



HUNGER MYTH MASHER QUIZ

True or False

- 1. ___ There are hungry people in the United States.**
- 2. ___ Only homeless people are hungry.**
- 3. ___ There isn't enough food for everyone in the world.**
- 4. ___ Children who go to school hungry have trouble learning.**
- 5. ___ People who are hungry should just get a job.**
- 6. ___ Natural disasters like floods and earthquakes are the biggest cause of hunger.**
- 7. ___ Not very much food is wasted in the United States.**
- 8. ___ Hunger isn't really a big problem.**
- 9. ___ Kids can't do anything to help end hunger.**

Myth Masher

Quiz Answers

1. **TRUE- One in 6** Americans lives in households that cannot always afford the food they need to lead healthy, active lives. **(48.8 million)**
(See Module 1, Activities 2, 3, and 4)
2. **FALSE-** Nearly **40%** of all people seeking help with food in the U.S. are kids and working households. About **12%** of all people seeking help with food are homeless. This does not mean that homelessness is a small problem - we are talking about millions of people, but one reason that many people mistakenly believe that the homeless are the only group struggling with hunger is that they are often the most visible. *(See Module 1, Activities 2, 3, 4.)*
3. **FALSE-** Hunger is not caused by a lack of food, there is enough food to feed everyone in the world, but there are many barriers that prevent people from getting the food they need. Barriers in this country include, but are not limited to: not having enough money to buy food, not having access to a grocery store, or not having transportation. *(See Module 2, Activity 3.)*
4. **TRUE-** Children who go to school hungry are often tired and unable to concentrate. Hunger also leads to illness and hinders development. *(See Module 1, Activity 3.)*
5. **FALSE-** Many hard working people earn wages that do not cover basic household expenses. In the United States, many workers earn far less than what a family needs for housing, food, and transportation. Additionally, illness and other unexpected crisis's can add to budgeting challenges. *(See Module 2, Activity 1.)*
6. **FALSE-** Kids can do LOTS of things to help end hunger. Kids can raise awareness, volunteer, organize food drives, and learn about the needs within their own community! *(See Module 3 - coming soon - for more ideas for taking action!)*
7. **FALSE-** While natural disasters like drought can cause famines, hunger is primarily caused by poverty (not having enough money to purchase food). However, when disasters like hurricanes and earthquakes hit, it is people with the least resources who don't have the funds for health care, to rebuild or to move, if necessary.
8. **FALSE-** Some studies indicate that more than 40% of food grown and produced in the United States is wasted. Waste happens on farms, in stores, restaurants and homes. Food banks reduce waste by gleaning, recovering, and redistributing food and other products that for various reasons are not marketable, despite being usable and edible.
9. **FALSE-** Hunger is a big problem for a lot of people around the world. There are 925 million people in the entire world who face hunger regularly. In the United States, 48.8 million people live in homes that struggle with hunger. In Georgia, 1.7 million people live in poverty. There are many ways to get involved in the fight to end hunger - let's get started! *(See Module 2, Activity 2.)*