



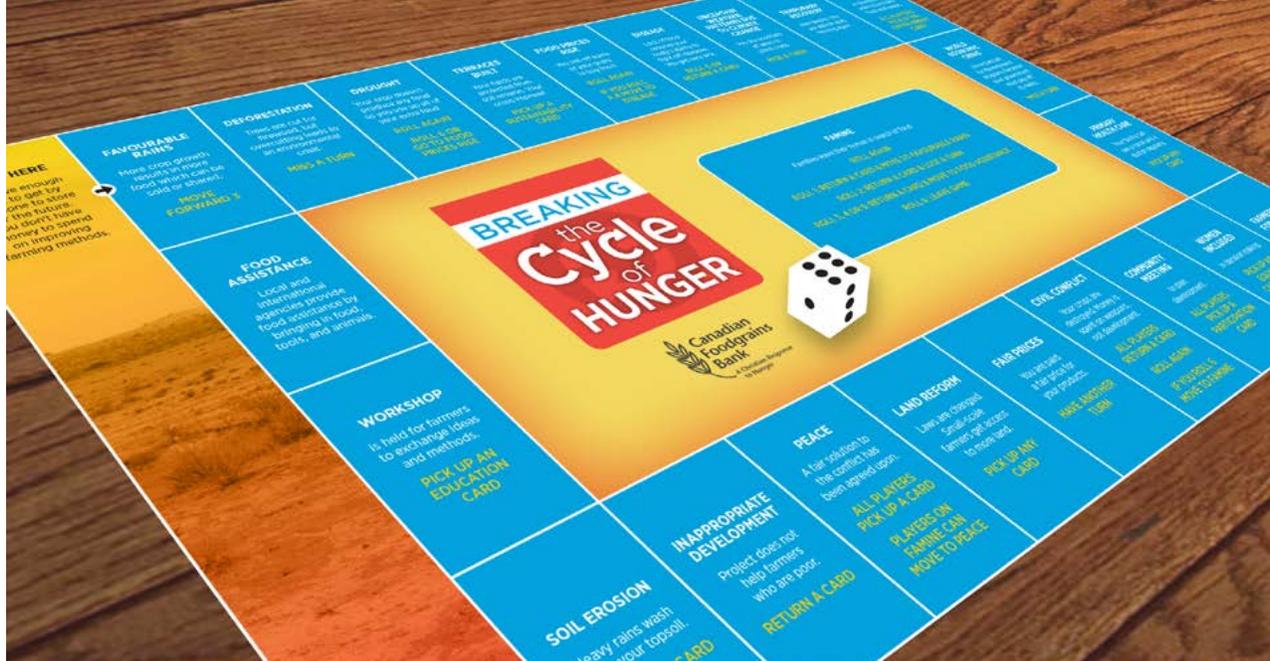
BREAKING

the
Cycle
of
HUNGER

Photo: Paul Jeffrey / PWS&D

 **Canadian
Foodgrains
Bank**
A Christian Response
to Hunger

PLAY & LEARN • EDUCATIONAL GAME



Breaking the Cycle of Hunger

Learning objective: Gain insight into what causes hunger and what can help break the cycle of hunger.

Recommended grade level: Grades 5-adult, Ages 12-young adult.

Skills: Reading comprehension, new vocabulary, critical thinking.

MATERIALS REQUIRED

The game board, one die, one set of development cards per player, one place marker per person



SETTING UP

- Separate the game board and cards from the instructions.
- Attach the two sheets with tape to make the board game.
- Cut out game cards and place in piles beside game board. Ensure there is one card of each theme per player; make copies of cards if you wish to play with more than four players.
- Find a die and place markers. Coins, thimbles, or pieces of other games work well.

SCENARIO

Each player represents a small-scale farmer in a developing country. You have enough food to get by day-to-day but don't have food stored for the future. You don't have money to spend on learning and experimenting with new farming methods. Your goal is to break the cycle of food shortage and hunger.

OBJECTIVE

To increase your chance of breaking the cycle of hunger, collect all five development cards.



1 to 4 players
per game



20 minutes plus
discussion time

INSTRUCTIONS

1. Place game pieces at the space marked “start here”. Take turns rolling the die and moving around the game board, beginning with the youngest player.
2. Players should pick up or return the development cards as instructed. If a player doesn't have a card to return when instructed to do so, that player misses a turn. Each player is allowed to hold only one of each card at a time.
3. As the players move around the board, read aloud the descriptions on the squares on which they land. This is where the learning happens!
4. Instructions to ROLL AGAIN are only used to determine the outcome of the current turn. Instructions to HAVE ANOTHER TURN means that the player can play two turns in a row.
5. The game reaches its natural end when each player gains the five development cards, though the game could end once the players have had enough time to learn about the issues (about 20 minutes).

TERMS USED IN THE GAME:

Development: Working to reduce hunger, poverty and inequality in communities and around the world.

Crop: A field of plants that is grown to be harvested as food, feed for livestock, fuel or for any other economic purpose.

Famine: A drastic, wide-reaching food shortage which results in severe hunger, even death. Though the word is used frequently, a famine is a rare occurrence. Not all food crises result in famine. According to the World Food Programme in order for a famine to be declared, there must be evidence of specific conditions. The 'famine' square is removed from the regular sequence of this game to underscore that it is a rare and catastrophic event.

Food Assistance: The distribution of food to those who are in need. It may also include distributing cash or vouchers to the people to buy food in a local market or distributing tools or agricultural inputs like fertilizer to help people grow food. Most of Canada's international food assistance is purchased in the region where it is to be distributed. Buying food locally, as opposed to shipping it from Canada, benefits or reduces harm to the local economy. Also, food purchased locally is usually more culturally appropriate.

Soil erosion: A process that removes the fertile topsoil layers and carries it away from farmer's fields.

Terraces: A series of flat areas resembling a series of steps that have been formed on a slope to allow for farming on a hill or mountain. Terraced fields decrease erosion and surface runoff.

Topsoil: The upper, outermost layer of soil which has the highest concentration of nutrient rich organic matter.

WHY A GAME ABOUT SMALL-SCALE FARMERS?

A farmer who has a small plot of land for growing food, primarily for personal consumption, is known as a small-scale farmer. Most people in the world who experience hunger on a regular basis (or who do not have access to sufficient, safe, and nutritious food to maintain a healthy and active life) are small-scale farmers.

Do you have a larger space or group? The activity can be printed in a different format so that it can be played with the spaces of the game board spread out on the floor of a large room. Find these files at www.foodgrainsbank.ca/education.

DISCUSSION QUESTIONS

After playing this game, take a moment to reflect on your experience and discuss these questions:

- How did you feel playing the game? How do you think that it feels to be a farmer in a similar situation?
- What helped break the cycle of hunger? What contributed to it?
- Do any of the scenarios on the game board relate to one another? Which ones?
- The five cards represent environment, education, participation, equality and sustainability. How do you think addressing these issues can help break the cycle of hunger?

ADDITIONAL LEARNING

- **Does anyone “win” this game?**

Having a winner would assume that the game is competitive. It is not. People should not compete to be able to eat and feed their families. Rather, communities must collaborate for all to have enough to eat.

- **How does including women in decision making help break the cycle of hunger?**

For a variety of reasons, women have not always been included in decision making on a community level. For instance, cultural norms may have prevented them from participating. Some development projects have also overlooked the perspective of women when planning how best to work with a community. Women have different experiences than men and offer a different perspective. Women are often the caregivers of their families which means that they are responsible for feeding their families. Women also account for more than half of all farmers in the world. Therefore, if women were not able to participate in decision making and problem-solving important voices would be missing.

- **Why do you think that FAMINE is separated from the sequence?**

Though the word is used frequently, a famine is a rare occurrence. It is based on high levels of food scarcity, malnutrition in children and the death rate. Famines are usually caused by a crisis, like a major conflict. While many communities around the world are caught in the cycle of hunger most will never experience a famine. In this activity, the FAMINE space is separated from the sequence to highlight its rarity and severity.

- **What does it mean to ‘Break the Cycle of Hunger’?**

Ultimately, people who are not caught in the cycle of hunger would be food secure. In other words, they would have regular physical and economic access to sufficient, safe, and nutritious food to meet their dietary needs and food preferences to lead an active and healthy life.

GOING FURTHER

Research these terms: Acute Hunger, Chronic Hunger, Hidden Hunger



If you want to learn more about these questions and possible responses, please contact us at foodjustice@foodgrainsbank.ca

What can you do to help break the cycle for small-scale farmers in the developing world?

You can take action in various ways

1. Pray & Reflect:

- Take time to pray & reflect on what you have just learned in the game, on how many small-scale farmers struggle to provide enough food for their families despite their efforts, and on how different issues contribute to the cycle of hunger.

2. Give

- Donate money to Canadian Foodgrains Bank so that together with our members, we can fund food assistance programs and longer-term agriculture and livelihood programs in developing countries.

3. Learn

- Play this game with others, pass it on, and explore other educational activities at www.foodgrainsbank.ca/education
- Speak to your friends and family about what you have learned about food security and global hunger.

4. Advocate

- Support our advocacy campaigns, write a letter to the Prime Minister or meet with your member of Parliament to show support for Canada's efforts to help end global poverty and hunger.

DID YOU PLAY THE GAME?

Connect with us at foodjustice@foodgrainsbank.ca or through social media and answer this question : What did you learn about the experience of small-scale farmers around the world?



 Canadian Foodgrains Bank

 @foodgrains

 @foodgrains

Find this and other educational resources at www.foodgrainsbank.ca/education



START HERE

You have enough food to get by but none to store for the future. You don't have money to spend on improving farming methods.



FAVOURABLE RAINS

More crop growth results in more food which can be sold or shared.

MOVE FORWARD 3

DEFORESTATION

Trees are cut for firewood, but overcutting leads to an environmental crisis.

MISS A TURN

DROUGHT

Your crop doesn't produce any food so you use up all of your extra food.

ROLL AGAIN

ROLL 6 OR GO TO FOOD PRICES RISE

TERRACES BUILT

Your fields are protected from soil erosion. Your crops improve!

PICK UP A SUSTAINABILITY CARD

FOOD ASSISTANCE

Local and international agencies provide food assistance by bringing in food, tools, and animals.

WORKSHOP

is held for farmers to exchange ideas and methods.

PICK UP AN EDUCATION CARD

BREAKING

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SOIL EROSION

Heavy rains wash away your topsoil.

RETURN A CARD

INAPPROPRIATE DEVELOPMENT

Project does not help farmers or community.

RETURN A CARD

PEACE

A fair solution to the conflict has been agreed upon.

ALL PLAYERS PICK UP A CARD

PLAYERS ON FAMINE CAN MOVE TO PEACE

LAND REFORM

Laws are changed. Small-scale farmers get access to more land.

PICK UP ANY CARD

FOOD PRICES RISE

You sell off some of your goats to buy food.

ROLL AGAIN

IF YOU ROLL A 4 MOVE TO DISEASE

DISEASE

Lack of food reduces your body's ability to fight off diseases. You get very sick.

ROLL 6 OR RETURN A CARD

UNCERTAIN WEATHER PATTERNS DUE TO CLIMATE CHANGE

You are uncertain of when to plant crops.

MISS A TURN

TEMPORARY RECOVERY

Rain begins. You are able to start farming again.

COMMUNITY TREE PLANTING PROGRAM BEGINS

A development agency provides tools and seeds.

ALL PLAYERS PICK UP AN ENVIRONMENT CARD

FAMINE

Families leave their homes in search of food.

ROLL AGAIN, IF YOU...

ROLL 1: RETURN A CARD & MOVE TO FAVOURABLE RAINS

ROLL 2: RETURN A CARD & LOSE A TURN

ROLL 3, 4 OR 5: RETURN A CARD & MOVE TO FOOD ASSISTANCE

ROLL 6: LEAVE GAME

WORLD ECONOMIC CRISIS

No money left for development programs because your government must pay off its debts.

MISS A TURN

PRIMARY HEALTH CARE

Your family can see a nurse and a doctor regularly.

PICK UP ANY CARD

FAIR PRICES

You are paid a fair price for your products.

HAVE ANOTHER TURN

CIVIL CONFLICT

Your crops are destroyed. Money is spent on weapons, not development.

ALL PLAYERS RETURN A CARD

ROLL AGAIN

IF YOU ROLL 6 MOVE TO FAMINE

COMMUNITY MEETING

to plan development.

ALL PLAYERS PICK UP A PARTICIPATION CARD

WOMEN INCLUDED

in decision making.

PICK UP AN EQUALITY CARD AND ANY OTHER CARD

FARMERS ARE FORCED FROM THEIR LANDS

ROLL A 6 OR MOVE TO CIVIL CONFLICT



ENVIRONMENT

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EQUALITY

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EDUCATION

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EDUCATION

PARTICIPATION

PARTICIPATION

PARTICIPATION

PARTICIPATION

SUSTAINABILITY

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