

World Food Day 2022

[6-8 Lesson Plan](#)

Compelling Question:

How can we help end hunger by 2030?

Supporting Questions:

What happens are effects of short term and chronic undernourishment (*not getting enough foods or eating the wrong kinds of foods*)?

What countries and communities around the world have high percentages of undernourished people?

Is this more of a global and not local problem?

What could I do anyway?

World Food Day Information:

Each year on October 16, people around the world recognize World Food Day. The goal of World Food Day is to raise worldwide awareness and action for those who suffer from hunger or food insecurity. Through this raised awareness and action, World Food Day organizers are aiming for zero hunger by 2030.

- Over 600 million people worldwide suffer from insufficient food consumption
- **Hunger kills more people every year than malaria, tuberculosis and aids combined.**
- **Around 45% of infant deaths are related to malnutrition.**
- **One third of the food produced worldwide is lost or wasted. When we waste food we also waste valuable resources like water, arable land, oil, gas, human effort, etc.**

Lesson:

Introduce students to the idea of World Food Day (see above) and share with them the goal of increasing awareness around hunger and food insecurity.

Activity One: Remind the students that there are 815 million people in the world who suffer from chronic undernourishment. Ask the students to use the 2022 Interactive World Map ([link](#)) to identify the countries with high percentages of undernourished people. The questions below should guide their work.

- Which countries on the map have “moderately high,” “high,” or “very high” percentages of chronically undernourished citizens?
- What do many of these countries have in common?

- Which of these countries are currently or have recently been involved in war?
- Do countries, and cities like Alexandria, with “very low” percentages of chronically undernourished people still have thousands of undernourished citizens?
- If 8% of Alexandria’s 158, 511 residents are food insecure, roughly how many people in our city need help securing food?

As a group, confirm that food security is a global, national, and local problem. In fact, over 815 million people worldwide suffer from chronic undernourishment. Both nationally and in Alexandria, one in every five people struggle to find their next meal. A few of the reasons that people are going hungry and have to deal with food insecurity are extreme weather events (floods, droughts), poverty, lack of physical access to food, and instability in the environment due to military and political conflicts.

Activity Two: Introduce the students to the [Leave no one behind](#) booklet put out by the United Nations. It covers everything from the challenges, solutions, and the 17 sustainable development goals of the UN and has 3 activities to choose from. You could spread the activities out throughout the year.

Activity Three: What is hunger and why does it exist?

Students will take each of the following words and discuss how each can lead to hunger issues.

- Conflicts
- Extreme weather events
- Climate change
- Poverty
- Advertising
- Cost

Take the last one and expand this to include a mini-simulation of trying to run a family household. People, if given the choice, would mostly want to eat healthfully and buy foods that are good for them. However, this is not always possible given each person’s and family’s situation.

Have the students put together their “family,” including their job that they could realistically see themselves having. What would that look like in terms of their budget?

Activity Four: Pose to students the question, how can we help? Create a list of ideas from students and discuss which of those solutions may be easy to do quickly and which would take more time to organize.

Share with them some of the suggested ways in which we can help end hunger and food insecurity (see list below).

Ways to Help End Hunger and Food Insecurity

- Don't waste food
- Donate your food and time to local charities and food shelters
- Support local farmers
- Eat healthy food
- Take care of the water
- Keep fish populations alive
- Keep the groundwater clean
- Buy local
- Make cities greener
- Be energy efficient
- Recycle

Reflection and Share:

Ask students to identify one action they will take in the next few days to help in this effort. Allow volunteers to share their action with the group.

Online Resources about Hunger:

[World Food Day](#)

[The Zero Hunger Generation](#)

[Feeding America: Child Hunger Facts](#)

[Hunger Free Alexandria](#)

[Working for Zero Hunger activity book](#) (earlier version of the Leave no one behind in Activity two).