shop or farmers market. Prepare a meal in the class from the local ingredients that are supplied by your local farmers.

### Look out for wild foods

You can forage for wild food at any time of the year; you just need to be aware that some seasons will have less on offer, while others are abundant (such as autumn). And, you know, wild plants include weeds - many of which are deliciously edible.

**N.B.\*Do take care that you know what you are picking and that it is clean before you eat it.**

In May and June, there will mainly be herbs and plants on offer. Did you know you can eat the leaves of a lime tree? Clover is also yummy (but leave plenty for the bees, they love it). Dandelion, sweet violet and wild garlic can be found in abundance too.

July, August and September bring tasty treats such as blueberries, garlic mustard, blackberries, apples, raspberries and of course, the all-round favourite: strawberries. Come October, November and December, tasty nuts abound. Why not munch on beech nuts, hazelnuts, chestnuts (these need to be cooked first) and walnuts.





## Nettle Soup:



If you are new to foraging, nettles are probably one of the easiest wild plants to start with! So long as you've got some gloves, they're easy to find and pick. But why should you cook with nettles? Especially when they try to sting you?!

- Nettles are a nutritional powerhouse - they're an excellent source of iron, calcium and vitamin A
- They're a free source of food!
- Cooking them destroys their sting

### Ingredients

- 1 tbsp olive oil , plus extra for drizzling
- 1 onion, chopped
- 1 carrot, diced
- 1 leek, washed and finely sliced
- 1 large floury potato (Maris Piper or similar), thinly sliced
- 1l vegetable stock
- 400g stinging or Dead nettles , washed, leaves picked (see tips below)
- 50g butter, diced
- 50ml double cream



## Method

- **STEP 1**

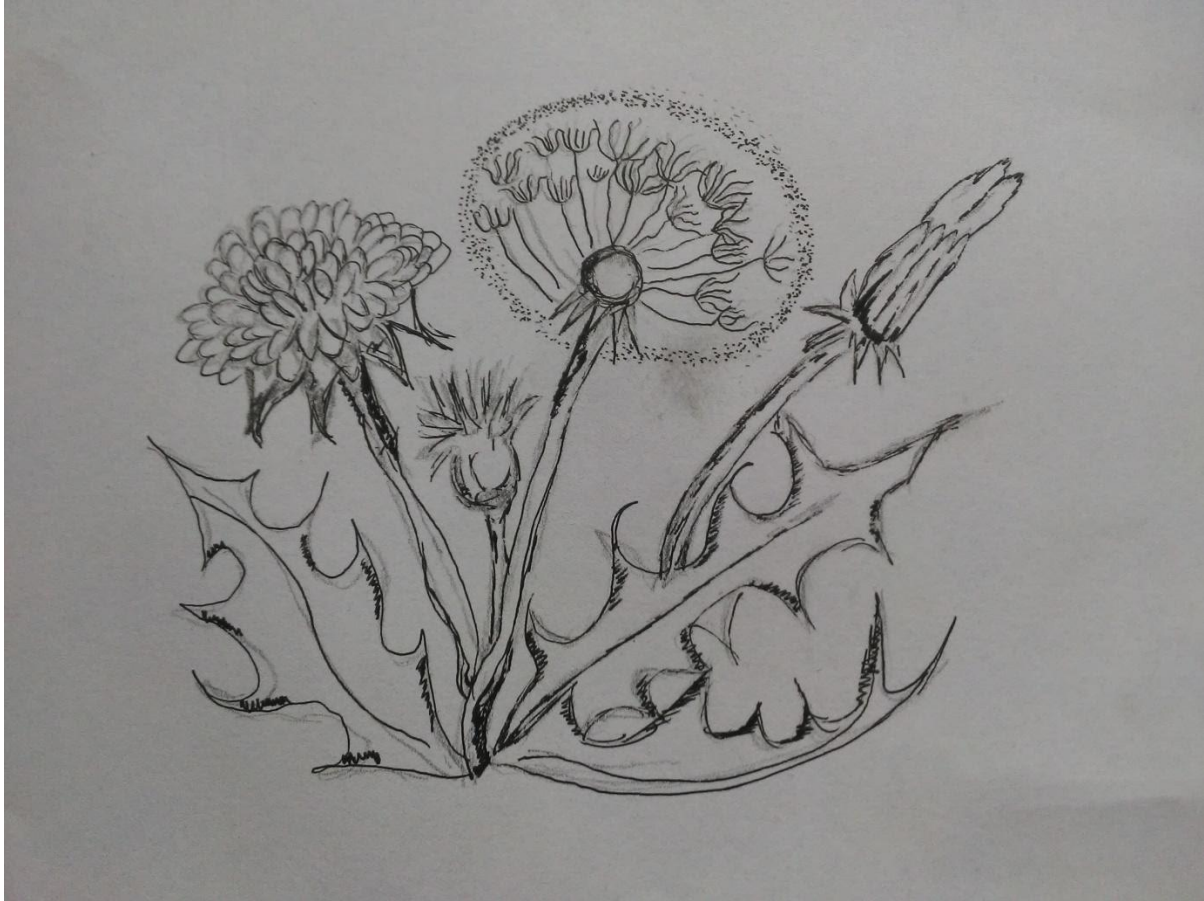
Heat the oil in a large saucepan over a medium heat. Add the onion, carrot, leek and potato, and cook for 10 mins until the vegetables start to soften. Add the stock and cook for a further 10-15 mins until the potato is soft.

- **STEP 2**

Add the nettle leaves, simmer for 1 min to wilt, and then blend the soup. Season to taste, then stir in the butter and cream. Serve the soup drizzled with extra oil and scattered with dead nettle flowers, if you have them.



## Dandelion recipe



Dandelion-and-burdock is a popular fizzy drink made in the north of England. The root has also traditionally been used to make a coffee substitute.

The leaves of the plant are considered to be very nutritious and can be eaten as a salad or fresh vegetable. In Asian cooking, for example, the leaves are used like lettuce, boiled, made into soup or fried.

The flower-buds can be added to omelettes and fritters, the flowers baked into cakes, and even the pollen sprinkled on food for decoration and colouring. Blossoms make a delicious country wine and beer is brewed from the whole plant before it flowers

Find a delicious recipe for Dandelion and Parmesan Cheese on the next page.





## Dandelion and parmesan cheese

Ingredients:

- 1 teaspoon salt
- 1 pound of dandelion leaves ,cut/torn into 4inch pieces
- 2 tablespoons of olive oil
- 1 tablespoon of butter
- 1 onion ,thinly sliced
- ¼ spoon of red pepper flakes
- 2 cloves of garlic

1 tablespoon of grated parmesan cheese

### Directions

Instructions Checklist

- **Step 1** Soak dandelion greens in a large bowl of cold water with 1 teaspoon salt for 10 minutes. Drain.
- **Step 2** Bring a large pot of water to a boil with 1 teaspoon salt. Cook greens until tender, 3 to 4 minutes. Drain and rinse with cold water until chilled.
- **Step 3** Heat olive oil and butter in a large skillet over medium heat; cook and stir onion and red pepper flakes until onion is tender, about 5 minutes. Stir in garlic until garlic is fragrant, about 30 seconds more. Increase heat to medium-high and add dandelion greens. Continue to cook and stir until liquid is evaporated, 3 to 4 minutes. Season with salt and black pepper.
- **Step 4** Sprinkle greens with Parmesan cheese to serve.