

When I eat well, I feel:



When I'm hungry, I feel:



Poverty Buzzwords

Beg: Ask someone for food or money

Bill: A written amount of money you owe for a purchase

Hardship: A really difficult time

Poor: Not having enough money

Income: Money you get, usually from work

Livelihood: The way someone earns the money they need to pay for their basic needs

Pack the Backpack

What are the nutritious foods that could go into this backpack? Circle them.

