

Ending Hunger Challenge Badge



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Developed in collaboration with



The World Association of Girl Guides and Girl Scouts (WAGGGS) and the World Organization of the Scout Movement (WOSM) endorse this educational badge framework for use by Guides and Scouts around the world, adapting it as necessary to their local needs and requirements.

This booklet is intended as a guide for teachers and youth leaders. These individuals are responsible for the development of programmes and activities which are suitable for their group and should provide the required supervision to ensure all participants are safe and sound.

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WELCOME

“ Food is the **fuel of life**.
Every human, animal and plant
on Earth needs food to live,
grow and reproduce.

Can you imagine not having anything to eat for a day? Or not knowing when you might next be able to eat? This is a daily problem for almost 1 billion people around the world. That means that one out of every eight people do not get enough food and nutrition to live normal, healthy lives. However, there are many things that we can do to help end hunger! You might think that hunger is too big of a problem for you to solve alone, but together we are greater than hunger. Little actions add up, and we can make a real difference in the lives of people around the world. The Ending Hunger Challenge Badge will introduce you to the causes of hunger, the importance of the Right to Food, and steps that we can take to help end hunger.

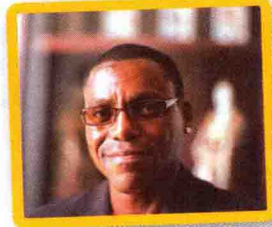
Take this booklet and **EXPLORE**, **LEARN** and **DISCOVER** – and while you’re having fun, maybe you can even come up with some clever ways to help end hunger in the world. We hope you will feel inspired to take action and do what you can to help prevent the causes of hunger. After all: **YOUR** actions and ideas to solve hunger will help people around the world to have better lives.



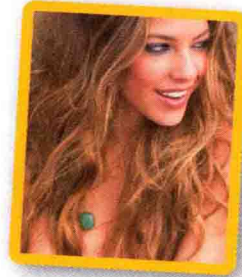
The yellow whistle symbolizes the alarming situation of hunger and malnutrition in the world. We need to blow the whistle and raise awareness to motivate all individuals to create a fair world in which everyone has enough nutritious and safe food to eat. Wear this whistle symbol to raise awareness in your local communities.



Anggun



Carl Lewis



Debi Nova



Fanny Lu



Lea Salonga



Nadeah



Noa (Achinoam Nini)



Percance



Valentina Vezzali

BE SAFE AND SOUND!

DEAR LEADER OR TEACHER,

The challenge badges are designed to support you in undertaking educational activities. However, as you will be implementing these activities in different contexts and environments, it is up to you to ensure that the activities you choose are appropriate and safe.

LOOK AFTER YOURSELF

- ★ Wash your hands after every activity.
- ★ Don't look directly at the sun.
- ★ Don't taste things you find unless you are certain they are not poisonous.
- ★ Don't drink water from natural sources unless you are sure it is safe.
- ★ Be particularly careful when you're near water (non-swimmers especially). Make sure there is a lifebelt to hand if you are playing near deeper waters.
- ★ Be careful when using sharp objects and electrical appliances. Young children should be supervised by an adult at all times.
- ★ In some activities, you have the option of uploading pictures or videos to Web sites such as YouTube. Always make sure that everyone in the pictures or video, and/or their parents, have given their permission before you post anything online.
- ★ Remember, it is important have a balanced diet so that you get all the nutrients that you need to live a healthful life. See the healthy eating plate (p.25) for more information.



Please carefully plan and undertake activities with enough adult support to ensure that participants are safe, especially when near water or fire. Please consider the general precautions in the boxes below and carefully evaluate which other safety issues need to be taken into account before undertaking any activity.

LOOK AFTER THE NATURAL WORLD

- * Treat nature with respect.
- * Never pick protected species. Before collecting plants or picking flowers, get permission. Only take what you really need (it is better to leave nature as you found it) and make sure you leave at least one third of anything you find in the wild.
- * Be careful if you are working with animals; wear protection if necessary. Be gentle. Make sure they have appropriate food, water, shelter and air. When you're done, return them to where you found them.
- * Recycle or reuse the materials used in the activities as much as possible.
- * Always put litter in the bin – you can also try to reduce your litter by buying local food with little or no packaging, this also helps to reduce your food miles and carbon outputs.

THE

CHALLENGE BADGE SERIES

Developed in collaboration with United Nations agencies, civil society and other organizations, the YUNGA challenge badges are intended to raise awareness, educate and motivate young people to change their behaviour and be active agents of change in their local communities. The challenge badge series can be used by teachers in school classes, youth leaders and especially Guide or Scout groups.

To see existing badges go to www.yunga-un.org. To receive updates on new releases and other YUNGA news, register for the free YUNGA newsletter by emailing yunga@fao.org.



YUNGA has or is currently developing badges on the following topics:

AGRICULTURE: How can we grow food in a sustainable way?

BIODIVERSITY: Let's make sure no more of the world's glorious animals and plants disappear!

CLIMATE CHANGE: Join the fight against climate change and for a food secure future!

ENERGY: The world needs a healthy environment as well as electricity – how can we have both?

FORESTS: Forests provide homes for millions of plant and animal species, help regulate the atmosphere and provide us with essential resources. How can we ensure they have a sustainable future?

GOVERNANCE: Discover how decision-making can affect your rights and equality between people around the world.

HUNGER: Having enough to eat is a basic human right. What can we do to help the 1 billion people who still go hungry every day?

NUTRITION: What is a healthy diet and how can we make food choices which are environmentally friendly?

OCEAN: The ocean is mesmerizing and amazing. It helps regulate temperatures on Earth, provides us with resources and much, much more.

SOILS: Without good soil, nothing grows. How can we take care of the ground under our feet?

WATER: Water is life. What can we do to safeguard this precious resource?



CREATING BEHAVIOUR CHANGE

We work with young people because we want to support them in leading fulfilling lives, help them prepare for their futures, and to encourage them to believe that they can make a difference in the world. The best way to make this difference is by encouraging young people to embrace long-term behaviour change. Many current social and environmental problems are caused by unhealthy or unsustainable human behaviour. Most people need to adapt their behaviour – and not just for the duration of a project such as working on this badge, but for life. Many young people today know that doing good is more than an extracurricular activity: it's about how you lead your life. Small changes to your daily behaviours can really help us create a brighter future – one where no one goes to bed hungry.

So what can you do?

There are some proven ways of promoting behaviour change, so to increase the long-term impact of this challenge badge, try to do the following:



FOCUS ON SPECIFIC, ACHIEVABLE BEHAVIOURAL CHANGE

Prioritize activities which target very clear and specific behaviour change (e.g. 'if you can't finish your meal, don't throw it away! Pack it up and save it for a creative leftovers meal' rather than 'don't waste food').



ENCOURAGE ACTION PLANNING AND EMPOWERMENT

Put young people in charge: let them choose their own activities and plan how to carry them out.



CHALLENGE CURRENT BEHAVIOUR AND TACKLE BARRIERS TO ACTION

Encourage participants to scrutinize their current behaviour and think about how it could be changed. Everyone has excuses for why they don't behave in a particular way; lack of time, lack of money, not knowing what to do... the list goes on. Encourage young people to voice these excuses and then find ways around them.



PRACTISE ACTION SKILLS You'd like to take public transport more often? Collect and practise reading timetables, plot out routes on a map, take a walk to the bus stop, find out what the fare is, do a trial journey. You'd like to eat more healthfully? Try lots of healthy foods to see which you like, experiment with recipes, learn how to read food labels, create meal planners, visit the shops to find healthy foods on their shelves. Keep practising until it becomes a habit.



SPEND TIME OUTDOORS No one is going to look after something they don't care about. Time spent in natural environments – whether that is the local park or a pristine wilderness – encourages an emotional connection with the natural world which is proven to lead to more pro-environmental behaviour.



GET FAMILIES AND COMMUNITIES INVOLVED Why change the behaviour of just one young person when you could change the behaviour of their entire family, or even the whole community? Spread your message more widely: showcase what you have been doing for the local community and encourage young people to share what they're doing to solve hunger with their friends and family. For an even bigger impact, get political and lobby your local or national government.



MAKE A PUBLIC COMMITMENT People are far more likely to do something if they agree to do it in front of witnesses or in a written statement – why not take advantage of this? Young people are more likely to achieve their goals if they share them with friends and family who support them and hold them accountable.



MONITOR CHANGE AND CELEBRATE SUCCESS Behaviour change is hard work! Revisit tasks regularly to monitor achievement and reward continued success in an appropriate way.



LEAD BY EXAMPLE The young people you work with look up to you. They respect you, care about what you think and want to make you proud. If you want them to embrace the behaviour you are advocating, then you must lead by example and make those changes yourself.

TIPS ON UNDERTAKING THE BADGE WITH YOUR GROUP

STEP 1 INVESTIGATE

Encourage your group to learn about hunger and poverty. Start by raising participants' awareness about the significant differences in living conditions among people living in different parts of the world. You can use the world map on pages 28-29 to help raise awareness about hunger issues in different regions of the world. Motivate participants to think about the key causes of hunger, and what actions could overcome these root problems. You may find the background information is useful for this. Explain why young people are so important in driving change. You can use a story or a movie or any other engaging means to draw their attention to the topic. For example, this is a great video to introduce hunger and what we can do to help end it:

www.youtube.com/watch?v=udl9K6L1ekI.

STEP 2 SELECT

Apart from the compulsory activities, which ensure that participants understand the basic concepts and issues related to global hunger, participants are encouraged to select the activities that best match their needs, interests and culture. As far as possible, let the participants choose which activities they want to do. Some activities can be done individually, others in small groups. If you have another activity that is relevant or particularly appropriate to your area, you may also include it as an additional option.

STEP 3 ACT

Allow enough time for the group to carry out the activities. Support and guide them through the process but make sure that they carry out their tasks as autonomously as possible. Many activities can be conducted in several different ways. Encourage participants to think and act creatively when undertaking their activities.

STEP 4 DISCUSS

Have participants present the results of their challenge badge activities to the rest of the group. Do you notice any changes in their attitudes and behaviour? Discuss the experience and reflect on how they can continue to apply it in their lives.

STEP 5 CELEBRATE

Organize a celebration for those who successfully complete the badge curriculum. Invite families, friends, teachers, journalists and community leaders to participate in the celebration. Encourage your group to present the results of their project to the community in a creative way. Award them with certificates and challenge badges (see page 102 for more details).

STEP 6 SHARE WITH YUNGA!

Send us your stories, photos, drawings, ideas and suggestions. We are always delighted to hear how you have been using these challenge badges and we always want to improve our resources, so contact us at: yunga@fao.org.

BADGE

STRUCTURE AND CURRICULUM

The Ending Hunger Challenge Badge is designed to help educate children and young people about hunger in the world and how we can overcome it. This booklet will help you develop an appropriate, enjoyable and engaging educational programme for your class or group.

This booklet includes basic **background information** on relevant educational topics, aiming to help teachers and youth leaders to prepare their sessions and group activities without having to search for the information. Contents include: what hunger is, who the hungry are, how the food system works, and the key causes of hunger. The badge also addresses issues of food security, the Right to Food, poverty and the Hunger Trap. It also suggests a number of actions that we, as global citizens, can take to help end hunger. Naturally, not all the materials provided will be required or appropriate for all age groups and activities. Leaders and teachers should therefore select the topics and level of detail most appropriate for their group.

The second part of the booklet contains the **badge curriculum**, a range of activities and ideas to stimulate learning and motivate children and young people to engage in efforts to end hunger. A checklist to help participants keep track of the activities they have completed is provided at the end of the curriculum. Additional resources, useful Web sites and a glossary explaining key terms (which are highlighted in the text like this) are provided at the end of the booklet.