

Food and Nutrition (American Child verses Refugee Child)
School/Group Program (To be facilitated by Museum Staff)

Related Exhibit Area: Camp Registration

Duration of Class: 45 minutes

Concepts/Skills:

- Food and Nutrition
- Rationing
- Measurement
- Comparing and Contrasting

Materials:

- Fake Food Items: *(Included in Education/Program Props sent with the exhibit)*
 - Spinach
 - Baby Carrots
 - Tossed Salad
 - Corn
 - Kidney Beans
 - Green Beans
 - Broccoli
 - Baked Potato
 - Spaghetti Noodles
 - Wheat Bread
 - White Bread
 - Hamburger Bun (2 halves)
 - Bagel
 - Corn Tortilla
 - Dry Cereal
 - White Rice
 - Oatmeal
 - Soda Crackers (6)
 - Macaroni & Cheese
 - Fried Chicken Breast
 - Beef Hot Dog
 - Hamburger Patty
 - Swiss Cheese
 - American Cheese
 - Plain Yogurt
 - Fat Free Milk
 - Orange Juice
 - Apple Juice
 - Strawberries
 - Green Grapes
 - Bananas
 - Pears
 - French Dressing
 - Mayonnaise
 - Margarine
 - Peanut Butter
 - Popcorn
 - Chocolate Chip Cookie
 - Vanilla Ice Cream
 - Candy Bar
- Grains: *(Samples Included in Education/Program Props sent with the exhibit – the museum will need to purchase items for the students to open and use during the class)*
 - Mahatma Brown Rice (Bag – 12 oz)
 - Green Split Peas (Bag - 16 oz)
 - Lentils (Bag – 16 oz)
 - Harvest King (Gold Metal) – Unbleached White Flour (Bag – 32 oz)
 - C & H Pure Cane Certified Organic Sugar (Bag – 24 oz)
 - Light Red Kidney Beans (Bag 16 oz)

- Corn (Orville Redenbacher Popcorn) – (Bottle – 45 oz)
- Digital Scales (5)
- Bowls and Measuring Cups/Spoons (*Not Included in Education/Program Props sent with the exhibit – Must be provided by the museum*)

Educational Goals/Objectives:

- To understand rationing
- To experience the limited options of a refugee meal as well as visualize the portion size of a refugee meal
- To evaluate nutritional value of a refugee daily allowance of food as compared to an American child’s daily nutrition
- To compare a refugee meal to a meal that the average American child may eat

Background/Information:

In addition to the following information, see the attached document from the World Food Programs with the Ration information for various geographical areas.

Daily Nutrition for a Refugee Child verses an American Child

Refugee Child (approximate amount of one meal would be to divide the amounts below by the meals for that day)

- Cereal / Grains
 - 400 grams / 14 oz. (83% of **480 grams total** for refugee child)
- Oil / Fat
 - 30 grams / 1 oz. (7%)
- Protein
 - 50 grams / 2 oz. (10%)

American Child (approximate amount of one meal would be to divided the amounts below by the meals for that day)

- Grains
 - 200 grams / 7 oz. (9% of **2230 grams total** for American)
- Protein
 - 170 grams / 6 oz. (8%)
- Vegetables
 - 700 grams / 2 cups (31%)
- Fruits
 - 460 grams / 2 cups (21%)
- Milk
 - 700 grams / 3 cups (31%)

How many total grams of food does a refugee child receive each day?

- A refugee child receives 480 grams of food each day. This is the child’s daily **ration**.

What food type is the main source of food for the refugee child?

- A refugee child receives 400 grams of **cereal** per day, 83% of their daily food ration.

What types of food are missing from a refugee child's daily food ration?

- Most refugee children do not receive **fruits, vegetables, and milk**. Without these nutritious food groups, refugee children, particularly those under five, can become malnourished.

How many total grams of food does an American child receive each day?

- The average American child eats 2,230 grams of food each day.

What two food groups make up the largest part of an American child's daily food intake?

- Vegetables (700g) and Milk (700g) are the largest major food groups consumed by American children. Almost 31% each of their daily total!

Which child's food, Refugee or American, would you want to receive on a daily basis?

- Refugee children do not receive many of the foods required to stay healthy. As an American child, you and your family can choose from a variety of foods every day.

Outline:

- Assemble the group of students – separate them into 5 groups sitting at 5 different tables/areas.
- Ask questions to introduce the concepts and to evaluate the audience knowledge base.
 - Does anyone know what rationing is?
 - What may be a common meal (breakfast) for the average American child?
 - What is portion size?
 - How much (in ounces) would the portion size of an average American child's meal be?
 - What types of spices might be used when preparing an American meal?
- The meal of the average American child could be drastically different from the meal of a refugee child. Today we will take a closer look at some of those differences:
 - Typical Meal
 - Encourage the students to think about what the typical American child's meal might be. Hold up some of the items from the table of fake foods to give a visual as the students call them out.
 - Encourage the students to think about what the typical refugee child's meal might be. Hold up some of the grains and beans from the table of refugee meal options to help the students visualize.
 - Portion Size (**Presenter Note: the fake foods are in the proper portion size**)
 - Encourage the students to think about what the average portion size of an American meal.
 - Now encourage one person from each group to come up to the table and make one meal from the fake foods.
 - Encourage the students to think about what the average portion size of a refugee meal.
 - Now, using the digital scales, encourage one person from each group to come up and measure out the amount of grains, proteins, etc. for one meal (**Presenter Note: depending upon the age of the students, you may**

allow them to do the math of determining one meal from the daily allowance).

- Encourage the students to look at the two meals that are on their tables. What are the differences (i.e., variety of foods, some food groups are completely missing from the choices that refugee children have, like dairy and meat)?
- Food Preparation
 - Think about some of the spices used in preparing a typical American child's meal, i.e. seasoning salt, paprika, pepper, various herbs, etc).
 - Think about the spices that might be available to use in a typical refugee child's meal.
 - There are rarely any seasoning and spices available and if there is, it is very limited in the variety. So most food preparation is plain and bland to the taste.
- Ask some questions to help the audience make "real" connections between the average American child and a refugee child
 - How does a typical American child's meal differ from a typical refugee child's meal?
 - Are the portions the same?
 - Would an American child typically be able to get seconds if they desire? How about dessert?
 - How does this compare to a refugee child?
 - Based on what we have discussed today, how can the nutritional health of an American child differ from that of a refugee child?
- Questions/Answers
- Thank you for visiting the museum and the exhibit today and enjoy the remainder of your time in the exhibition.
 - Make sure to stop by the Daily Refugee Child's nutrition verses the Daily American's Child nutrition interactive exhibit in the Camp Registration area of the exhibition. It will help to reinforce the concepts explored in this class.



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Examples of WFP Rations

Sudan, Darfur

Commodities	Grams/person/day
Cereals (sorghum)	450
Pulses (lentils or yellow split peas)	60
Vegetable oil	30
Salt	10
Sugar	30
CSB (Corn Soya Blend)	16.5
Total	596.5
Nutritional Value	
Kcal	2156
Protein (grams)	64.3
Fat (grams)	45.4

Afghanistan

66. Table 2 shows the food basket for different activities. Wheat flour will be milled and fortified locally or in Pakistan, with a premix containing Vitamin A, B complex, folic acid and iron. Vegetable oil is fortified with Vitamins A and D. Biscuits are fortified with Vitamins A, B1, B2, C and niacin, folic acid, calcium, iron and zinc. Salt procured locally is iodized.

Type of intervention	Wheat flour	Oil	Pulses	Iodized salt	Biscuits	Kcal/ day/ person
Assistance to IDPs*	450	30	50	5	0	2 008
Emergency assistance*	450	30	50	5	0	2 008
Assistance to TB patients*	238	18	38	5	0	1 120
FFW *	400	25	50	5	0	1 789
School feeding (on site)	0	0	0	0	100	440
School feeding (take-home)	50–100 kg/yr	0	0	0	0	N/A
School feeding (incentive for girls)	0	3 700	0	0	0	N/A
Teacher training	0	3 700	0	0	0	N/A
Functional literacy training*	200	15	30	5	0	933
Vocational skill training*	200	15	30	5	0	933

Bangladesh

TABLE 1: DAILY FOOD RATIONS (gm/person/day)								
Activity	General Food Distribution	Supplementary Feeding		Therapeutic Feeding	School Snacks	FFW		FFT
Beneficiaries	Camp	Children Under 5	Pregnant/lactating mothers	Children under 10/ adults	School Children	Host	Camp	Camp
		22,000	400	800	100	6,000	12,500	500
Feeding Days/Year	365	365	365	365	250	48	48	365
Rice	450			100		2,500	1,000	1,000
Pulses	40			60				
Vegetable Oil	20	36	30	85				
Salt (iodised)	10							
Sugar	10	30	25	95				
Blended Food (WSB)	50	-	60	60				
Biscuits					50			
Dried Skimmed Milk (DSM)		50	45	135				

Colombia (To IDP Populations affected by the conflict)

TABLE 2: TOTAL FOOD REQUIREMENTS AND DAILY INDIVIDUAL RATION DETAIL						
Product	Total requirement (mt)	Food for new IDPs (g)	Pregnant and lactating women (g)	Children at risk under 5 and under 2 (MCH) (g)	Pre-school and primary school (g)	FFW/FFT (g)
Rice	31 030.0	300	100	100	67	300
Pulses	8 880.5	75	25	25	33.33	75
Vegetable oil	3 888.0	25	25	25	16.67	25
Panela*	3 887.5	25	25	25	16.67	25
Bienestarina	3 740.0		50	50	33.33	
Salt	873.0	5	5	5	5	5
Total	52 959.0**					
kcal		1 634	919	919	670	1 634

Ethiopia

Food Basket for Refugees in Ethiopia

Commodities	Kg/month	g/day	Kcal/day	Protein/day (g)	Fat/day (g)
General Ration ⁵					

⁵ The dietary preference of the refugees is wheat followed by sorghum. Yellow split peas or lentils are also preferred to white beans. WFP will as much as possible try to concur with these preferences and will seek

Cereals	13.5	450	1,485	55.4	6.8
Blended food	1.5	50	190	9.0	3.0
Pulses	1.5	50	170	10.0	0.3
Vegetable oil	0.9	30	266	0.0	30.0
Sugar	0.45	15	60	0.0	0.0
Iodised salt	0.15	5	0	0.0	0.0
Total	18	600	2,171	74.4	40.1
Supplementary Ration					
Blended food		200	760	36	12
Vegetable oil		25	221	0.0	25
Sugar		20	80	0.0	0.0
Total		245	1,061	36	37
School Feeding Ration					
Blended food	3.0	100	380	18	6.0
Sugar	0.6	20	80	0.0	0.0
Total	3.6	120	460	18	6.0
Food-For-Assets Ration⁶					
Cereals	-	3,000	-	-	-
Total	-	3,000	1,650	62	9.0

Kenya (Refugee Camps)

Food	GFD	SFP	TFP	TFP caregivers	Hospital feeding	School feeding	School feeding take-home ration*	FFA for host Pop**
Flour	420			420	420			3 000
Pulses	60			60	60			500
Vegetable oil	25	25	70	25	25			500
CSB	55		100	55	100	70		
Iodized salt	5			5	5			
Sugar-enriched CSB		270						
Sugar			50***		20		20	
Dried plain milk						10		
Complementary food****	50							
DSM****		20						
Therapeutic milk****			300					

* Equivalent to a take-home ration of 500 g per girl student attending at least 80 percent of classes per month.

**Family ration for six people for 12 days per month worked.

*** Given the severe malnutrition in the camps, it is advisable to provide 50 g sugar.

**** To be provided by UNHCR as recommended in the 2006 JAM and in line with the WFP/UNHCR MOU.

Nepal (Bhutanese refugees)

Table 2 – Total food requirements (metric tons) and daily food rations (grams/person/day)

Commodity	Total food requirement (MT)	General ration (grams)	SFP ration for preg/lactat. women, chronic. ill (2300 beneficiaries)	SFP ration for malnourished children (300 children)
Rice (parboiled)	32,184	400	–	–
Pulses	4,828	60	–	–
Vegetable oil	2,033	25	10	20
Wheat/Corn-Soya Blend (fortified)	3,025	35	95	200
Sugar	1,609	20	–	–
Salt (iodized)	603	7.5	–	–
Sub-Total	44,282			

Rwanda

Ration scales

Activity	Cereal Grams	Pulses Grams	Oil	CSB Grams	Sugar Grams	Salt Grams	Energy KCal
Refugee / Returnees / FFT / HIV/AIDS ARV/ Relief	400	100	10	40		5	2,139
FFW	333	167	24				1,984
Therapeutic – twice daily			120	480	90		3,250
Caregivers Therapeutic	200	120	10			5	1,220
Supp Feeding / MCH			20	200	15		989
HIV AIDS PMTCT	150	100	15	20	12		1,139

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