



Zero Hunger - How as a nation can we address hunger across the world?

Prior Learning (What we already know?):

1. To learn about food through healthy meals and snacks.
2. To begin to distinguish between food groups and types of food to eat and why, and establish a balanced diet.
3. To be able to create a mindful eating plan and commit to making changes in personal eating and buying habits.
4. Ability to read labels and ingredient lists, and how to interpret health claims.
5. To be able to identify and access healthy alternatives to fast food.

Key Questions:

- What problems do people face to have enough food?
Where does our food come from?
How is food stored?
What can I do to help?

Key Facts:

Poor harvesting practices, as well as food wastage have contributed to food scarcity.

You can make changes in your own life—at home, at work and in the community—by supporting local farmers or markets and making sustainable food choices, supporting good nutrition for all, and fighting food waste.

Improving the performance of food systems and their ability to cater even for the poorest will therefore be key to achieving Zero Hunger.

According to recent estimates, 44 million people in 38 countries are at risk of sliding into famine – the most extreme form of hunger, which can result in death from starvation or disease. Indeed, parts of Yemen, South Sudan and Madagascar may be close to or are already in the grip of famine.

New Learning:

1. To be able to define the meaning of hunger and malnutrition.
2. To explore the definition and problems of hunger, malnutrition and food insecurity.
3. To understand about food security, livelihood and gender inequality.
4. To understand where different foods come from: fruits, vegetables, dairy, meat.
5. To be able to follow food from the farm to the pot.
6. To understand how to store food: fresh, tinned, dried, frozen.
7. To know and understand the main drivers and root causes for hunger at the individual, local, national and global level.
8. To know and understand about the amount and distribution of hunger and malnutrition locally, nationally and globally, currently as well as historically.

New Skills:

1. To be able to create a mindful eating plan and commit to making changes in personal eating and buying habits.
2. Ability to read labels and ingredient lists, and how to interpret health claims.
3. To be able to identify and access healthy alternatives to fast food.
4. To be able to apply healthy eating concepts to avoid food-related illnesses e.g. obesity or diabetes, including ability to distinguish between portion and serving size.
5. To understand the reasons why people eat the foods they eat (cultural, emotional, environmental, nutritional, religious, social, etc.)



Vocabulary:

Malnutrition, food insecurity, undernourished

Key Resources:

<https://menzelphoto.photoshelter.com/gallery-image/Hungry-Planet-Family-Food-Portraits/G0000zmgWvU6SiKM/10000oEirEGHRmIE/C0000k7JgEHhEq0w>

https://www.wfp.org/support-us/stories/donate?utm_source=google&utm_medium=cpc&utm_campaign=14484934461&utm_content=128338538764&gclid=CjwKCAjwIcaRBhBYEiwAK341jdLI0SMnAu5qZW1AewQ3HSMNSaJuUZypDc5Liu3ayvRmsL4vAk7SQxoCwvwQAvD_BwE&gclid=aw.ds

<https://www.wfp.org/publications/hunger-map-2020>

Can I do this?

1. To adopt healthy lifestyles and mindful eating habits beyond school and into adulthood.
2. To have a willingness to find solutions to food insecurity and malnutrition.
3. To be able to appreciate indigenous or local perspectives on ways of living together and using resources sustainably.
4. To be able to see every individual as a powerful agent of change to sustain the food system.
5. To be able to share learning with friends, family and community.
6. To have positive attitudes and skills that pave the way for carrying healthy habits beyond school and into adulthood.
7. To be able to take responsibility for personal health.