Set in a future North America known as "Panem", the Capitol selects a boy and a girl between the ages of 12 and 18 from each of the twelve outlying districts to compete in the annual "Hunger Games", a televised fight-to-the-death.

Children compete in a fight to the death? Who does that? What kind of world is this?
The film is centered around Katniss Everdeen - a 16-year-old girl from District 12, who volunteers for her 12-year-old sister, Prim, when Prim's name is chosen - and Katniss's fellow District 12 tribute, Peeta Mellark, whom she has some rather dramatic history with.
Katniss is then rushed to the Capitol, where she undergoes intense training, before being thrust into the arena to fight to become the victor of the seventy-fourth annual Hunger Games.