

## FOOD INSECURITY

1. Teachers' quest: analyse the title within your group, then ask three questions about it and find answers to those questions!
  - **What is food insecurity?**  
**Food insecurity is a lack of consistent access to enough food and water for a healthy lifestyle.**
  - **Which people suffer the most because of food insecurity?**  
**People who live in places with extreme weather conditions (Africa, South Asia) or inaccessible areas, poor people, minorities, homeless people, unemployed people**
  - **How to secure enough food for everybody?**  
**Redistribute wealth and resources (crops, water supply...)**
2. Go to the following page and explain the connection between the following pictures and the text!  
<https://sentientmedia.org/food-insecurity/>



Poor countries or developing countries, such as the ones in Africa and some parts of Asia (Madagascar, Chad, Yemen), suffer greatly because of food insecurity.



In the US 1 in every 8 people, and 1 in every 6 children, is affected by food insecurity.



Children are one of the most vulnerable groups when it comes to food insecurity. This is due to the fact that they can't fend for themselves, they rely on others for everything. Malnourished women can't provide all necessary nourishment for their infants. All these reasons lead to developmental and growth delays, and various other health issues in children.



As people get older and weaker, their nutritional needs change, they need more vitamins and minerals. When elderly people are deprived of these vital nutrients their immune system deteriorates and they are more likely to die from various illnesses. This issue isn't limited to developing countries only, because in many developed countries people fall into poverty when they reach old age.



Transportation is a major factor in food insecurity. This is very important to rural communities, because if they aren't connected to bigger cities/fertile lands/sources of water, they lose huge parts of their food or water supplies and the weather affects them more severely.



Today, South Sudan and Somalia are some of the most dangerous places in the world, due to their socio-political issues and conflicts. War makes every aspect of life difficult, so it's no surprise that these countries are among the most food insecure. Food exporters usually don't reach these places because they fear crossing the border and enter warzone.



Weather has a great impact on food insecurity: malnourished people can't handle extreme temperatures, crops can't grow if there are floods or draughts, natural disasters caused by extreme weather can halt food trade, etc.



Food insecure people are forced to work to be able to buy food, but they are weak from hunger or even malnourishment, which makes them unable to work – they become unemployed and don't have food. It is a vicious cycle that encapsulates entire family generations; people live and die in poverty.



Food insecurity often results in malnourishment, which can lead to many serious health issues: body systems shutting down due to lack of nutrients, hair falling out, nails stopping to grow, people living in a constant state of stress which affects their bodies, getting bacterial/parasitic infections (unclean water and food), which often lead to death.



Africa has many developing countries, including some of the poorest and most unstable (politically and economically) in the world. Millions die every year from hunger and millions more suffer because of food insecurity.

People of Latin America face tremendous food insecurity, despite living in a place with many agricultural resources. Those who live in rural areas and those incapable of work are especially affected.

3. Fill in the blanks with the following words: ~~debilitating~~, meet sb's needs, ~~afflicted with~~, ~~to be rationed~~,  ~~fend for yourself~~, ~~halt~~, ~~rife with~~, ~~take a toll~~, ~~food bank~~ and ~~plague~~!

1. About 40% of the country's population is **afflicted with** climate change.
2. Are those children able **to fend for themselves**?
3. The pandemic is **taking a toll** on all industries.
4. The trial was **halted** after the first week.
5. When you are faced with food insecurity, you go to a **food bank**.
6. The villagers **are rationed** to two litres of water a day.
7. If you want to get hired here you have to **meet our needs**.
8. Financial problems are **plaguing** the company.
9. That area was **rife with** malnourished people.
10. Malnutrition can cause **debilitating** symptoms among those affected by food insecurity.

4. Now, watch the following TEDx talk: <https://youtu.be/pLJ3XnTMIRM> and write down 12 questions that can be answered referring to the context of this talk!
- **What is structural racism?**
  - **Which areas of life has racism “infiltrated”?**
  - **Which two social issues come up when discussing food insecurity in Canada?**
  - **Why food banks and charity organizations can’t eradicate hunger/poverty by themselves?**
  - **How does putting black people/POC in positions of power help dismantle structural racism?**
  - **What can organizations do to help marginalized groups (especially regarding food insecurity)?**

- **How do black and white households differ in their risk of food insecurity?**
  - **Who should be the main one responsible for dealing with both racism and food insecurity?**
  - **How is money connected to the issues brought up in the video?**
  - **Is money truly the solution to these problems?**
  - **What is food justice work?**
  - **What is usually someone's first interaction with food insecurity if they don't live in poverty themselves?**
5. Do research and explain how are the following words connected to the food insecurity solution: money, structural racism, factory farming, climate, fair trade policy and food waste!

**Money** – food insecurity is an issue rooted in poverty (lack of money/resources) so it's only logical that money is going to be the solution. If people have enough money to feed their families they can work and go further in life, instead of living in a cycle of poverty.

**Structural racism** – marginalized (racialized) groups face food insecurity more often than white ones, because the system/society is created that way. Black people/POC are much less likely to finish school or pursue a higher education, which is nowadays a requirement for nearly all well-paid jobs. This is due to the fact that they have to start working very young to support their families. These lower paying jobs take up too much time, and you can never progress in society, climb up the ladder – soon you're stuck in a cycle you can't exit. Even if POC have all the qualifications and education they will always be overlooked in favour of white people.

**Factory farming** – almost half of the grain produced in the world goes to the animals, which are used for meat, dairy, or eggs, while millions of humans die of hunger. By eliminating factory farming we have more grain/food for humans, instead of these animals.

**Climate** – we must work to stop (or at least slow down) climate change/global warming, because it impacts crops and water supplies. Extreme weather and rise in temperature are dangerous for animals and plants (our food sources), as well as for us. If it doesn't stop any time soon, we will all be at risk of poverty and hunger.

**Fair trade policy** – it's very important for modern day food industry, and all our products should be made ethically. By instilling FTP all those involved in production are paid adequately for the work they provide, meaning low risk of falling into poverty/hunger.

**Food waste** – one of today's biggest issues is unequal redistribution of food and water. In "rich" countries people consume way more food than necessary, and a big part of that food goes to waste. On the other hand, people in "poorer" countries don't have enough food to support their families or even survive in some cases. We have to reduce our food waste, by buying and preparing/consuming only as much as we are going to use up. But companies should also produce less, because their overproduction is the main reason people buy so much.

6. Your final task is to create a storyjumper comprised of a summary referring to what food insecurity is, what are its roots and causes, who is and how affected by it and what are possible solutions!

<https://www.storyjumper.com/book/read/114121002>