



feeding minds.
fighting hunger



Feeding Minds,
Fighting Hunger
www.feedingminds.org
fmh@fao.org

a
WORLD
FREE FROM
hunger

A World Free from Hunger

Our vision is a world without hunger and malnutrition – a world in which each and every person can be assured of having the food they need to be well-nourished and healthy. Our vision is a world that provides for and protects the welfare and human dignity of all of its people. A world in which all children can grow, learn and flourish, developing into healthy, active, caring members of society.

While many achievements have been made in alleviating hunger and malnutrition worldwide, we still fall very far short of having a world in which all people can be free from hunger. We see education and information on issues related to world hunger, food security and nutrition as key factors in making this global vision a reality. Thus, we focus our efforts on the young and their teachers. If every year, on World Food Day (16 October), children all over the world are introduced simultaneously to common teaching materials about hunger and malnutrition and what needs to be done, would they be more likely to grow up understanding the interdependences of our world? If they are taught lessons from different parts of the world, from different cultures and circumstances, would they be more ready to work together to solve the problems of hunger and food insecurity? Are there ways in which a generation of young people can be nurtured to develop responsible global citizenship?

We believe that the answers to all these questions are “YES”. As educators, you are in a special position to instil in young people a sense of caring and commitment to join in the fight against hunger. The imagination, ideals and energy of young people represent a vital resource for the continuing development of their communities and nations. You, their teachers, can help make a difference through informing, sharing knowledge, encouraging participation, and showing the young that they have an important role to play in achieving a world free from hunger.

We encourage you to join with teachers and students all over the world to participate in Feeding Minds, Fighting Hunger.



Teacher's Introduction to Feeding Minds Fighting Hunger

WHO: Teachers all over the world who would like to introduce their students to the problems of hunger and malnutrition can use and adapt the Feeding Minds, Fighting Hunger materials and model lesson plans.

WHAT: The Feeding Minds, Fighting Hunger lessons have been developed as a starting point for teachers to introduce the topic of hunger in the world to their students. Given the wide variety of problems, cultures and environments around the world, the lessons have been prepared as a framework for teachers, with the understanding that teachers will need to tailor the scope, language, discussions and activities provided for each lesson to fit their students and local conditions. All levels cover the topics of *What is hunger and malnutrition, and who are the hungry? Why are people hungry and malnourished?* and *What can we do to help end hunger?* Each lesson contains Objectives, Concepts and Activities to engage your students in a discussion about these serious and persistent problems.

Three lessons are provided for each of three broad school levels: primary, intermediate and secondary. The lessons have been directed towards the middle of the developmental skills range for each level. As grade levels and student ages are defined differently around the world, teachers will need to examine the lessons and select the materials that best match their students' level of cognitive development, making modifications as necessary.

WHEN: On World Food Day, 16 October – and throughout the year — students all over the world can use these lessons to gain a better understanding of hunger and malnutrition. Teachers can then submit lessons generated in their specific classes for use by other teachers around the world on subsequent World Food Days. New ideas, activities and lessons from around the world will be collected and distributed each year.

WHERE: In your classroom and in thousands of others around the world at the same time.

WHY: Our vision is a world where every person has access to enough food to live a healthy and productive life and where malnutrition is absent. We see education and information on issues related to world hunger, food security and nutrition as key factors in making this global vision a reality. The aim is to create a global classroom in which children and young people everywhere study and discuss the same issues, with the hope of preparing and stimulating them to participate in activities to create a world free from hunger.

HOW: You are encouraged to copy and use these materials throughout the school year, adapting the lessons to fit the particular circumstances of your students and your

classroom facilities. Lessons that are adapted and developed locally to meet local problems, interests and culture are usually the most effective. Locally developed lessons and materials can then be used to help each community address its own particular problems. The model lessons are designed to be covered in three classes of approximately 45 minutes each, but they can be covered in greater or less detail, as you wish, to fit the needs of your class. Background information is provided for each lesson and concept for use either by you or by your students, as you feel appropriate. Each lesson contains suggested activities and discussion points which you can use as presented or as a base to create your own class activities on each topic.

*All the FMFH materials
are also available
on the Web at
www.feedingminds.org*

*To share your comments
and lessons, please see
the comments section
at the end of the book*

Our email: fmfh@fao.org

As teachers around the world see what works best in various cultures and environments and begin to adapt these lessons accordingly, a series of relevant and compelling teaching tools and activities on the topic of hunger in the world will be created. We would like to hear your comments on these lessons and would especially like you to share any adaptations you have made. This will help us to improve the programme year after year. You are also encouraged to submit lessons or results from your classes that can be shared around the world for this project on next year's World Food Day (it is always on 16 October!).

About World Food Day

World Food Day is celebrated every year on 16 October to commemorate the founding of the Food and Agriculture Organization of the United Nations (FAO) in 1945. World Food Day aims to heighten public awareness of the plight of the world's hungry and malnourished and to encourage people worldwide to take action against hunger. More than 150 countries observe this event every year. In the United States, 450 national, private voluntary organizations sponsor World Food Day, and local groups are active in almost every community. First observed in 1981, each year World Food Day highlights a particular theme on which to focus activities. The theme for 2000 was "A Millennium Free From Hunger". Themes from the previous years are "Youth Against Hunger" (1999) and "Women Feed the World" (1998).

A related initiative is the TeleFood Campaign, in which television and radio broadcasts, concerts, celebrity appeals, sporting and other events pass on the message that it is time to do something about the problem of world hunger. The objective of TeleFood is to raise awareness and mobilize resources for microprojects on food security. Donations to TeleFood support hundreds of small projects in developing countries that help poor farmers grow more food or generate income to buy enough food to feed their families. Materials for recent World Food Day/TeleFood themes are available on the FAO Web site.

Hunger and Malnutrition in the World

To be healthy and active, we must have food in adequate quantity, quality and variety to meet our energy and nutrient requirements. Without adequate nutrition, children cannot develop their potential to the fullest, and adults will experience difficulty in maintaining or expanding theirs.

Not everyone has adequate access to the food they need, and this has led to large-scale hunger and malnutrition in the world. Nearly 800 million people today are chronically undernourished and unable to obtain sufficient food to meet even minimum energy needs. Approximately 200 million children under five years of age suffer from acute or chronic symptoms of malnutrition; during seasonal food shortages, and in times of famine and social unrest, this number increases. According to some estimates, malnutrition is an important factor among the nearly 13 million children under five who die every year from preventable diseases and infections, such as measles, diarrhoea, malaria and pneumonia, or from some combination of these.

The vast majority of the undernourished people live in Asia and the Pacific. This region, which is home to 70 percent of the total population of the developing world, accounts for almost two-thirds (526 million) of the undernourished. India alone has 204 million undernourished people, and the South Asian subregion accounts for more than one-third (284 million) of the world total. Another 30 percent (240 million) live in Southeast and East Asia, where more than 164 million of China's 1.2 billion people are undernourished. Almost one-quarter of the undernourished are in sub-Saharan Africa, which is also the region with the highest proportion of its population undernourished. The situation is especially severe in Central, East and Southern Africa, where 44 percent of the total population is undernourished.

Malnutrition is one of the prime causes of low-birth-weight (LBW) babies and poor growth. LBW survivors are likely to suffer growth retardation and illness throughout childhood, adolescence and into adulthood, and growth-retarded adult women are likely to carry on the vicious cycle of malnutrition by giving birth to LBW babies. Links between malnutrition in early life – including the period of foetal growth – and the development later in life of chronic health conditions such as coronary heart disease, diabetes and high blood pressure are also emerging. Some 30 million infants are born each year in developing countries with impaired growth caused by poor nutrition in the womb.

Malnutrition in the form of deficiencies of essential vitamins and minerals continues to cause severe illness or death in millions of people worldwide. More than 3.5 billion people are affected by iron deficiency, 2 billion are at risk of iodine deficiency and 200 million pre-school children are affected by insufficient vitamin A. Iron deficiency can result in growth retardation, low resistance to disease, long-term impairment in mental and motor development and impaired reproductive functions; it contributes to approximately 20 percent of pregnancy-related deaths. Iodine deficiency may cause permanent brain damage, mental retardation, reproductive failure, decreased child survival and goiter. In an expectant mother, iodine deficiency can produce varying degrees of mental retardation in her infant. Vitamin A deficiency can result in blindness or death among children; it contributes to decreased physical growth and impaired resistance to infections, with consequent increased mortality in young children.

Even mild forms of these deficiencies can limit a child's development and learning capacity early in life, which can lead to cumulative deficits in school performance, resulting in higher school drop-out rates and a high burden of illiteracy in our future populations. Many of the most severe health consequences of these three leading

micronutrient deficiencies could be greatly alleviated by ensuring adequate food supplies and varied diets that provide essential vitamins and minerals.

In many countries, health problems related to dietary excess are an ever-increasing threat. Obesity in childhood and adolescence is associated with various health problems, and its persistence into adulthood leads to health effects ranging from an increased risk of premature death to several non-fatal but debilitating conditions that affect productivity. These emerging problems are not just limited to developed populations; an increasing number of developing countries are confronted with the double burden of undernutrition and chronic diet-related disease. In addition, food contamination from microbial agents, heavy metals and insecticides is a barrier to nutrition improvement in every country of the world. Food-borne diseases are common in many countries, and children are frequent victims, experiencing diarrhoea leading to underweight and wasting and high levels of child mortality.

Whether in their mildest or in their most severe form, the consequences of poor nutrition and health result in a reduction in overall well-being and quality of life, and in the levels of development of human potential. Malnutrition can result in productivity and economic losses, as adults afflicted by nutritional and related disorders are unable to work; education losses, as children are too weakened or sickly to attend school or to learn properly; health care costs of caring for those suffering from nutrition-related illnesses; and costs to society of caring for those who are disabled and, in some circumstances, their families as well.

Over the last century, remarkable progress was made in increasing the quantity and quality of global food supplies and in improving the nutritional status of populations. As global food supplies have kept pace with population growth, and health, education and social services have improved throughout the world, the number of hungry and malnourished has declined significantly. And yet, access to sufficient supplies of a variety of safe, good-quality foods remains a serious problem in many countries, even where food supplies are adequate at the national level. In every country, some form of hunger and malnutrition continues to exist.

Putting an end to hunger necessarily starts with ensuring that enough food is produced and available for everyone. However, simply growing enough food does not guarantee the elimination of hunger. Access by all people at all times to enough nutritionally adequate and safe food for an active and healthy life – food security – must be guaranteed. Worldwide, increased efforts to ensure food security are needed in order to eliminate hunger and malnutrition, and their devastating consequences, among current generations and those to come. The contribution of each and every one of us – through information sharing, caring and participating in activities – is imperative to ensuring the fundamental right of all human beings to be free from hunger.

** See also
the World Food Day
2000 Information Note
and Issues Paper "A
Millennium Free from
Hunger", available
in printed form
and on the Web
www.fao.org*

Partners in Feeding Minds, Fighting Hunger

The Feeding Minds, Fighting Hunger project has been initiated by a group of international and non-governmental organizations that have joined forces to help eradicate hunger and malnutrition through education. The partners believe that, by bringing together their individual efforts and expertise, a world free from hunger can be achieved more quickly and successfully than by working alone.

American Federation of Teachers (AFT)

The American Federation of Teachers is a trade union representing more than 1 million members in the fields of K-12 education (teachers and paraprofessionals), state governments, higher education and nursing and health professions. Founded in 1916, AFT continues to be known for its democratic ideals and cutting-edge work on behalf of its members, exerting strong influence on the standards and professional practices in members' workplaces.

555 New Jersey Avenue NW, Washington, DC 20001-2079, USA

Tel.: (+1) 202 879 4490 - Fax: (+1) 202 393 8648

Web site: www.aft.org

Food and Agriculture Organization of the United Nations (FAO)

FAO was founded in 1945 with a mandate to raise levels of nutrition and standards of living, to improve agricultural productivity, and to improve the condition of rural populations. With a worldwide staff and 180 Member Nations and the European Community (EC), FAO works to alleviate poverty and hunger by promoting agricultural development, improved nutrition and the pursuit of food security – access by all people at all times to the food they need for an active and healthy life.

Viale delle Terme di Caracalla, 00100 Rome, Italy

Contact Person: Valeria Menza, Food and Nutrition Division

Tel.: (+39) 06 5705 4292 - Fax: (+39) 06 5705 4593

Web site: www.fao.org

Future Harvest

Future Harvest is committed to creating a world with less poverty, a healthier human family, well-nourished children, and better environment by raising awareness and support for international agricultural research. Future Harvest supports scientific research, helps bring the results of research to rural communities in developing countries, and works to educate children and adults about the importance of feeding the world and protecting the Earth.

PMB 238, 2020 Pennsylvania Ave NW Washington, DC 20006-1846, USA

Tel.: (+1) 202 473 3553

Web site: www.futureharvest.org

International Food Policy Research Institute (IFPRI)

IFPRI's mission is to identify and analyse alternative national and international strategies and policies for meeting the food needs of the developing world on a sustainable basis, with particular emphasis on low-income countries, poor people and sound management of the natural resource base that supports agriculture.

2033 K Street NW, Washington, DC 20006-1002, USA

Tel.: (+1) 202 862 5600

Web site: www.ifpri.org

List serve: www.ifpri.cgiar.org/new/newatifpri.htm

International Education and Resource Network (I*EARN)

I*EARN is a global educational telecommunications network linking schools and youth groups in more than 90 countries in order to enable students to use Internet technologies for collaborative project-based learning on projects that address local, national and international issues.

I*EARN-USA

475 Riverside Drive, #540, New York, NY 10115, USA

Tel.: (+1) 212 870 2693 - Fax: (+1) 212 870 2672

Web site: www.learn.org

National Peace Corps Association (NPCA)

The National Peace Corps Association is the non-profit membership organization of returned Peace Corps volunteers, former staff and other friends of the Peace Corps. The NPCA's programming focuses on "bringing the world back home" through global education, peace-building, service and global advocacy.

1900 L Street NW, Suite 205, Washington, DC 20036, USA

Tel.: (+1) 202 293 7728 - Fax: (+1) 202 293 7554

Web site: www.rpcv.org

Newsweek Education Program (NEP)

NEP's mission is to promote student participation in issues of the day. The programme seeks to improve students' public policy analysis skills and increase their civic participation. NEP provides class sets of Newsweek Magazine for secondary and college classes in English, Social Studies, Economics and ESL. Special low student rates apply to dozens of supplemental resources, including maps, quizzes, teacher guides, resource booklets and skills builders.

PO Box 919, Mountain Lakes, NJ 07046, USA

Tel./Fax: within the United States: 800 526 2595

Tel./Fax: outside the United States: (+1) 212 445 5032

Web site: www.school.newsweek.com

United Nations Educational, Scientific and Cultural Organization (UNESCO)
UNESCO promotes collaboration among nations through education, science, culture and communication in order to further respect for justice, for the rule of law and for the human rights and fundamental freedoms affirmed by the Charter of the United Nations. UNESCO works with educators at all levels and with partner organizations to integrate scientific and cultural knowledge and to help learners explore their environment, their social and personal choices and the conditions leading to sustainable development.

7 Place de Fontenoy, Paris 07 SP, France, 75352

Contact: Anna-Maria Hoffman-Barthes

Fax: (+33) 1 4568 5622

Web site: www.unesco.org

United States National Committee for World Food Day

World Food Day is an annual worldwide event designed to increase awareness, understanding and informed, year-round, long-term action on the complex issue of ensuring food security for all. The United States National Committee is a coalition of 450 national, non-profit, private voluntary organizations based in the United States.

2175 K Street NW, Washington, DC 20437, USA

Contact Person: Patricia Young, National Coordinator

Tel: (+1) 202 653 2404 - Fax: (+1) 202 653 5760

Web site: www.worldfooddayusa.org

World Bank

The World Bank is the world's largest source of development assistance and provides, on average, US\$20 billion in loans annually to its client countries. The Bank uses its financial resources, its highly trained staff and its extensive knowledge base to help each developing country on to a path of stable, sustainable and equitable growth. The main focus is on helping the poorest people and the poorest countries. In rural development, this is done by helping to: 1) increase agricultural productivity, employment and food security in rural areas; 2) develop infrastructure such as roads, water wells, schools and hospitals, and provide social services for rural people; and 3) promote environmentally friendly rural development.

1818 H Street NW, Washington, DC 20433, USA

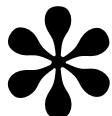
Contact Person: Lynn R. Brown, MC5110

Tel.: (+1) 202 458 8175 - Fax: (+1) 202 522 3307

Web site: www.worldbank.org

Collaborators

Arab Nutrition Society, Asia-Pacific Network For Food and Nutrition, Secretariat of the Pacific Community, Federación Latinoamericana de Asociaciones Académicos de Nutrición y Dietética, Fundación de Vida Rural - Universidad Católica de Chile, Colegio de Profesores de Chile, Kenya Coalition for Action in Nutrition, Southern Africa Teachers' Organisation, Società Italiana di Nutrizione Umana, European Food Information Council, Associated Schools Project Network, World Association of Girl Guides and Girl Scouts.



Sponsoring Feeding Minds, Fighting Hunger

All of the work on Feeding Minds, Fighting Hunger has been contributed by the project partners. In order to reach all classrooms around the world, additional support is needed for translations, artwork, class materials, printing and distribution. Further development of the materials for future World Food Days will also require additional support. If you would like to sponsor or contribute in some way to developing these materials and making them more widely available, please contact any of the Partners in Feeding Minds, Fighting Hunger.



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