6: Food Security

Primary Schoolchildren – Ages 8-11

Aims:
To enable students to consider the availability of food resources, and how pulses can improve food security for communities.

Objectives:
• Students will recognise that the availability of food varies across the world.
• Students will develop an understanding of the UN WFP school feeding programme and discuss and evaluate the benefits of such a programme for hungry children.
• Students will consider the role of pulses in improving the food security of a community.

Resources:
1. UN World Food Programme website (http://www.wfp.org)
2. UN WFP fact sheet (from teacher pack).
3. Template of box with UN WFP logo on it (from teacher pack).
4. UN WFP food basket (from teacher pack).

Suggestions for further development:
• Students to consider if there are food security issues in their own communities.
• A whole school or class initiative could be introduced with pupils asked to make and fill boxes at home with foods that meet the UN WFP food basket criteria. These could then be distributed to poverty stricken groups either by the school or local charity.
6: Food Security

15mins
Pupils to explore why people in different countries do not all eat the same food, using what they have learnt from previous lessons. Elicit key ideas: differences in cultural diets, religious restrictions, availability of foodstuffs, climates, etc. In modern times farming and agriculture are resource intensive. What might happen to farming and agricultural output when there are sudden changes in the economy, natural disasters, or changes in weather patterns? What about the diets of children who live in countries that have been affected by economic or natural disasters? What do they eat? Where does their food come from? Is their nutrition affected?

The UN has launched the ‘Zero Hunger Challenge’ to achieve the aim of eliminating hunger globally and promote everyone’s right to adequate food. Discuss with the pupils why they think this is a global challenge, and why everyone has a responsibility to meet the challenge.

Pupils will have to decide what food items they will put in their food basket box to help ensure that children in need do not go hungry.

30mins
Introduce the concept of the UN World Food Programme (UN WFP). What are its aims? Why was it established? Teachers can refer to the UN WFP website (resource 1) or fact sheet (resource 2) for information.

In small groups pupils will be given, or will have brought in, a shoebox-sized box, or larger. More able pupils might like to make their own box using the template (resource 3), and logos are also provided that can be glued to the box, forming a UN WFP ‘food basket’

Pupils will then compare the contents of their food baskets to the contents of the example UN WFP food baskets (resource 4). Are there any significant differences, and what reasons are there for including these items?

15mins
Pupils to analyse why pulses would be a key component in allowing regions to develop their agriculture. How does this help with a region becoming food secure? People are considered food secure when they have, at all times, “access to sufficient, safe, nutritious food to maintain a healthy and active life”. Remind pupils of their learning from Lesson 2: Health and Nutrition. How does a lack of food security affect peoples’ hopes of achieving a balanced and nutritional diet?
Resource 1

www.wfp.org
1. **What is WFP?**
The World Food Programme (WFP) is the United Nations frontline agency mandated to combat global hunger, which afflicts one out of every seven people on earth.

2. **How does WFP fight hunger?**
In emergencies, WFP is on the frontline, delivering food to save the lives of victims of war, civil conflict, and natural disasters. After the cause of an emergency has passed, WFP uses food to help communities rebuild their shattered lives.

3. **What is WFP’s vision?**
The vision of WFP is a world in which every man, woman, and child has access at all times to the food needed for an active and healthy life. Without food, there can be no sustainable peace, no democracy and no development.

4. **When was WFP founded?**
In November / December 1961, the Food and Agriculture Organization (FAO) and the UN General Assembly adopted parallel resolutions establishing WFP.
The three-year experimental programme was not due to enter into operation until January 1963. In reality it was up and running several months early, as an earthquake hit .....

WFP employs roughly 12,000 staff, of whom 90 percent worked in the field delivering food and monitoring its use. *excludes temporary contracts of 11 months or less as those for short-term international professionals, consultants, short-term general service, special service agreements, interns, author’s contract, fellowship, WFP volunteers and casual labourers.

Ever since its foundation in 1963 and thanks to the generosity of the Italian government, WFP headquarters has been based in Rome, Italy.

WFP relies entirely on voluntary contributions to run its humanitarian and development projects. Contributions are made by governments, businesses, individuals, and many other organisations.

Governments are WFP’s principal source of funds, but increasingly businesses and individuals are also voluntarily providing funds for the humanitarian and development work of WFP.

WFP brings its emergency food supplies via wheel and design. It uses whatever means are available: ships, barges, dug-out canoes, trucks and trains, planes, helicopters and at times even the backs of donkeys, yaks and elephants.
How does WFP’s work differ from that of the United Nations Food and Agriculture Organisation (FAO) and the International Fund for Agricultural Development (IFAD)?

Food security and agricultural development are major challenges facing the world today. The Rome-based agencies of the United Nations work together to meet them. The agencies have different mandates and complementary roles within the UN system.

FAO is the world’s agricultural knowledge agency, providing policy and technical assistance to developing countries to improve food security and agricultural development. FAO also acts as a neutral forum where all nations meet as equals to negotiate agreements and debate policy.

IFAD, with its knowledge of rural poverty and exclusive focus on poor rural people, designs and implements programmes to help those people access the assets, services and opportunities they need to overcome poverty.

The Rome-based agencies have many joint operational activities at the regional, country and local level.

How does WFP distribute its food?

WFP works with about 3,000 Non-Governmental Organizations (NGOs) to distribute its food. NGOs are invaluable when it comes to accessing how to deliver food to the right people.

What does WFP do to promote development?

WFP’s development activities aim to make communities food secure, so that they can devote time, attention and energy to escaping the poverty trap. Food-for-Assets projects give community members food in return for work on roads, schools, wells or irrigation systems. Food may also support them as they start small businesses or replant degraded forests.

WFP FOOD RATIONS

12 - What does a WFP food ration consist of?

The rations themselves are a guide to recovery from hunger.

13 - What do the rations consist of?

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14 - What does WFP do to promote development?

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Cut along the outer lines and fold along the inner (dash) lines. Stamp or embellish the outer sides as desired. Glue flaps “A” to the inside sides to create the bottom of the box. Flap B folds in.

Use a photocopier to enlarge
Resource 3b
Box template WFP

Use a photocopier to enlarge
The food that the World Food Programme (WFP) supplies to its beneficiaries depends on the needs of the groups covered and the objectives of the project.

In emergencies or refugee situations people may be totally dependent on WFP food. In this case, the key components of the WFP food basket are: a staple such as wheat flour or rice; lentils, chickpeas or other pulses; vegetable oil (fortified with vitamin A and D); sugar; iodized salt. Often these are complemented with special blended foods, such as a corn soya blend, that have been fortified with important micronutrients.

The photo below shows an example of a daily ration that provides the required 2,100 kilocalories (Kcal) of energy.

**Ingredients**
- 400g of cereal flour/rice/bulgur
- 60g of pulses
- 25g of oil (vit. A fortified)
- 50g of fortified blended foods (corn soya blend)
- 15g of sugar
- 5g of iodized salt

**Nutritional value**
- Energy 2,100 Kcal
- Protein 58g
- Fat 43g

Besides energy, protein and fat, an adequate food basket supplies micronutrients such as vitamin A, iron, iodine and zinc. The food basket serves to prevent micronutrient deficiencies and other forms of malnutrition or prevents them from deteriorating.