

WHAT IS WORLD FOOD DAY?

Around the world there are different problems related to how and what we eat. Although the number of people who suffer from hunger is decreasing, that of people who are obese or overweight is growing. At the same time, our eating habits are affecting the planet. We don't eat everything that we buy, and we contaminate more than necessary to eat what we want.

This year, the aim of World Food day is to achieve Zero Hunger, and for this to happen, there are certain things we can all do to help.

• Diet choices

- Check your local dietary guidelines.
- Add vegetables, fruit, legumes, nuts and whole grains to your diet.
- Avoid refined starches, sugars, fats and salt.
- Change refined "white" foods for more nutritious "wholemeal" options.
- Know your fats: unsaturated are better than saturated and trans-fats.

• Planet choices

- Think about the environment; reduce your 'food print'.
- Diversify your diet: try traditional, local and seasonal foods.
- Eat fish that is abundant or eco-labeled.
- Buy small amounts of fresh food and waste less.
- Buy food that isn't packaged in plastic.

• Life choices

- Eat home-cooked food rather than pre-prepared dishes.
- Learn to understand food labels.
- Don't let packaging or advertising convince you.
- Exercise for at least 30 minutes every day.
- Ask for healthier meal choices.
- Talk to people. Share your knowledge and respect for food.

For more information, you can visit the food and agriculture organization's [website](#). Here you can find [guidelines for Spain](#), as well as an [activity book](#) you can use with your students.

This Month in Beyond the Books...

World Food Day

- Suitable for ages 5–10.
- You will need: 3 Worksheets + flashcards (optional).
- Estimated duration: 40 mins.
- Look into healthy eating and habits, food pyramid and your students' favourite healthy foods.

I'm hungry and I eat

- Suitable for ages 6–12.
- You will need: 2 Worksheets (the second one is optional).
- Estimated duration: 30 minutes
- Memory game focused on food Vocabulary and healthy eating.

WORLD FOOD DAY

5-10 years old

Teacher's notes

1. Explain to your students that there are healthy and unhealthy foods. Ask them which they think would be examples of healthy food and which are unhealthy. Give them a few ideas so they can think of more examples (fruit, vegetables, sweets, chocolate). If you want, use the flashcards provided as examples.
2. Ask your students what they usually do in their free time. Do they do any sports? Do they play video games? Which do they think are better for their health? If you want, you can use the flashcards to prompt students' responses.
3. Explain to students that we should not only consider whether things are healthy or unhealthy, but also how often we include them in our lives. For example, it's fine to have chocolate occasionally, but not at every meal.
4. Give them Worksheet 1 and go through each line and ask them to put a tick in the column that best represents their habits. Once you see that they have understood the activity, they can continue filling it in on their own.
5. Once students have completed their charts, give them Worksheet 2 and explain that there are local health recommendations. You can find them in this link (http://www.aecosan.msssi.gob.es/AE-COSAN/docs/img/nutricion/Piramide_NAOS.jpg) and project it in class. If you prefer, you could download it and print it out. What they see in green is what they should eat/do every day; what is in orange is for a few times a week and what is in red should happen rarely.
6. Ask them to compare their habits to the pyramid and to think of two things that they are already good at and two things that they can improve. If they want, they can either draw or write their answers.
7. As a round up activity, use Worksheet 3A for students to draw their favourite healthy food and activity. For older students you can use Worksheet 3B.

WORLD FOOD DAY **Flashcards**



WORLD FOOD DAY **Flashcards**



WORLD FOOD DAY Flashcards




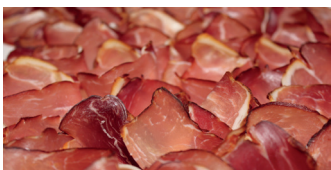



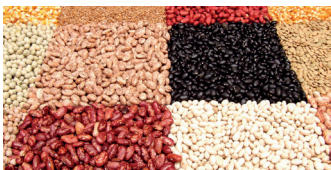

WORLD FOOD DAY Flashcards



WORLD FOOD DAY **Worksheet 1**

What do you eat? When do you eat it? Do you exercise every day?


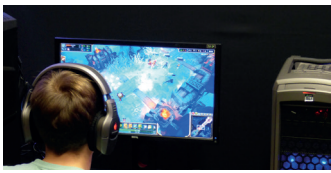






Look at the chart below and tick the box that matches your habits. ✓

Food	Everyday	A few times a week	Rarely
			
			
			
			
			
			
			

WORLD FOOD DAY Worksheet 1

Food	Everyday	A few times a week	Rarely
			
			
			
			
			
			
			
			
			

WORLD FOOD DAY Worksheet 1

Activities	Everyday	A few times a week	Rarely
			
			
			
			
			
			
			
			

WORLD FOOD DAY Worksheet 2

Look at the pyramid on the screen. In **green** are the things you should eat/do every day. In **orange** what should happen a few times a week and in **red** some that are better to limit.

Compare your chart to the pyramid below. What are you already doing right? What could you do better?

What am I already good at?

1. _____

2. _____

What could I do better?

1. _____

2. _____

WORLD FOOD DAY **Worksheet 3A**

Which healthy foods do you enjoy eating? Which healthy activities do you like to do? Draw a picture of your favourites and share them with your classmates. You can always enjoy taking care of your body!

My Favourite Healthy Food

My Favourite Healthy Activity

WORLD FOOD DAY **Worksheet 3B**

Which healthy foods do you enjoy eating? Which healthy activities do you like to do? Which would you recommend to a friend and why? Choose one healthy food that you like and one healthy activity that you enjoy. Explain why and what would you say to a friend so they can try it.

My favourite healthy food:

Why?

What would you say to a friend?

My favourite healthy activity:

Why?

What would you say to a friend?

I AM HUNGRY AND I EAT...

6 -12 years old

The aim of this memory game is to revise food vocabulary, as well as raising awareness about the importance of healthy eating amongst primary students.

You will need:

- Worksheet 1: one copy per group.
- Worksheet 2 (optional): one for every 4-5 children.

Instructions:

1. First, ask your students "What is your favorite food?", and give them an example, e.g. "My favourite food is salad." Ask the question again, and pick a couple of students to share their answers.
2. Explain your students that eating all types of food, like vegetables, meat, dairy and cereals is good for them. Then, ask them to think of foods that are healthy. If your students are not very familiar with food vocabulary, you can show them Worksheet 2, and ask them whether they think they are healthy or not. You can either ask the whole class, or one student at a time.
3. Then, explain that you are going to play a memory game called "I am hungry and I eat...".

*Note: Depending on the desired level of difficulty, you can divide your class into groups of four or five students and supervise them as they play if you want the game to be easier, or have the whole class play at the same time, which will make it more challenging. Alternatively, you could start by playing a couple of rounds in groups and move on to playing with the whole class.
4. Have your group/s sit in a circle and start by saying "I am hungry and I eat _____", saying your food of choice. Then, the student to your right will have to repeat the same sentence you said, and add one food item. This process is repeated until someone forgets what the others have said. (E.g.: Teacher: I am hungry and I eat **potatoes**. Student 1: I am hungry and I eat **potatoes** and **cheese**. Student 2: I am hungry and I eat **potatoes**, **cheese** and **strawberries**...)
5. Whenever a student forgets what their classmates have said, they will have to stop playing.
6. After a student has failed, the student to their right will start the new game.

**Optional: If you want the game to be a little bit more challenging, set a limit of maximum 30 seconds per child to say all the food items.*

I AM HUNGRY AND I EAT... Worksheet 1



I AM HUNGRY AND I EAT... Worksheet 2



FISH



CHEESE



JUICE



ONION



KEBAB



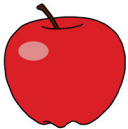
ICE CREAM



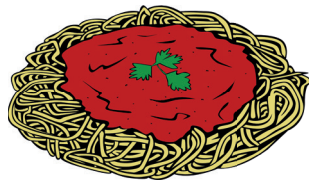
PINEAPPLE



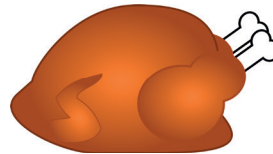
YOGURT



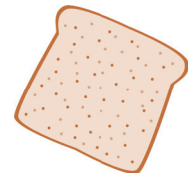
APPLE



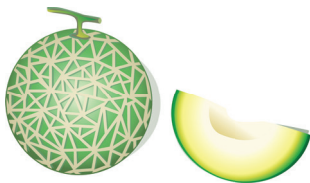
SPAGHETTI



ROAST CHICKEN



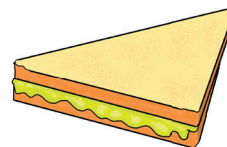
BREAD



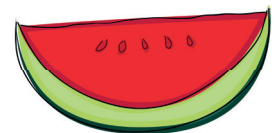
MELON



HAMBURGER



SANDWICH



WATERMELON



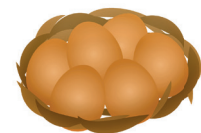
SEAFOOD



PIZZA



BANANA



EGGS



SALAD



TOMATO



RICE



CHOCOLATE