

READ AND REFLECT

Read this passage from a child and discuss the questions that follow as a family.

My mom works really hard to make sure me and my brother have enough to eat. She always makes us eat first and get full before she'll eat anything. Then she just eats whatever's left over. Sometimes we try not to eat so much so she can have more, but she never lets us.

QUESTIONS

1. What do the kids mean when they say their mom works hard to make sure they have enough to eat?

Answer: Food costs money, so Mom has to work to get money to buy food. When there's not enough money, Mom has to make some impossible choices. What do you think her family might have to give up so they will have enough to eat?

2. Why does their mom just eat the leftovers?

Answer: Because moms care about keeping their kids healthy. So, even when she works hard but there's still not enough food to go around, Mom will make sure their children are fed even if it means Mom goes to bed hungry.

3. What else does a family spend money on? We have to pay for medicine and our electricity bills to make sure we stay well and our house stays nice and warm. If we couldn't afford them all, how would we choose?

Answer: We all have to have food. If not, we don't feel well, we can't do well in school or at work, and so many other problems will occur. How do you think you'd feel if you didn't get enough to eat today?