

A legend.  
A legacy.  
A lifetime of inspiration.

## The Hunger Games

### Key Information

**Subject area:** Health and Food Technology

**Time required:** This resource is planned to be taught as two 50 minute lessons. Depending on which parts of the content you make use of and the pace at which your class progresses through the activities you may wish to utilise the content over a series of lessons.

**Activity:** Research and practical activity of preparing and cooking food.

**Eric Liddell values:** Compassion

### Key skills:

- Research
- Practical Food Skills

### Learning intentions:

- To develop an understanding of the cause and impact of malnutrition on an individuals' health.

### Success criteria:

- I am aware of the causes, signs, symptoms and impact of malnutrition.
- I can suggest simple advice on how to treat malnutrition.
- I can prepare and cook a simple recipe.

### Experiences and outcomes:

- *(HWB 3-31a)* Through practical activities using different foods and drinks, I can identify key nutrients, their sources and functions, and demonstrate the links between energy, nutrients and health.
- *(HWB 3-32a)* I am developing my understanding of the nutritional needs of people who have different conditions and requirements.
- *(HWB 3-34a)* Having explored a range of issues which may affect food choice, I can discuss how this could impact on the individual's health.
- *(TCH 3-04a)* I am gaining confidence and dexterity in the use of ingredients and equipment and can apply specialist skills in preparing food.

### Equipment:

- Recipe specific equipment

### Supporting Materials:

- [Presentation](#)
- [Malnutrition in the UK - BBC news article](#)



### Uncle Eric Fact

In 1943, Eric Liddell was detained in a Japanese civilian internment camp where conditions were harsh and insanitary and malnourishment was rampant. All chores that made daily life possible within the internment camp were done by the internees themselves. It was hard work for even the fittest of individuals. Those who were old, weak or sick were in a terrible position. Eric was well known for carrying the coal, chopping the wood and collecting the rations of those unable to do so themselves even though Eric himself was struggling with malnourishment. Food was in short supply and rations would reflect this with very little variety on offer. Meals were mostly made up of bread, water and a broth like stew. Prisoners dreamed of food as often as freedom.

# The Hunger Games

## Lesson Format

In this lesson pupils will utilise their research skills to find out about the topic of malnutrition and its presence in today's society. Pupils will be asked to reflect on what they have found out, looking at the impact malnourishment has on children today and the impact malnourishment could have had on Eric Liddell in his time at the internment camp. Pupils will then be asked to prepare and cook a simple broth recipe, similar to the broth eaten daily by Eric and his fellow internees.

If the class hasn't seen the '[Eric Liddell 100 introductory video](#)' please show this now.

### Starter Task

Start the lesson with a starter task on the Eatwell Guide to establish what pupils know about nutrients, where they can be found, their purpose and importance. This could be completed individually, in pairs or as a class.

### Task 1 - What is malnutrition?

Introduce the topic of malnutrition and share the rates of malnutrition across various groups within the UK.

The [following news article](#) reporting on malnourishment within Scotland may help stimulate discussion around malnutrition if it is felt appropriate for your setting.

As individuals or in small groups ask pupils to research and answer the following points:

- Provide a definition of malnutrition.
- Which countries does malnutrition occur in?
- What causes malnutrition other than certain medical conditions?
- What are the signs & symptoms of malnutrition?
- What is some simple advice on how to treat malnutrition?
- What impact do you think being malnourished would have had on Eric Liddell when he was interned in the camp?
- What impact do you think malnourishment could have on children your age?

Pupils can share their answers by creating and presenting to their peers a slideshow, fact sheet or poster detailing what they have found out.

### Task 2 - Prepare and cook a rice and vegetable broth

Ask pupils to get ready to cook and to then prepare and cook the recipe outlined in the presentation.

### Plenary

Ask pupils to answer the following questions:

- What is malnutrition?
- Can you identify a cause of malnutrition?
- Can you provide a piece of advice on how to treat malnutrition?