

SECONDARY 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
- Poor health, growth and development can result from hunger and poor nutrition
- Hunger affects the well-being of people, nations and the world



Objective 2

To know the magnitude of hunger in the world today

Concept

- Despite significant improvements, many millions of people today are hungry and malnourished



Objective 3

To know who is hungry and malnourished in the world

Concept

- Hunger and malnutrition exist in some form in every country

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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 is complex

**Objective 2**

To understand what it means to be food-secure

Concept

- To be food-secure means to have access at all times to the food we need for an active and healthy life
- Food security has three fundamental pillars: availability, accessibility and use of food

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lesson 3

What Can We Do to Help End Hunger?*Total lesson time: 45 minutes***Objective 1:**

To identify the responsibility and ability of individuals to act to fight hunger and malnutrition and to ensure food security for all

Concept

- We can all do our part to help end hunger and malnutrition and each one of us, even in small ways, can be a hero to someone else.

**Objective 2:**

To identify specific actions that we can take to help end hunger and malnutrition

Concept

- We can take action as individuals, communities and nations to reduce hunger

