

# FAST *for* CHANGE



## CHILDREN'S FEATURES & CONVERSATIONS

### What's a Ration?

**Objective:** To get children talking about what it means to be grateful, and how God calls us to share our food by beginning with this object lesson.

### Supplies Needed:

- A Ziploc bag containing 400 grams of uncooked rice and 50 grams of dry lentils, beans or peas.
- 50 ml of oil in a glass.

Show the children the bag of food and glass of oil, and ask them what they see. After they've described what they see, tell them that this amount and type of food represents a whole day's food aid ration for many children (and adults) around the world. Compare this to a typical day's food for the average Canadian. Have a supply of food on hand that demonstrates the amount and variety of food Canadians eat each day.

\*If you are involved in a local Foodgrains Bank growing project or other fundraiser, share how your church is involved.

*Adapted from Nazarene Compassionate Ministries*