

FOOD SECURITY IN OUR WORLD

PRIMARY LESSONS



This resource is designed to educate students on what food security in our world looks like. We look more broadly at the causes of global hunger and food insecurity. And we hope it encourages students to think about their own food activities in relation to people around the world.

This resource is a guide for teachers which includes information and discussion questions, as well as links to videos, images and learning tasks that encourages students to apply their knowledge in order to answer the guiding questions:

Why do so many people in our world not have the food they need?

How can we change this?

This resource is designed for teachers to draw content from and integrate learning activities in their classroom. We encourage you to use this resource in whatever way suits your class best.

Content Warning: Learning about issues such as world hunger and food insecurity can be confronting and may evoke strong emotional responses. Please approach these topics with sensitivity and care, recognising that some students may have personal experience of food insecurity or related challenges. Consider students' individual circumstances and wellbeing, and ensure discussions are conducted in a supportive and respectful environment.

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As Australian students, you have the chance to go to school and learn about problems in the world and how we can work together to fix them. You will be learning about why food is important in our lives and why sadly, not everyone has it. This is called **food insecurity**.

Food is a wonderful and delicious gift that God has given all humans. Most of us eat lots of different kinds of fruits, vegetables and meats every day.

Did you know that right now there is enough food to feed everyone in the world, but 1 in 8 people don't have enough healthy food to eat? That's around 900 million people.

THINK, PAIR, SHARE: What is your favourite food and why? How do you think it is made or grown?

TASK



Draw upon your students own experience with food using the 'My Food and I' worksheet on page 13.

TASK



How does food and water help you? What effect does hunger have on you?
Complete the '**Food and Hunger effects**' worksheet on page 14.

REFLECT



Some people have plenty of food, while some people don't have enough.

- What do you think about this?
- Why do you think this happens?
- Have you ever felt really hungry? How did it feel?
- What did it then feel like to eat something?
- Imagine if you didn't know if you would eat today. What would your day be like?

Grow - For lots of people around the world, most of the food that they eat is grown, or from animals they raise, like chickens. This is because many of them do not have enough, or any, money to buy food. They also don't have any form of transportation such as a car to be able to drive to places that sell food. For some, walking is their only way of getting around, and getting food from a shop is too far and dangerous. In poorer countries, farmers grow and sell food to make money for their families.

- *What do we need to grow food? (water, seeds, tools, land etc)*
- *Do you have a veggie garden at home or raise chickens? What are you growing? Do you eat the food that you grow?*
- If your school has a veggie garden, take students for a walk there and ask them to think about why the veggies are able to grow there? Have them think about the weather and climate (some countries experience flooding and drought at times throughout the year), as well as easy access to water and fertilisers if needed.

TASK



Growing food is an important way for communities to feed their families, as well as to earn money to make an income. Growing your own food also helps the environment by reducing the need for packaging.

- Watch the video (right) to learn how to grow your own potato.



Source: SciShow Kids



- **Trade** – Sometimes in order to get a certain type of food, people and countries need to trade food with one another. This is because some foods might not be able to be grown in certain countries because of the weather or lack of resources.

For many people around the world, they do not have access to the things that they need to be able to buy or grow food, leaving them hungry and food insecure.

- Ask students what they think Jesus teaches about sharing and caring for others.
- What stories in the bible do we hear about food? What is done with the food in these stories?
- **Think, Pair, Share:** Jesus taught us to pray and give thanks for 'our daily bread'. What do you think Jesus meant? What food do you give thanks for everyday?

READ & DISCUSS



Read [Luke 14:12-14](#)

- What does Jesus teach us about how food should be shared in our world?

TASK



- Learn about the [Catholic Social Teachings](#) here.
- *Which of the Catholic Social Teachings do you think link to food insecurity/feeding the hungry?*

Everyone needs food to learn, play, laugh and live! So, if there is enough food for everyone, why do so many people not have the food they need? There are two legal ways to get food: Grow it or buy it. Some people may also receive food as a gift, but that can be unreliable and won't happen all the time.

There are lots of reasons why not everyone can grow or buy enough food, and it can be very tricky to understand. Here are some of the reasons:

Discuss the following causes of hunger and food security with your students. Try to draw upon knowledge they may already have about each of the headings.

POVERTY

In many countries people don't have access to land and resources to grow their own food, or jobs to earn enough money to buy food. Caritas Australia works with people so they can grow or buy food themselves. Caritas works with families so they can find new ways to earn money. This means they can afford to eat better food in the future.

EDUCATION

In some rural or farming areas, people can grow food if they have enough land, but sometimes their crops don't grow. This might be because people don't have enough tools or training, or the soil isn't very good. Changing weather patterns are also a challenge.

Caritas Australia is working with people so they can learn better ways to grow food. That might mean teaching people new ways to farm. People can then share what they have learnt with other people in their community. Caritas might also help farmers get tools and seeds, or a boat to help people catch fish.

WATCH



Watch Monoranjon's story here.
What did you think about his story?



CONFLICT

War and violence can make farming unsafe and food or crops can be destroyed.

LAND

Land is needed to grow food on, but not everyone has their own land, or the right land, to be able to grow food on.

CLIMATE CHANGE

Climate change (or **global warming**), is the process of our planet heating up from the build-up of gases which act like an invisible 'blanket', trapping heat from the sun and warming the Earth. Unfortunately, rising temperatures don't just mean that we'll get nicer weather – *if only!* The changing climate can make our weather more extreme and unpredictable.

In some countries, the hot weather makes the land so dry that it is impossible to grow food on.

We have experienced this problem in Australia when there are long periods without rain, this is called a drought. During a drought, farmers find it very hard to grow food and even raise animals.

WATER

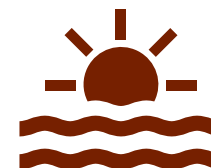
Fresh water is very important for growing crops and raising animals. Some people do not have fresh water because they do not have the transport or materials needed to reach it.

Fresh water can also be polluted, especially after natural disasters such as droughts, cyclones and flooding.



REFLECTION QUESTIONS

- Have you ever experienced very hot weather? How did this make you feel?
- Did you have to water your plants to keep them alive on hot days?
- Have you ever seen heavy rain or floods in your backyard? What happens to the grass/plants/garden?





Encourage students to come up with their own ideas of what we can do to tackle the issue of food insecurity and hunger. Try to direct them into thinking locally before globally.

There are many ways to help fight global hunger and food insecurity. Pope Francis teaches us to 'remember the poor'. Even though we might have enough food here in Australia, we are all connected. Little things we can do in our homes or at school can make a big difference in the world. God wants everyone to have enough food to live. We need to work together so that our brothers and sisters around the world have what they need to live. What can we do?

WAYS TO MAKE A DIFFERENCE

- **Take care of our environment.** Throw away your rubbish properly so that we don't pollute the land and waterways.
- **Support the Vinnie's food drive or other food drives at your school** that help feed people in your local community.
- **Don't waste food.** Only take and cook as much as you need and get rid of food scraps in a compost bin or use it as fertiliser in your garden.
- **Find out more about where your food has come from.** Do you know if the food you buy is grown on a big or small farm, or in a way that looks after the environment? If you see the label '**Organic**' on your food, it means it was grown in a way that looks after the soil for the future. Is the fruit or vegetable you are buying in season? If not, did it travel far to get to you from where it is in season? Eating fruit and vegetables that are in season is better for the environment.
- When you can, **choose Fairtrade, UTZ and Rainforest Alliance certified products.** Find the symbol on products like chocolate, tea, coffee, rice and other grocery items. These symbols mean that the people growing the food are getting a fair price and enough income to look after themselves and their families, also forests and communities are being protected.



TASK



Choose one of the above ideas, or one you thought of as a class, and make a poster or video encouraging people to make a difference to fight food insecurity in our world.



FOOD WASTAGE

Did you know that when we throw food scraps into the bin instead of compost, it goes to land fill and rots? This rotten or decomposed food then contributes to greenhouse gasses.

Australians are throwing out four million tonnes of food a year. Many supermarkets throw away a lot of food because people don't like buying it if it looks a bit funny. Lots of food is also lost in some countries because people don't have the resources to keep it fresh and safe to eat.

- Ask students what they do with left over food at home? Do any of them have a compost bin?
- Set the below activities as homework tasks.

WATCH



Source: She Knows

Watch the above clip.

Be a food warrior in your own home and find out if any food is being wasted. Once you find wasted food, write down how you could re-use that food in another way.

WATCH



Source: She Knows

Watch the above clip.

Make a poster or your own video explaining how to make a compost bin!



TASK



- How do you store your food to keep it cool or from spoiling?
- Make a list of food storage options you have. What kinds of materials are used? Why? Do those storage options use electricity?
- Explore the clay pot fridge (video). What materials are used? Why were these materials chosen? How does the clay pot fridge store food?

WATCH



Source: Peace Corps



Read Matthew 14: 31-21 ['Jesus Feeds The Five Thousand'](#)

In the Gospels, we read what Jesus said about food. Jesus said we should feed the hungry.

In the story of the loaves and the fishes, we see how Jesus wanted everyone to have enough food to eat.

Jesus wants us to all do what we can to make sure that everyone, whoever they are and wherever they live, has what they need.

Lord Jesus,
you must have known
it is hard to listen and to be
cheerful when we are hungry,
because you fed your people
before you taught them.

Help us to be attentive to the needs of our
sisters and brothers, near and far,
and to share generously what we
have with them.
Amen.

TASK



As a class, write a grace prayer that could be prayed together before recess or lunch. You may want to print it as a large poster and hang it in your classroom for the students to read.

PRAY



Click here to view our 'Prayer for Food in Our World'.

WORKSHEETS

Draw a picture of your favourite food.	Draw a picture of how food is cooked at hour house. Who cooks?	Draw a picture of the equipment used to cook food at home.
Draw a picture of where you eat your food.	Draw a picture of what you do with left-over food scraps.	Draw a picture of what you can do to stop food wastage in your house.




What do you know about how food and water can help is in our lives?
What things can we have trouble doing if we are feeling hungry?
Fill in the table below to answer these questions

CAUSE		EFFECT
Food and water	helps me	
Hunger	keeps me from	



M	I	D	D	L	E	E	A	S	T	C	F	A	E	C
N	O	I	T	U	L	L	O	P	I	L	C	A	M	A
O	H	O	F	D	F	L	G	F	E	I	T	I	E	R
O	U	R	O	A	A	I	I	T	R	M	L	S	R	E
L	N	L	O	N	V	C	S	E	X	A	I	A	G	V
A	G	F	D	E	A	A	M	F	B	T	Q	X	E	J
C	E	W	A	P	W	A	V	Q	L	E	A	E	N	L
I	R	B	O	R	N	D	R	O	U	G	H	T	C	Y
R	Y	I	V	I	M	Y	C	H	A	N	G	E	Y	H
F	X	W	T	A	W	E	T	N	M	Y	D	F	W	T
A	X	A	M	I	M	J	L	R	W	E	S	A	O	L
S	L	T	S	O	P	M	O	C	E	U	R	I	R	A
U	W	E	M	Y	Y	C	P	S	S	V	R	R	G	E
N	A	R	P	O	Z	K	B	E	P	Z	O	S	T	H
W	R	D	J	U	G	W	J	Q	N	R	G	P	D	M

CHANGE
DROUGHT
FAIR
GIVE
HUNGER
POLLUTION
SUN
WATER

CLIMATE
EAT
FARM
GROW
JESUS
POVERTY
WAR
CARE

COMPOST
EMERGENCY
FOOD
HEALTHY
LAND
SEED
WASTE

+ Thank you ✱



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