

World Food Day 2022

Compelling Question:

[3-5 Lesson Plan](#)

How can we help end hunger by 2030?

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: Ask students to discuss with a partner the effects of short term undernourishment (What happens if someone does not eat enough or the right kinds of food for one or multiple days?) and chronic undernourishment (What happens if someone does not eat enough or the right kinds of food for months or years?). As a group, draft a list on the board of the effects of undernourishment identified by the students. Help the students identify all the items below.

Short Term Undernourishment	Chronic Undernourishment
• Fatigue	• Weakened Immune System
• Dizziness	• Weight loss (not enough calories)
• Loss of focus/Inability to concentrate	• Weight gain/Obesity (wrong kinds of food)
• Lack of motivation	• Loss of muscle tissue
	• Stunted growth
	• Incomplete organ growth and development
	• Death

Activity Two: 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 Hunger 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 3% of Alexandria’s 153, 511 residents are undernourished, 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 eight are food insecure, defined as *a lack of consistent access to enough food for an active, healthy life* as defined by the [Hunger and Health. Feeding America.org](#). A few of the reasons people 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 Three: 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.

Books with Hands On Farm and Food Activities

Farm Anatomy Activities For Kids by Dawn Alexander*

Food Anatomy Activities for Kids by Amber Stott*

* in the professional library next to Jenn’s office

Online Resources about Hunger:

[World Food Day](#)

[The Zero Hunger Generation](#)

[Feeding America: Child Hunger Facts](#)

[Hunger Free Alexandria](#)

[Hunger and Health Feeding America](#)

