

The Perfect Plate Activity

Goals:

- To help children recognize that everyone has different favorite foods and needs.
 - To introduce the idea that sometimes people don't always have enough food, which is called food insecurity.
 - To build empathy by exploring how it feels to have a full plate versus not enough food.
 - To encourage kindness and sharing by identifying simple ways children can help others.
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Materials:

- "Perfect Plate" coloring sheet (with blank plate drawing)
 - Crayons / markers / colored pencils
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Activity:

1. Give each student a coloring sheet. Ask them to draw what their perfect meal looks like on the plate (foods they love and that make them feel good).
2. **After drawing, share in pairs or as a class:**
 - Tell someone about your perfect plate. What did you choose and why?
3. **Discussion questions:**
 - What if someone couldn't have their perfect meal? How might that feel?
 - What if someone's plate was nearly empty or missing foods they need - how might that feel?
 - Some people don't always have enough food to fill their plate - this is called food insecurity.
 - When I imagine I don't have enough food, I feel _____. (Let students fill in the blank.)
4. **After sharing, talk together:**
 - When someone doesn't have enough food, I can _____. (Ideas: share food, help someone, tell a teacher, donate, etc.)