

# NUTRITION



**I AM HUNGRY BECAUSE MY FAMILY IS POOR.** THERE IS FOOD AND SEEDS FOR SALE, BUT WE CANNOT ALWAYS AFFORD TO BUY THEM.

I AM HUNGRY BECAUSE WE DON'T GROW ENOUGH FOOD TO EAT. WHEN THERE IS **DROUGHT** OR THE RAINS DON'T COME, **OUR CROPS DON'T GROW.**

BECAUSE I AM HUNGRY, I GET **SICK EASILY.**

I AM HUNGRY BECAUSE **THE FOOD I EAT DOESN'T HAVE ENOUGH NUTRIENTS** TO KEEP MY BODY HEALTHY AND STRONG.

BECAUSE I AM HUNGRY, I **DON'T HAVE ANY ENERGY** TO PLAY WITH MY FRIENDS.

BECAUSE I AM HUNGRY, **IT'S HARD TO CONCENTRATE** AT SCHOOL, BUT I WANT TO LEARN.

## TOOLS FOR GOOD NUTRITION

• SEEDS & TOOLS



• WATER



• KNOWLEDGE ABOUT NUTRITION



• TRAINING ON FARMING SKILLS



## OUR GOAL EVERYONE SHOULD HAVE ENOUGH NUTRITIOUS FOOD TO EAT

*I am hungry although there is enough food in the world to feed everyone. 870 million other people around the world are hungry too.*

— [www.wfp.org/hunger](http://www.wfp.org/hunger)

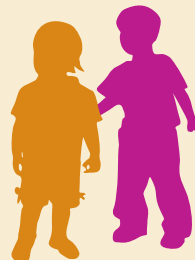
With seeds, good tools and water, our crops will grow and our yield will increase.

We have more food to eat and I now eat a better variety of food including fruit and vegetables.

We can sell the extra yield at the market to earn an income.

This income will pay for extra food, medicine, school books or we can save for a rainy day.

I am healthy and I am going to school.



### GLOBAL GOAL

**MDG 1** Eradicate Extreme Poverty & Hunger  
**MDG 4** Reduce Child Mortality



UNDP Brazil

## EVERYONE AROUND THE WORLD HAS A RIGHT TO FOOD

Food must be **AVAILABLE** to buy in markets or shops or through farming, fishing or hunting.

Food must be **ACCESSIBLE**. The price of food should be affordable for everyone. Food should be in easy reach, even if you live in a war zone or a remote rural area.

Food must be **ADEQUATE**. It must contain all the nutrients that your body needs.

**Is your right to food safe?**