Food Ration Activity

**Instructions:** This activity works well to illustrate quantities of a sample 2,100kCal daily ration.

**Steps 1 to 4 must be completed *before* the session.**

**Step 1:** Bring along:

* a measuring cup or food scale; and
* at least 14 glasses or plastic cups.

**Step 2:** Prepare bags/bottles of the following items:

|  |  |
| --- | --- |
| 20 grams | Sugar |
| 420 grams | Rice |
| 60 grams | Lentils |
| 30 grams | Cooking oil |
| 30 grams | Flour |
| 5 grams | Salt |

**Step 3:** Take seven glasses or cups and measure out the quantities shown above. It will look something like this:

**Step 4:** Hide these out of sight.

**During the session:**

**Step 5:** When you reach slide 18, ask participants what a 2,100kCal daily ration looks like: what it is made up of? Then go to the next slide.

**Step 6:** Tell participants that the combination of items listed on the slide (18) is a common composition of a dry ration, then ask them “Now that you know the items, how much do we need of each?” and go to the next slide.

**Step 7:** Divide the participants into six groups and assign each group with a food item (sugar, rice, oil, salt, lentils, and enriched/fortified flour). Distribute one glass per group (two for the group that has been assigned rice if the glasses are small) and the foodstuff, and ask them to pour in the recommended daily amount of the food item they have been assigned. Leave slide 19 up or go to 20 for numerical help, if needed. Allow groups to borrow the measuring cup or food scale if they wish.

**Step 8:** When they’ve completed the task, ask them to bring their glasses to the front of the room, and go to slide 21.

**Step 9:** Remind participants that this is an example and there is no universal answer. The rations will need to be adapted to the context based on a number of factors including activity levels, diet, food availability, storage options, climate, population size, and season.

Ask participants if they feel their quantity matches the recommendation, then go to the next slide (22).

**Step 10:** Reveal your premeasured quantities, setting your glasses next to theirs. Congratulate teams that get close.