

SOCKTOBER CHALLENGE

Mission Pack 2: Health and Nutrition



"It is a cruel, unjust, and paradoxical reality that, today, there is food for everyone and yet not everyone has access to it."

Pope Francis, 2019



- What are some traditional dishes from Thailand?
- Watch the trailer – Just Eat It – A Food Waste Story. How much food does your family waste in a week? What are some changes that you could make to reduce this waste?
- Be a dietician for a day: create a daily meal plan for a soccer player, based on recommendations by Sports Dieticians Australia. 🎯



- Plan to help cook a nutritious meal for your family, friend or neighbour. Take some photos and share them with your peers. 🎯
- What is meant by "food insecurity"? How many people face food insecurity in Australia? How many in Thailand?
- Find out what impact COVID-19 has had on Thailand. How does this compare to Australia?



- Keep a daily diary for a week of what you eat for breakfast, lunch, and dinner – how different do you think that would be for a child in Thailand?
- Get your steps up! Aim for 30 minutes of walking each day for a week. Why is it important to do this? 🎯
- Shout a meal: find out what it costs to feed one child for one day at the Good Shepherd Sisters Kindergarten and make that your fundraising goal for the week. 🎯

KEY: 🎯 Goals for this Mission Pack

Scripture Reflection:

Matthew 14:13-21

This scripture focuses on ensuring all people have exactly what they need and the importance of being there with them in the moment.

Jesus is in a deserted place and is concerned that all the people be fed. By the simple gesture of a blessing, Jesus provides food for thousands of people and there is even some left over. The multiplication of the loaves and fishes represents God's abundant love, and reminds us of the Eucharist, which is also symbolic of this.

There are so many miracles here – not least of which is that the apostles initially wanted to send the people away. Everyone was fed because they trusted in Jesus and stayed with the people. What does this teach us about subsidiarity?

Catholic Social Teachings

- **Stewardship** - The world and every living thing were made by God, so we must take care of all creation.
- **Participation and Subsidiarity** - God made us to be part of communities, families and countries, so all people can share and help each other. No one community should have dominance over another or interfere in their lives.
- **Preferential Option for the Poor** - God wants us to help people who are poor, who don't have enough food, a safe place to live, or a community of which to be a part.
- **Common Good** - A true community is one where the common good is reached when we work together to better the wellbeing of all people in our community and the wider world.



Additional Activities

Primary



- What do you understand by the words ‘health and nutrition’? How do these terms go hand-in-hand? Ask your family members their understanding – is it the same?
- Do you have an edible garden at home? If not, invite your family to help create one. Take some photos of where you could put your garden and discuss with your family how this garden could take shape. Note your progress in your Socktober Star page!
- Write a letter to your Principal to suggest creating an edible garden in your school. View Mt Alvernia in Brisbane to see how a garden links to their Franciscan charism. Research other schools in your local area that may have one.
- Visit the CSIRO site, Indigenous Seasons Calendar. Discuss with your family – Do we have seasonal foods where we live? Why is it important for us to have seasonal produce?
- Count the number of meals you have in a day. Compare this number to a majority world country. How would a lack of frequent meals and nutritious foods affect your life?
- What is meant by “universal healthcare”? Is this really “universal”? How does Australia’s system compare with other countries, like Thailand, the United States?
- Watch Harriet’s story. What does she do for her family, and what impact would this have on her life and theirs?
- Did you know ‘The Very Hungry Caterpillar’ has been published in 60 languages? The major themes in this story are children and growth. It shows the development and growth of a caterpillar which then turns into a beautiful butterfly. Why do you think a story about a caterpillar is so popular?
- Check out these resources: – Healthy Eating Pyramid, How Food Can Affect Your Mood, Eat A Rainbow – what was something new you learnt?
- You’ve been asked to present information from one of these resources to share this with your peers. How would you present this in a fun and informative way? Why did you choose your particular topic?
- Research food from around the world and create five different lunch boxes from around the world. You could also do this activity with your peers.
- Listen to ‘Be God’s’ by Danielle Rose – Create some actions to go with the song and share this with your class.

Sounds of Socktober

Recommended tracks to listen to in class or at home this week:

- A Rightful Place – Steve Angrisano
- Made in the Image of God – We Are Messengers
- Is this the World We Created? – Queen
- Seed Scattered and Sown – Dan Feiten
- I Am the Bread of Life – Steve Angrisano & Tom Booth
- Table of Plenty – Dan Schutte
- Food Glorious Food – Oliver! Original Cast



Additional Activities

Secondary



- Research how Aboriginal and Torres Strait Islander communities learn about their connection to land. How do they know what food to eat? How do they know what food to avoid? What is bush medicine? Identify three ways in which Aboriginal and Torres Strait Islander peoples use bush medicine for health reasons.
- Visit the CSIRO site, Indigenous Seasons Calendar. Discuss with your family – Do we have seasonal foods where we live? Why is it important for us to have seasonal produce?
- Jesus uses many references and analogies in the gospels that refer to food. Find three of these and write about their connection to this topic.
- Count the number of meals you have in a day. Compare this to what may be the average daily consumption of food for most people in Thailand. How would a lack of frequent meals and nutritious foods affect your life?
- What is meant by “universal healthcare”? Is this really “universal”? How does Australia’s system compare with other countries like Thailand, the United States?
- Read about the Good Shepherd Sisters’ Kindergarten in Bangkok. Identify the items that are part of the daily food consumption of the kids there? Why is this so important?
- Draw up a table of your weekly eating habits. How often do you snack? How often do you eat fast food? Who cooks at home? What are the types of meals you would have on a weekly basis? How does this compare in developing countries?

Additional Resources

- A** [Food and Agriculture Organisation](#) ✨
- A** [Overview of the work of the Committee on World Food Security](#) ✨
- A** [Food Security Game](#) ✨
- A** [Nutrition Australia](#) ✨
- A** [Healthier. Happier. \(QLD\)](#) ✨
- S** [Five Reasons Why There is a Massive Global Health Issue \(The Conversation\)](#) ✨
- S** [The Hunger Gap](#) ✨
- S** The Hunger Games Trilogy – Suzanne Collins



KEY

- A** All
- P** Primary
- S** Secondary