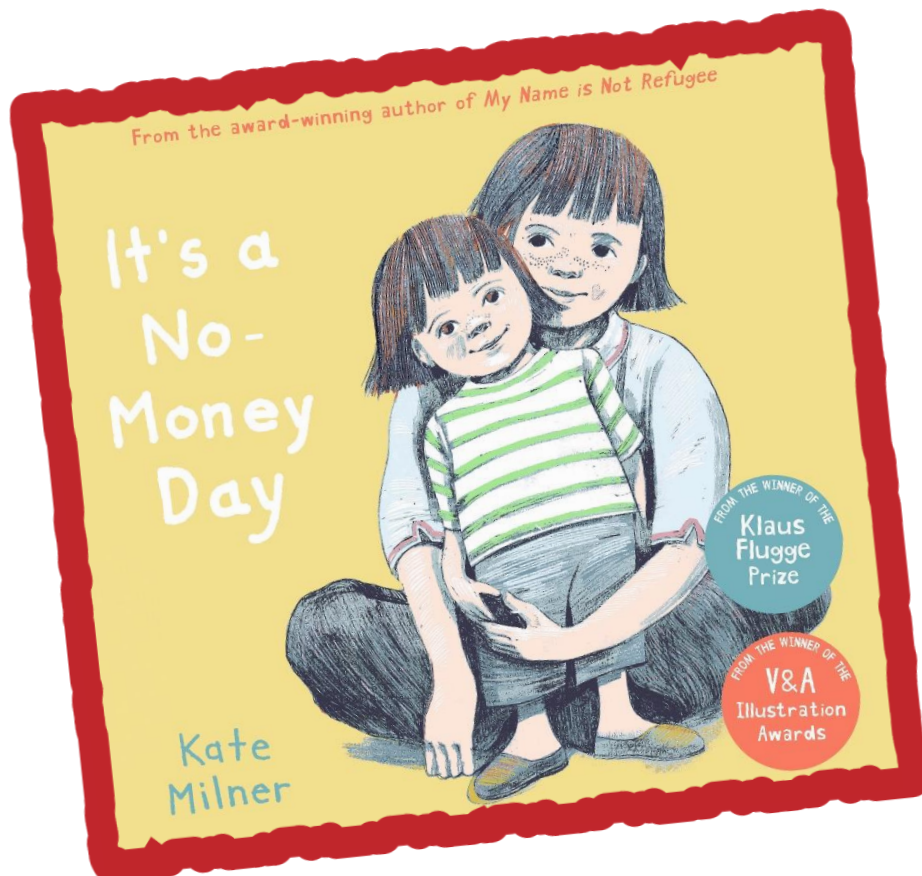


Classroom Resources



Please note all of the resources in this pack can be found at
www.blackcountryfoodbank.org.uk/harvest2024

Article24:

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Part 1: Synopsis and Themes



A few resources have been put together to provide ideas when sharing the book 'It's a No Money Day'. The guide help to discuss the book and the overarching themes.

The resource pack has been designed to help the reader engage with the complex and sensitive topics covered in the book and give opportunities for classroom discussion and activities.



Kate Milner **It's a No Money Day** is a gentle, poignant and powerful exploration of foodbanks and life below the poverty line.

Mum works really hard, but today there just no money left and no food in the cupboards. Forced to visit the local foodbank, Mum feels ashamed that they have to rely on the kindness of others. Maybe one day things will be different but for now together they brighten up even the darkest of days.

This book is a perfect way to help children understand the reality of food poverty, developing an awareness of hardship that many families are facing in the UK and the crucial support that food banks provide for them.



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Part 2: General overview

	Primary
Teaching Objectives	<p>The general learning objectives for each lesson are to empower pupils to:</p> <ul style="list-style-type: none"> • Engage with social issues as presented in the book It's a No Money Day and to broaden their outlook of marginalised groups in society. • Develop critical thinking • Develop English language skills • Develop empathy skills • Make good choices when taking action in order to make a difference • Raise awareness of United Convention on the Rights of the Child
Cross-curricular	Maths, PSHE
Children's Rights	<p>24. Health, water, food, environment 26. Social and economic help 28. Food, clothing, a safe home</p>
Events	<p>Harvest festival British Food Fortnight (September 20th - October 6th) World Hunger Day (28th May) Kindness Day (13th November) International Day of Charity (5th September)</p>



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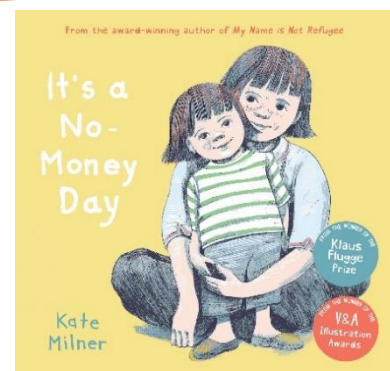
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Part 3: Exploring the Book

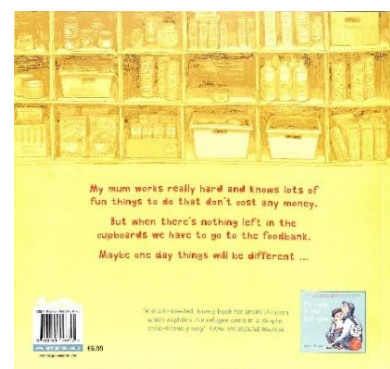
Front Cover:

1. What do you think the book might be about?
2. Who do you see? What do you think their relationship is to each other?
3. How do you think the mother and daughter are feeling? Why?



Back Cover:

4. Describe what you see. Where do you think this could be?
5. With a partner think of fun things to do that don't cost money.
6. Can you explain what a foodbank is and who might go to one.



See Resource 1 on page 10

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Part 4: Listen, Enjoy and Respond

Page 1-2	<ul style="list-style-type: none"> Can you explain what kind of space the characters live in? Does the picture give you any clues?
Page 4-5	<ul style="list-style-type: none"> This picture shows the characters looking in cupboard, where is the reader looking at them from?
Page 5-6	<ul style="list-style-type: none"> Do you believe mum isn't hungry? Why? What job do you think mum might have? Look at the containers on the mantel place can you explain what they might be used for?
Page 7-8	<ul style="list-style-type: none"> Let's take a closer look at the container, what pictures can you see on the containers, now think about what they might be used for. Why does the little girl look sad?
Page 9-10	<ul style="list-style-type: none"> The author has had the containers drawn upside down and, on their side, why do you think that this is?
Page 11-13	<ul style="list-style-type: none"> Can you think of activities that are fun that don't need money?
Page 14-15	<ul style="list-style-type: none"> Can you try and explain what it might feel like to queue up for food? Do you know what happens at a foodbank?
Page 16-17	<ul style="list-style-type: none"> Where do you think the foodbanks get all the food from that is on the shelves?
Page 18-19	<ul style="list-style-type: none"> Why do you think mum gets cross with her daughter? Can you explain why the little girl might not be able to get her favourite type of cereal?
Page 20-21	<ul style="list-style-type: none"> Can you explain why they call the game the 'Maybe-one-day' game? How do they get home? Why may that be? If you played the maybe-one-day game, what would you be thinking of?
Page 22-23	<ul style="list-style-type: none"> How can we make a difference to other people's lives?

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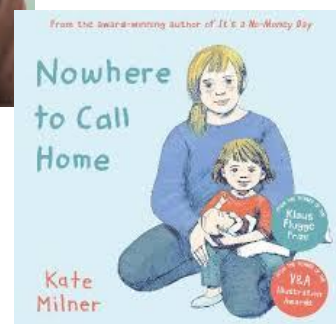
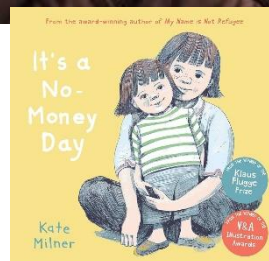
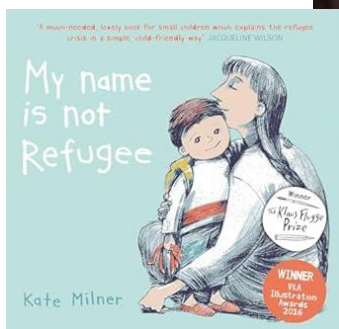
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Part 5: Meet the Author



Watch the video

<https://vimeo.com/533627520>



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Part 6: Classroom Activities

Task 1: Eliciting the children's voices

1. How did 'It's a No Money Day' (words and pictures) make you feel? Why?
2. What would you say to the girl if you met her? What would your message be?
3. Who is telling the story? How would you continue to tell the story?
4. Have you or your parent's donated toys, clothes or food to a charity shop or foodbank where you live? How did you feel? Have you ever played 'maybe-one-day' game? What did you dream of?
5. How do the illustrations, the colours, the space, and the character's expressions make you feel?

Task 2: Poster

Design a poster to support your local foodbank or organise your own collection

Task 3: Leaflet

Create a leaflet or poster showcasing your 'no-money day' activities

Task 4: Book Review

Write a short book review on 'It's a No Money Day' (See part 7 - Reflections)

Task 5: Menu Maker

Using the food you might find in a parcel, design a menu (See Resource 2 - 'What's in a Parcel')



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Task 6: Master Chef

- Play a game called Master Chef make a meal out of the ingredients which the food bank has given them.
- In your class ask each person to think of an item of food and write it on a piece of paper. (Or you can each write several if you have a small class.)
- Put them all into a bowl or other container.
- Split your class into small groups. Each group should close their eyes and pick 4 or 5 ingredients.
- In your group try to think of a meal that you could make with the ingredients.
- In your class or group talk about: Do you think your meal would be tasty or disgusting? Would you eat it? Would your meal be for breakfast, lunch or dinner?
- Using your knowledge or searching online find out how much each of the ingredients in your meal costs, and so how much the meal would cost in total. Do you think the meal is expensive or good value for money? Is your meal healthy or unhealthy? Would it fill you up or not?

Useful links!

Please find below some super websites with really useful lesson ideas. The food portraits by Peter and Faith Menzel are particularly thought provoking

- <https://www.blackcountryfoodbank.org.uk/>
- <https://www.teachingideas.co.uk/sites/default/files/makeadiffchildpoverty.pdf>
- https://www.teachingenglish.org.uk/sites/teacheng/files/SDG1_What_is_enough_less_on_plan_F2F.pdf
- <https://www.wfpusa.org/articles/students-hunger-lesson-plans/>
- <https://www.menzelphoto.com/gallery/Hungry-Planet-Family-Food-Portraits/G0000zmgWvU6SiKM/C0000k7JgEHhEq0w>

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Part 7: Reflections - Book Review

Personal Response

- What did I enjoy most about 'It's a No Money Day'?
- Draw my favourite illustration
- How did 'It's a No Money Day' make me feel?
- Write down 5 new words or expressions I have learnt from 'It's a No Money Day'

Personal Evaluation

Colour the cans to show how well I worked:
 5 cans = I am pleased with my effort and progress.
 3 cans = I am pleased with my effort and progress but could do better.
 1 can = I need to concentrate and work harder



Personal Action

- What personal action am I going to take to encourage and support my local foodbank?



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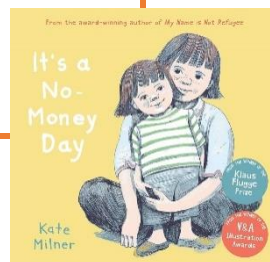
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Resource 1: Exploring the Book

1. Retrieve - What do you see?

2. Infer - What do you think the book will be about?



3. Predict - Do you think you like this book? Why?

4. What questions do you have about this book?

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Resource 2: What's in a foodbank parcel?

**BLACK COUNTRY
FOODBANK**
LOVE . CONNECT . INVEST

<input type="checkbox"/>	TINNED VEG
<input type="checkbox"/>	TINNED POTATOES
<input type="checkbox"/>	TINNED FISH
<input type="checkbox"/>	TINNED FRUIT IN JUICE
<input type="checkbox"/>	BREAKFAST CEREAL
<input type="checkbox"/>	LONG LIFE MILK
<input type="checkbox"/>	TEA BAGS 40'S
<input type="checkbox"/>	SMALL JAR COFFEE
<input type="checkbox"/>	1LT CARTONS OF LONG LIFE FRUIT JUICE
<input type="checkbox"/>	TOILET ROLL
<input type="checkbox"/>	BAR'S OF SOAP
<input type="checkbox"/>	SHOWER GEL
<input type="checkbox"/>	ROLL ON DEODORANT



HARVEST 2024 **SHOPPING LIST**

BLACK COUNTRY FOODBANK HELPS VULNERABLE INDIVIDUALS AND FAMILIES IN CRISIS THROUGH THE PROVISION OF AN EMERGENCY FOOD AND TOILETRY PARCEL, WHILE A LONGER-TERM SOLUTION IS DEVELOPED

PLEASE SUPPORT US BY DONATING ITEMS FROM OUR SHOPPING LIST

- CARTONS OF LONG LIFE FRUIT JUICE
- CARTONS OF UHT MILK
- CORDIAL/SQUASH
- SMALL JARS OF COFFEE
- TEA BAGS BOX OF 40'S
- TINNED CHOPPED TOMATOES
- TINNED POTATOES/MASH
- TINNED FRUIT
- TINNED CUSTARD/RICE PUDDING
- TINNED READY MEALS (MEATBALLS/CHILLI/MAC AND CHEESE)
- TINNED MEAT (HAM/CORNER BEEF)
- TINNED FRAY BENTOS PIES
- TINNED FISH
- TINNED VEGETABLES
- BREAKFAST CEREAL
- PASTA SAUCE
- SAVOURY RICE
- INSTANT NOODLES
- ROLL ON DEODORANT
- SHAMPOO
- SHOWER GEL
- TOILET ROLL
- BAR'S OF SOAP

PLEASE SCAN THE QR CODE TO RECEIVE A WEEKLY REMINDER OF OUR SHORTAGES LIST ON YOUR SHOPPING DAY

BLACK COUNTRY FOODBANK LOVE . CONNECT . INVEST
T. 01384 671250
E. admin@blackcountryfoodbank.org.uk
W. blackcountryfoodbank.org.uk
Registered Charity No. 1136676



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Part 8: Black Country Foodbank

Black Country Foodbank is a local charity that supports local people in crisis. We are forever grateful to the local communities, schools, business and faith groups who donate food, toiletries and funds to help us in our work.

As we continue to face rising food and energy bills, we are seeing more families than ever unable to afford basics, forced to turn to charities like ours to put food on the table for their children. Every day, foodbanks across the UK meeting this unprecedented challenge with care and compassion.



WHO ARE WE?

Black Country foodbank is a Christian based charity which helps vulnerable individuals and families in crisis through the provision of emergency food and toiletries.



WHAT DO WE DO?

We work with 28 foodbanks across the Black Country to provide emergency food and toiletry parcels to people who are in need. The services we provide have an enormous impact on the people who use them, giving them an important breathing space at a time of great need.



HOW CAN YOU HELP?

Our foodbanks can only exist with the help, support and generosity of local schools and communities.

You could support by either

- Having a harvest celebration and bringing in a can of food
- Or
- Holding a mufti day by either making a financial contribution or bring in food.

To find out more visit our website <https://www.blackcountryfoodbank.org.uk/>

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