

# PRIMARY LEVEL



# 1

lesson 1

## What is Hunger and Who are the Hungry?

Total lesson time: 45 minutes



### Objective 1

To understand why we need food

#### Concepts

- We all need food
- Food gives us the energy and nutrients we need to keep our bodies functioning, to grow and develop and to move, work, play, think and learn
- Too little or too much food is not healthy



### Objective 2

To know that we need many different foods

#### Concept

- People need many different foods to be healthy and to grow



### Objective 3

To know who is hungry in the world

#### Concepts

- Hunger is not getting enough of the right kinds of foods to meet our needs
- All countries and regions have some people who are hungry

## 2

lesson 2

## Why are People Hungry ?

*Total lesson time: 45 minutes*

## Objective 1

To understand the food system that feeds people

## Concept

- The system that provides us with food involves many steps



## Objective 2

To understand what it means to be food-secure

## Concepts

- To be food-secure means that we must always be able to get the food we need for an active and healthy life
- The three pillars of food security are: availability, accessibility, and use of food

## 3

lesson 3

## What Can We Do to Help End Hunger?

*Total lesson time: 45 Minutes*

## Objective 1

To know that we all can and should act to fight hunger

## Concept

- Every person can be a hero in fighting hunger



## Objective 2

To identify how we can fight hunger and malnutrition in our own communities

## Concept

- We can all take action to help end hunger

