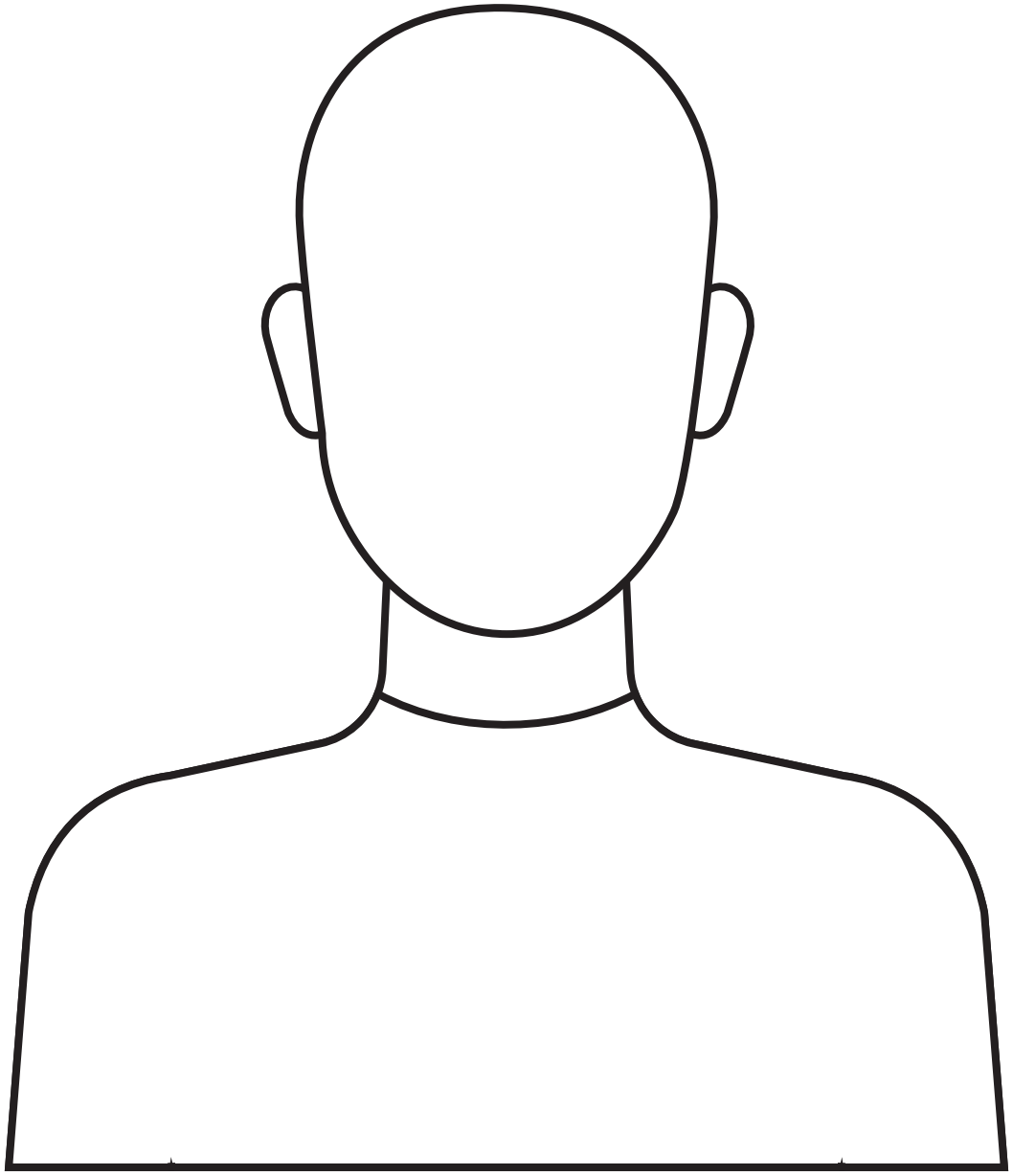
HARVESTERS
COMMUNITY FOOD NETWORK

What does hunger feel like?

Think of a time when you were really hungry and didn't get enough to eat. How did your body feel? Did you feel like running, jumping and playing? Or did you feel tired? How did your head feel? Was it easy to think? Or was it hard to focus on anything but eating? It isn't always easy to see hunger, but it can affect us in a lot of ways.

Draw a picture of how being hungry makes you feel.