

ENOUGH FOOD IN THE WORLD

LEARNING RESOURCES

The activities in this pack aim to provide students with an understanding of how and why hunger affects so many children around the world. They can be used to teach citizenship, PSHE and humanities, and are designed to support learning and fundraising activities in schools taking part in the World Marathon Challenge. For more information see: [savethechildren.org.uk/wmc](https://www.savethechildren.org.uk/wmc)

ACTIVITY 1 HOW HUNGER AFFECTS CHILDREN

🕒 30 minutes

RESOURCES

A: Information

Real stories

B: Article

G8 urged to tackle malnutrition

C: Blog

Niger: "If the world doesn't help, I'm scared we'll die"

D: Film

Djamila in Niger

E: Information

Mindmap

How does hunger affect children's lives?

Explain to your class that they will hear the answers to this question from children themselves. Ask pupils to read through the stories in resources A, B and C, and play them the video of Djamila (resource D).

Then ask them to note down answers under the following headings:

- Health
- Working
- Family and friends
- School
- Feelings
- Safety

Students have 20 minutes to consider this information, identifying the ways in which hunger affects children's lives – both now and when they are older.

Then lead a discussion on what has been learnt. Use resource E to add detail and cover any areas not covered by the students' answers.



Watch the World Marathon Challenge film at [savethechildren.org.uk/wmc](https://www.savethechildren.org.uk/wmc)



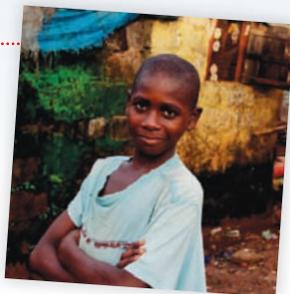
Key learning: Hunger has a far-reaching impact on all aspects of children's lives, both now and into the future.

REAL STORIES

Download printable A4 versions of these resources at:
savethechildren.org.uk/wmc

IBRAHIM, 14, SIERRA LEONE

“We don't have enough money. I eat dry gari [shredded cassava] once a day and, if I'm lucky, rice with butter and hot pepper once a day. When I go to sleep I always feel hungry.”



MARITU, 9, ETHIOPIA

“Today I had a small piece of flatbread for breakfast and the same for lunch. We don't eat anything else – I might get egg or meat once a year for special occasions. There isn't enough, but my parents give me whatever is available. Sometimes I feel hungry at school.”

Source: Save the Children

SHAMSIA'S STORY

When her family's crops failed to grow, one-year-old Shamsia became ill with rashes, vomiting and diarrhoea caused by severe malnutrition. Her mum, Lantana, was worried she would die. She brought Shamsia to Save the Children's clinic in a nearby town.

“This year is hard since there is no food,” Lantana said. “It ran out quickly and buying food is more expensive because we didn't have a lot of crops.”

Save the Children's nurses treated Shamsia with high-nutrient milk, and she is now a happy, healthy baby girl again. Sadly, millions more children aren't so lucky.



Photo: Jonathan Hyams/Save the Children

RESOURCE B: Article

G8 urged to tackle malnutrition

This article from the Guardian describes how hunger is affecting families in Mozambique.

Web link: bit.ly/KvcHNx

RESOURCE C: Blog

“If the world doesn't help, I'm scared we'll die”

Save the Children's Jonny Hyams reports from Niger on the West Africa food crisis.

Web link: bit.ly/J97hrk

RESOURCE D: Film

Djamila in Niger

Ten-year-old Djamila describes how hunger affects her life. The film lasts for 2 mins 46 secs.

Web link: bit.ly/Lvwayi

MINDMAP

Download printable A4 versions of these resources at: savethechildren.org.uk/wmc

How do hunger and malnutrition affect children's lives?

- They don't get the balanced diet and nutrition they need to grow
- Their bodies and brains fail to develop properly
- Their bodies cannot repair themselves, eg, cuts do not heal
- Their weakened immune systems give them little resistance to killer diseases such as malaria and HIV
- They can die

Health

School

- They have to leave school to find or help produce food, so they miss out on their education
- They feel hungry at school, which affects their learning

- They have to work from a young age to help prepare and produce food

Working

Feelings

- The constant hunger makes them and their families feel desperate
- They are unhappy
- They go to bed hungry

- Their villages change as other families leave to search for food
- Their lives become very hard, with little time for friends and playing

Family and friends

Safety

- They are put in danger, eg, having to leave their homes to beg for food in cities

ACTIVITY 2 WHY DO CHILDREN GO HUNGRY?

⌚ 30 minutes

RESOURCES

F: Worksheet

Why children go hungry:
myth or fact?

G: Information

Why children go hungry:
hunger myths

H: Worksheet

Busting the hunger myths

Why do so many children go hungry?

⌚ 10 minutes

Students work in pairs to quickly brainstorm three reasons for world hunger.

Lead a class discussion, writing up the suggested reasons for everyone to see and noting common themes.

Then ask students if they're sure these are all correct. Could some be myths? (You may need to quickly discuss what a myth is and agree on a definition.)

Exploring the hunger myths

⌚ 20 minutes

Hand out resource F, which shows six statements about hunger. Explain that it is up to them to identify each one as either a myth or a fact.

Students work in groups for just five minutes to discuss the statements.

Groups then report back on how many were myths and how many facts, perhaps writing them under the two headings at the front of the class.

Then tell the class that all these statements are actually myths! Then outline why each statement is a myth using the information provided in resource G.

Finally, give students resource H. Get them to complete the worksheet in their own, writing down explanations for the six myths.



Key learning: *There are many widely accepted myths about world hunger, but these need to be questioned if we are to tackle the problem.*

WHY CHILDREN GO HUNGRY: MYTH OR FACT?

Download printable A4 versions of these resources at: savethechildren.org.uk/wmc

This worksheet lists six statements about the causes of world hunger.

Are they myth or fact?

Tick the correct box for each.



The world is short of food

Myth

Fact



**People have too many children
and can't feed them all**

Myth

Fact



Parents don't care

Myth

Fact



**Droughts and other natural disasters
are to blame for hunger**

Myth

Fact



**Hunger exists when food
is unavailable**

Myth

Fact



**People only go hungry during
emergencies and disasters**

Myth

Fact



WHY CHILDREN GO HUNGRY: HUNGER MYTHS

Download printable A4 versions of these resources at: [savethechildren.org.uk/wmc](https://www.savethechildren.org.uk/wmc)

MYTH 1

The world is short of food

No, the world isn't short of food – but food isn't reaching the poorest families at a price they can afford. We need to be more efficient and fair about how we grow and distribute food.

MYTH 2

People have too many children and can't feed them all

No, there is enough food to feed everyone. Mothers in poorer countries tend to have more babies because they fear that some will die. As living standards improve, parents feel more confident that their children will survive – and families become smaller (like here in the UK).

MYTH 3

Parents don't care

No, they do care – but they need support. For example, breast milk is the best food a baby can have, but too many mothers can't get the practical advice on breastfeeding they need from midwives and health workers.

MYTH 4

Droughts and other natural disasters are to blame for hunger

No, people can survive even during times of drought if they have been given the chance to build irrigation systems, storage facilities and roads to connect them to markets. Then they are able to improve their harvests.

MYTH 5

Hunger exists when food is unavailable

No, people can go hungry even when there's plenty of food around them in local shops and markets. Often, they simply can't afford the food because prices are high and unpredictable – or they can't reach the markets.

MYTH 6

People only go hungry during emergencies and disasters

No, emergencies only account for 8% of the world's hungry. There are nearly a billion people in the world who are not in the news headlines, but who go to bed hungry every night.

Source: Save the Children and the World Food Programme

BUSTING THE HUNGER MYTHS

Download printable A4 versions of these resources at: [savethechildren.org.uk/wmc](https://www.savethechildren.org.uk/wmc)

Complete this worksheet, giving your own explanations for the six myths:

 **MYTH 1 – *The world is short of food***

 **MYTH 2 – *People have too many children and can't feed them all***

 **MYTH 3 – *Parents don't care***

 **MYTH 4 – *Droughts and other natural disasters are to blame for hunger***

 **MYTH 5 – *Hunger exists when food is unavailable***

 **MYTH 6 – *People only go hungry during emergencies and disasters***

🕒 10 minutes

RESOURCE 1: FILM

Face-to-face with hunger

Television presenter Natasha Kaplinsky reports on hunger in Mozambique. The film lasts for 3 minutes and 39 seconds.

Web link: bit.ly/SESnKG

Students watch the film featuring TV presenter Natasha Kaplinsky in Mozambique, in which they hear about the impact of rising food prices and find out about a mother struggling to help her malnourished child.

The film ends with Natasha saying: "There is enough food in the world – we just need to act."

Concluding this activity, you may want to hear students' initial reactions to the film. You could ask questions like:

- How does it make you feel?
- Which bits stood out for you? Which bits do you think you will still remember in a week's time? Why?
- How do you think the money you raise from the World Marathon Challenge could be used to help children who are suffering from hunger?
- Are there any other ways in which taking part in the World Marathon Challenge helps children around the world?



Photo: Sebastian Rich/Save the Children

This is an abridged version of the *Enough Food in the World* teacher's pack originally written by Caroline Gilchrist for Save the Children in 2012.



Key learning: There are many reasons for hunger – like people not being able to afford food even though it is available – but a lack of food in the world is not the reason why children go hungry.