

Feeding Others



Elaina Johnson wants to help make sure that everyone in her community has enough to eat.

LEXILE: 980L



This article and lesson discuss people who don't have reliable access to food: a sensitive topic if there are people in the community you're serving who experience food insecurity. Feeding America provides tools to help you find local hunger resources. Visit ti.me/foodbanks for more information.

ENGAGE THE READER

Draw a pyramid on the board and break it into five sections. Explain that this is a needs pyramid. The bottom of the pyramid represents the most important human needs. Label the top as "full potential." Have the class work together or in small groups to name each section and give examples of what people might need to reach their full potential. Then show them the video at ti.me/needsHierarchy to introduce them to Maslow's hierarchy before having them read.

QUESTIONS FOR CLOSE READING AND DISCUSSION

- What need is Elaina Johnson helping people meet? Why is that important?
- What are some effects of not having your food needs met?
- How would you describe Elaina? What needs must she have met to be able to do the work she is doing? Explain.

EXTEND LEARNING

Bring the class together and discuss why each level of needs is important. Allow students time to journal to reflect on what it would be like to not have your lower-level needs met. How would you feel? How would it impact other areas of your life? Then bring the class back together and ask: Do you agree that needs fall into a hierarchy? Can people reach the higher levels without their lower needs being met? Why or why not?

Show students the Get Started page on the Service Stars website (timeforkids.com/service-stars) and point out the themes of the different missions. Which needs, if any, do the missions help people meet? Invite students to brainstorm some ways they can help meet others' needs, specifically their basic and belonging needs. Then have groups pitch a service project for your class. Have them include why it is important, and the steps the class would need to take to make the project successful.

COVER STORY QUIZ + ANSWER KEY

The cover quiz can be found on page 2 of this guide.
To create a digital quiz, you can use our template [here](#).

- 1. D (RI.6) 2. C (RI.3) 3. B (RI.1) 4. D (RI.4) 5. D (RI.8)**
6. C (RI.2) 7. Answers will vary. (W.1)

Name _____ **Date** _____

Use this week’s cover story, “Feeding Others,” to answer the questions below. For questions 1–6, circle the letter next to the best answer. If you need more space to write your response to question 7, use the back of this page.

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| <p>1. Which trait best describes Elaina Johnson?</p> <ul style="list-style-type: none"> A. observant B. caring C. driven D. all of the above | <p>4. In the context of the article, which best defines a food hero?</p> <ul style="list-style-type: none"> A. someone who makes peanut-butter-and-jelly sandwiches B. someone for whom helping comes naturally C. someone who doesn’t always have enough to eat D. someone who helps make sure that everyone has enough to eat |
| <p>2. What is a possible effect of hunger?</p> <ul style="list-style-type: none"> A. not having enough to eat B. becoming homeless C. having difficulty concentrating D. feeling motivated | <p>5. What information does Heidi Henkel provide in the story?</p> <ul style="list-style-type: none"> A. Hunger affects communities nationwide. B. No matter who you are, you can always do something. C. Elaina feels proud of her efforts. D. Elaina’s hometown wants to recognize her work. |
| <p>3. According to the Colorado Health Institute, how many Colorado residents say they don’t always eat as much as they think they should?</p> <ul style="list-style-type: none"> A. 7% B. 11% C. 400 D. 2021 | <p>6. Which detail would not be included in a summary of this article?</p> <ul style="list-style-type: none"> A. Hunger is a nationwide problem. B. Elaina helps make sure everyone in her town has enough to eat. C. Elaina packed bags with sandwiches, fruit, a drink, chips, and a granola bar. D. Elaina has been honored for her dedication. |

7. What is an issue in your school or community that you could help address? Explain how.
