

OPTION FOR THE POOR AND VULNERABLE

GRADES 7-8

45 MINUTES

OBJECTIVE

Through the stories of Trinh, Yvone, and Maria Ana, students will explore a Catholic social teaching principle—**Option for the Poor and Vulnerable**—and learn how they can care for others.

MATERIALS

- Facts to Consider
- Week 3 story or video (available at csrcricebowl.org/stories)
- Week 3 Activity Sheet: Grades 7-8 (in this guide and also available at csrcricebowl.org/schools)

DISCUSSION (15 MINUTES)

1. Ask two students to read the Facts to Consider aloud. Which do they find most interesting? Why?
2. Explain Option for the Poor and Vulnerable.
3. Read or watch the Week 3 story.
4. Reflect:
 - What stood out to you in the story?
 - How do you see Option for the Poor and Vulnerable illustrated in the story?
 - Why is proper nutrition so important and how does it affect Trinh, Yvone, and Maria Ana?

ACTIVITY (25 MINUTES)

1. Explain Option for the Poor and Vulnerable. Share that Jesus tells us to give special care to those who are most in need. He reminds us of our Christian duty to stand up for others and help the poorest people.
2. Have students complete the Week 3 Activity as described on the Week 3 Activity Sheet: Grades 7-8
3. If time permits, lead a discussion about food security based on the activity.

CLOSING PRAYER (5 MINUTES)

Lord and Savior,

By feeding the 5,000, you taught us that we are called to feed people where we encounter them.

Help us to share our food, and to go out to meet and respond to the needs of the hungry.

Amen

AT HOME

1. Reflect on your daily mealtimes. Who do you spend them with? What do you eat?
2. Share with your family your reflections on hunger and proper nutrition.

IF YOU ONLY HAVE



1. Read or watch the Week 3 story.
2. Lead Discussion steps 2 and 4.

WEEK 3
 OPTION FOR THE
 POOR AND VULNERABLE



The definition of food security is: "All people at all times having access to sufficient safe, nutritious food to maintain a healthy and active life."

Solve the following word search using the words below that describe factors that affect food security.

natural disaster	N	B	E	Z	P	O	V	E	R	T	Y	R	G	C	T
opportunity	V	A	R	G	W	W	C	F	B	O	T	I	L	E	R
climate change	K	O	T	A	A	C	A	Y	A	K	R	I	Y	G	A
transportation	E	W	O	U	M	W	M	R	B	C	M	R	W	D	N
war	X	S	N	S	R	O	G	U	G	A	R	C	D	E	S
knowledge	X	X	A	V	N	A	N	N	T	B	W	P	R	L	P
economy	Q	H	G	O	G	I	L	E	I	F	U	C	Y	W	O
poverty	G	B	C	X	N	J	C	D	J	V	Q	W	J	O	R
living wage	S	E	Q	W	J	H	T	R	I	T	I	Y	Q	N	T
	R	A	P	L	A	Z	X	V	Q	S	X	L	W	K	A
	B	U	G	N	T	Y	Q	K	S	C	A	H	L	S	T
	S	V	G	U	C	V	B	P	M	O	M	S	Y	Z	I
	R	E	N	Y	O	K	F	G	O	R	U	T	T	U	O
	Y	T	I	N	U	T	R	O	P	P	O	F	T	E	N
	K	N	H	E	P	W	L	D	O	P	Q	P	A	U	R

Choose one of the words from the word search above. Why do you think the word you selected causes people to be hungry?
