

# intermediate LEVEL

# 1

lesson 1

## What are Hunger and Malnutrition and Who are the Hungry?

Total lesson time: 45-60 minutes



### Objective 1

To understand the consequences of hunger and malnutrition

#### Concepts

- Adequate food is essential for an active and healthy life
- Hunger affects the well-being of people, nations and the world



### 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 and malnourished in the world

#### Concepts

- Hunger is not getting enough or the right kinds of foods to meet nutritional needs
- All countries and regions have some people who are hungry
- Hunger and malnutrition exist in some form in every country among certain vulnerable groups

## 2

lesson 2

## Why are People Hungry and Malnourished?

Total lesson time: 45 minutes



### Objective 1

To understand the food system that feeds people

#### Concept

- The system that provides food involves many steps



### Objective 2

To understand what it means to be food-secure

#### Concepts

- To be food-secure means to have access at all times to 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 and in the world

#### Concept

- We can all take action to help end hunger

