



GRADUATE STUDENT INDEPENDENT STUDIES

The Meal Gap: A Food Activist Curriculum

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Date of Award

Spring 4-18-2018

Document Type

Thesis

Degree Name

Master of Science in Education (MSEd)

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Abstract

The Meal Gap: A Food Activist Curriculum is a series of fifty-four lessons for fourth grade students that introduces them to the topic of food insecurity. The Food and Agriculture Organization (FAO) of the United Nations initiated the World Food Summit in 1996 to discuss and call attention to the “widespread undernutrition and growing concern about the capacity of agriculture to meet future food needs” (Food and Agriculture Organization, n.d.). The June 2006 Policy Brief of the FAO reaffirmed the 1996 definition of food security, which states that “Food security exists when all people, at all times, have physical and economic access to sufficient safe and nutritious food that meets their dietary needs and food preferences for an active and healthy life” (p. 1). The FAO further elaborated that food security depends on four main components: utilization, availability, access, and stability (p. 1). These components form the main units of this curriculum because they encompass more than the issue of financial access to food, but consider the complex and interconnected reasons why food insecurity exists in “food rich” societies such as the United States.

Comments

Museum Education: Childhood

Recommended Citation

Shepherd, K. L. (2018). *The Meal Gap: A Food Activist Curriculum*. *New York : Bank Street College of Education*. Retrieved from <https://educate.bankstreet.edu/independent-studies/229>

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The GAPS diet has been promoted as an effective way to treat several health conditions. But does it actually work? This article investigates. Following the GAPS diet can be a years-long process. It requires you to cut out all foods Dr. Campbell-McBride thinks contribute to a leaky gut. This includes all grains, pasteurized dairy, starchy vegetables and refined carbs. The GAPS protocol is made up of three main stages Food is an essential part of people's lives, and not just a means of survival. It is also the main factor in how we view and differentiate people and influences the impacts on their culture. Different cultures have varieties of food and ingredients and this is a fusion of foods with their culture. You are what you eat, it doesn't matter how they eat it or how they cook it as long as it represents them and their culture. There is a strong link between culture and food; this includes their religion, tradition. Media plays an important role supporting in retaining culture and food identity. The m