



# All About Hunger Worksheet

**Learning objective:** To help students learn about global hunger.

**Recommended grade level:** Grades 7-12, ages 13-18

**Subjects:** social studies/global issues, science (biology), geography (human), health

**Skills:** reading comprehension, research, critical thinking

**Recommended time:** 45-80 minutes (depending on reading level, discussion of questions)

**Number of participants:** Unlimited

**Materials:**

- Photocopies of the Student Worksheet
- Student access to the Canadian Foodgrains Bank website ([foodgrainsbank.ca](http://foodgrainsbank.ca)).
- If students cannot access the Internet for this activity, information can be printed from the following sections of the website under the HUNGER section: What is hunger?; Why are people hungry?; Who is hungry?; Where are people hungry?; Hunger Terms.; What is food security?

## Activity:

1. Briefly discuss the work of Canadian Foodgrains Bank with the students. (Optional)
2. Hand out worksheet.
3. Have students find the answers on the Canadian Foodgrains Bank website. ([foodgrainsbank.ca/hunger.aspx](http://foodgrainsbank.ca/hunger.aspx))
4. Review answers.

## Background Information for Educators

Canadian Foodgrains Bank is a partnership of Canadian churches and church-based agencies working to end global hunger. In conjunction with its members and their partners around the world, we work to end global hunger by:

- Supporting international programs to meet immediate food needs, reduce malnutrition, and achieve sustainable food security;
- Influencing improvements in national and international policies that contribute to ending global hunger; and
- Increasing and deepening the engagement of Canadians in efforts to end global hunger.

The availability of food and access to that food is fundamental to life itself. Food is required to sustain life, to provide the strength for work, and to share in the fellowship of one's family and community.

The following questions are based on information that is found on the Foodgrains Bank website's 'Hunger' tab. The answers can be found by reading the following sections: What is Hunger?, Why are people hungry?, Who is Hungry?, Where are people hungry?, Hunger Terms, and What is Food Security?. An answer key is included with this resource.

This is one of several resources that you can use to teach students about global hunger and ways that Canadians are responding. A Trivia Game, based on this information, is also available at [www.foodgrainsbank.ca/education](http://www.foodgrainsbank.ca/education).

**Note:** All answers can be found at [www.foodgrainsbank.ca](http://www.foodgrainsbank.ca) under the HUNGER section.

# Student Worksheet

## ANSWER KEY

### What are the effects of undernourishment?

(Source: Section 'What is Hunger?')

The body compensates for not having enough food by slowing down its physical and mental activities. Without enough food, people cannot concentrate at school or work. They don't have the energy they need for physical work. And since it weakens the immune system, hunger also makes people vulnerable to disease.

### Undernourishment is particularly harmful for two groups of people. Who are they and why?

(Source: Section 'What is Hunger?')

Undernourishment is particularly harmful for women (pregnant women) and children. Undernourished children do not grow as quickly as healthy children, and they develop more slowly mentally. Mothers who are undernourished often give birth to underweight and weak babies, and face increased risk of death themselves.

### What does it mean to be Food Insecure?

(Source: Section 'What is Hunger?')

This is a situation that exists when people lack secure access to sufficient amounts of safe and nutritious food for normal growth and development and an active and healthy life.

### What are the principle causes of hunger?

(Source: Section 'Why are people hungry?')

Poverty, the rising cost of food, conflict, changing weather patterns, lack of investment in agriculture, gender inequality, unjust policies.

### How many people in the world are hungry?

(Source: Section 'Who is hungry?')

about 795 million people.

### Which region of the world has the most people who don't have enough food?

(Source: Section 'Where are people hungry?')

Asia and the Pacific

### What is malnutrition?

(Source: Section 'Hunger Terms')

Malnutrition means "bad nutrition". It happens when people don't get enough nourishment, either because they are not eating enough, they are not eating enough nutritious foods or they are not eating a variety of nutritious foods.

### What is wasting?

(Source: Section 'Hunger Terms')

Wasting refers to a severe process of weight loss as a result of starvation or disease. It is a sign of severe malnutrition and can be life-threatening.

### What is stunting?

(Source: Section 'Hunger Terms')

Stunting occurs when insufficient nutrition prevents proper growth. It causes someone to be too short for their age. Usually a result of chronic malnutrition, stunting is calculated by comparing the height-for-age of a child with a reference population of healthy children.

### What is a micronutrient deficiency?

(Source: Section 'Hunger Terms')

This happens when people do not get enough vitamins or minerals.

### A micronutrient deficiency is particularly harmful for two groups of people. Which two groups?

(Source: Section 'Hunger Terms')

Children and pregnant and nursing women.

### Which people in the world are the most food insecure?

(Source: Section 'What is Food Security')

Rural farmers

### How can people become more food secure?

(Source: Section 'What is Food Security')

There are many ways, including:

- Increasing food production through improved farming methods
- The sale and marketing of food
- Reducing vulnerability to things like sudden food price hikes or weather-related challenges (drought, too much rain, etc.)
- Earning a fair income so that they can purchase food

### What percentage of the world's population depends on farming to make a living?

(Source: Section 'What is Food Security')

Close to 80%.



# All About Hunger Student Worksheet

What are the effects of undernourishment? \_\_\_\_\_

---

---

---

Undernourishment is particularly harmful for two groups of people. Who are they and why? \_\_\_\_\_

---

---

---

What does it mean to be food insecure? \_\_\_\_\_

---

---

What are the principle causes of hunger? \_\_\_\_\_

---

---

---

How many people in the world are hungry? \_\_\_\_\_

Which region of the world has the most people who don't have enough food? \_\_\_\_\_

---

What is malnutrition? \_\_\_\_\_

---

---

What is wasting? \_\_\_\_\_

---

---

**What is stunting?** \_\_\_\_\_

---

---

**What is a micronutrient deficiency?** \_\_\_\_\_

---

---

**A micronutrient deficiency is particularly harmful for two groups of people. Which two groups?** \_\_\_\_\_

---

**Which people in the world are the most food insecure?**

People who live in cities

Rural farmers

Fisher People

**How can people become more food secure?** \_\_\_\_\_

---

---

---

---

**What percentage of the world's population depends on farming to make a living?** \_\_\_\_\_