

# Hunger Awareness Skit

## SUGGESTED SCRIPT

### Notes:

The skit can be performed by two adults, two teachers or, in an older school setting, two students. The person playing the part of the Benin girl should drape brightly colored cloth around her and wear a brightly colored scarf over her head. The person playing the part of the U.S. schoolgirl should wear the kinds of clothes typically worn in your school.

Two tables should be set up, with cloth draped over them. The U.S. schoolgirl stands behind one table. All of the food that she mentions as she discusses what she did that day is on the floor, or on a separate, smaller table behind her main table. The audience should not be able to see the food until the U.S. schoolgirl mentions it. As she talks about each food, she places it on the table for all to see. The foods mentioned by the U.S. schoolgirl in the script can be modified, according to availability.

The Benin girl has a similar table arrangement, with her food equally hidden from the audience's view. As she mentions each food, she places it on her table for all to see.

The power of the presentation takes shape as the audience sees the large amount of food the U.S. schoolgirl typically consumes each day, compared to the meager amount of food the Benin girl consumes each day.

For questions, please contact:

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Moderator:

Today we will take an imaginary journey to Benin. Benin is located along the West Coast of Africa, right next to Nigeria (show Benin on the map). The conversation that follows is between a girl from our school and a girl from Benin.

U.S. Schoolgirl:                    (Early morning routine)

Gosh, what a busy day I've had! This morning I woke up at 7:15 a.m. when my alarm went off. I stayed in bed for ten minutes listening to some of my favorite songs on the radio. I finally got up when Mom called to tell me that my breakfast was ready. I put on my uniform and went to the table and ate my favorite breakfast: a glass of milk, an English muffin, an egg, and some strawberries. Mom and Dad and I visited for awhile, then Dad went off to work and Mom and I got into the car to drive to school.

Benin Girl:                            (Early morning routine)

I've had a busy day too! Mama woke me up just as it started to get light. She was leaving to walk the three miles to the village to sell the two dresses she had made. I had to walk to the river, as I do every morning, to get water for my family for the day. The river is two miles away and I carry the water in a big jug on my head. It's really heavy and I get pretty tired, but I know my family is depending on me for all their water. When I returned from the river, it was time to make breakfast for my Papa, 3 brothers and 2 sisters. We each had a small bowl of pate (pronounced "paht"), which is a kind of porridge made from corn. Mama and I make two big pots of it each week and this is what we eat for breakfast, lunch and dinner every day. Each pot has to last us for 3-1/2 days. This morning, I was still hungry after such a small bowl of food, so I drank some of the water so I would feel full.

U.S. Schoolgirl: (Mid-morning routine)

After completing math and a history lesson, my teacher sent us outside for a morning snack and recess. This is my favorite part of the school day. I ate a couple of granola bars for my snack today.

Benin Girl: (Mid-morning routine)

After breakfast I washed the dishes, looked after my youngest brother and my two sisters and made some millet cakes for lunch and dinner. I wished I could go to school like my two older brothers! Most girls in my village don't go to school because we have too many jobs to do at home. Plus, it costs too much money to send everyone to school, so the girls don't get to go.

U.S. Schoolgirl: (Lunch routine)

Wow, lunchtime came around pretty quickly and was I ready for it! I was really feeling starved! I got to sit with my best friends at the lunch table. Today I brought a turkey sandwich, some Doritos, a juice box, an apple and, oh yes, my favorite - Oreos. We ate our food quickly - sometimes we even throw some of it away so that we can get out to recess sooner.

Benin Girl: (Lunch routine)

You throw away perfectly good food? I can't even imagine that! At lunchtime today, my brothers returned from school and my Papa returned from the fields where he is raising crops to sell in the village. They were all very hungry! My sisters and I had to wait until they were finished eating - since they use so much energy working in the fields and going to school, we always have to be sure there is enough food for them before we get to eat. After they were finished, my sisters and I each had a small bowl of porridge and one small millet cake. We drank some more of the water to feel full. I didn't drink very much because I know I will just have to go collect more when it's all gone! And that's hard work!

U.S. Schoolgirl:

(Mid-afternoon routine)

When school was finally over, I couldn't wait to get home. Mom had baked some chocolate chip cookies for me and I had a huge glass of milk with them. She asked me about my day and we relaxed and laughed as we shared stories about all the things that had happened that day. Mom loaded the dishes in the dishwasher while I started my homework.

Benin Girl:

(Mid-afternoon routine)

When my brothers went back to school and my Papa went back to the fields, I cleaned the dishes and lay down on my mat on the dirt floor in our house. I could hear my sisters and brother playing in the shade outside. My tummy hurt and I was so tired from not having enough to eat, but I couldn't sleep. I knew I would soon have to get up and start washing the clothes, milking the goat and cooking dinner.

U.S. Schoolgirl:

(Dinner routine)

As I was finishing my homework, I could smell dinner cooking in the oven. Mom had made some lasagna, garlic bread, salad and carrot sticks. I took a huge portion since she had made a large pan. Dad came home from work and everybody told stories about their day. When dinner was finished we loaded the dishwasher and sat down to relax and watch some T.V. before bed.

Benin Girl:

(Dinner routine)

Mama came home from the village and she was singing because she had sold both dresses! With the money she made she bought some more cloth to make more dresses tonight. She also bought a smoked fish, three tomatoes and two oranges. We used the tomatoes to make a thin red sauce for our porridge and we broke up bits of the fish and put that in the sauce. We had a little bit of goat's milk, too! Again, Papa and my brothers got to eat first, but there was enough for me to have one small bowl of porridge with the

fish and tomato sauce, one millet cake and three sips of goat's milk. As a special treat, we each got two sections of orange!

U.S. Schoolgirl:

I had no idea how little food you get to eat each day. I wish that I could share some of my family's food with you. We always have enough and sometimes we even waste it. I know what would help! I will put 10 cents in a special "charity" bank every time I eat a meal or a snack this week so that I can share some of my extra with you. I will find a charity that helps with hunger issues. I hope that tomorrow you will have more to eat.

Benin Girl:

Thank you so much! That will really help my family!

(They hug!)

## Food Required:

Any foods can be used. The following foods match the script provided.

### U.S. Schoolgirl:

#### Breakfast:

Milk (1 glass) (the glass can be empty if it is made of colored plastic)

English Muffin (1)

Fried Egg (1)

Strawberries (1 bowl)

#### Morning Snack:

Granola Bars (2)

#### Lunch:

Turkey sandwich (1)

Doritos (1 snack-sized bag)

Juice box (1)

Apple (1)

Oreos (3 or so)

#### Afternoon Snack:

Chocolate chip cookies (homemade matches the script)

Milk (1 glass)

#### Dinner:

Lasagna (1 large square)

Garlic bread (1 or 2 pieces)

Salad (1 bowl)

Carrot sticks (several)

## Benin Girl:

### Breakfast:

- 1 small bowl pate (prepared cous cous will look similar from afar)
- 1 small cup of very cloudy, dirty-looking water - the cup should be clear plastic - the water should NOT be crystal clear like water in the United States.

### Lunch:

- 1 small bowl of pate
- 1 small millet cake (mix cooked cous cous with flour and water to make a square; bake for about 10 minutes in a toaster oven set at 350 degrees.)
- 1 small cup dirty-looking water in clear plastic cup

### Dinner:

- 1 small bowl of pate
- 1 small millet cake
- 1 Tbs. of red sauce (spaghetti sauce thinned with water will work)
- 2 orange slices
- 3 sips of "goat" milk (cow's milk will work) in small, clear plastic cup