

# Desert Island Survival

The American illusionist David Blaine spent 44 days without food in 2003 in a glass box hung from a crane by the River Thames in London. Throughout history, there have been many stories of people being forced to survive long periods without food. Some of these survival stories were of people stranded on desert islands.

Imagine you were stranded on a desert island. Which objects would you wish to have with you and why?

	Item	Reason
1		
2		
3		
4		
5		

You could also try to find out:

- about the history of hunger artists;
- what the longest time is that anyone has survived without food;
- how long humans can survive without water;
- about the health benefits of fasting.

