Hunger Lab

Objective:
To help students understand the cost of food and why people in developing nations are malnourished or undernourished.

Time:
This lab will take approximately 1 hour in class once the student has collected data on his or her own for one day.

Materials:

- Computers with Internet access
- Access to a grocery store

Procedure:

1. Record all the food you eat today in Data Table 1.
2. After one day of collecting data, add up the total amount of calories you consumed, and the approximate cost. An approximate daily caloric intake is 2,000 calories, depending on your age, sex, activity level, etc.
3. Now, assume that you only have $3.00 to spend on food for the entire day. Try to come up with a 2,000 calorie daily food amount with only $3.00. Use Data Table 2 to record what you would eat.
4. Repeat Step 3 but with only $2.00 to spend. Record what you would eat in Data Table 3.
5. Repeat Step 3 with only $1.00 a day to spend. Record what you would eat in Data Table 4.

Data and calculations:

Data Table 1

	Food	Calories	Approximate Cost
Breakfast			
Lunch			
Dinner			
Snacks			

Data Table 2

	Food	Calories	Approximate Cost
Breakfast			
Lunch			
Dinner			
Snacks			

Data Table 3

	Food	Calories	Approximate Cost
Breakfast			
Lunch			
Dinner			
Snacks			

Data Table 4

	Food	Calories	Approximate Cost
Breakfast			
Lunch			
Dinner			
Snacks			

Analysis:

1. Were you able to get a nutritious diet for only $3.00 a day? What about $2.00? $1.00? Explain.

2. Describe some health problems you could have with these low cost diets.

3. Define the following terms:

   Malnutrition –

   Undernourished-

4. Which age group(s) would likely develop the greatest health problems eating diets that cost $3, $2, or $1 a day? Explain.

5. Were you able to buy any animal products (meat, dairy, eggs) on these low cost diets? Why or why not?

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Instructor Version

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