



Food and Agriculture
Organization of the
United Nations



working for Zero Hunger

ACTIVITY BOOK

Your Guide to FAO



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Welcome to FAO's World!



▶ FAO

- 197 members – 194 nations, 2 special members and the European Union
- Present in 130 countries around the world
- 5 regional offices
- Headquarters in Rome, Italy

Introduction

This book will take you on a journey through FAO's history. Since its foundation in 1945, the Food and Agriculture Organization of the United Nations has always striven to make the world a fairer place for all, and a large part of this means fighting to eliminate hunger. Zero Hunger is the ultimate goal, to be achieved by the year 2030 – find out how and be part of the change!

A Story with deep roots

The seed of an idea

*Find out the meaning of all words marked with a * in the glossary on page 19.*

FAO (Food and Agriculture Organization of the United Nations) was **founded in 1945**, thanks to the willingness of 44 nations that signed their commitment to the fight against hunger. This took place as the whole world was recovering from devastation and food shortages following the Second World War.

In 1904, someone had already had the idea of bringing the world's leaders together to share problems and knowledge on the topic of food and agriculture. **David Lubin**, a Polish immigrant in America, had presented a proposal for an International Institute of Agriculture (IIA) to King Victor Emmanuel III in Italy. He neither wore a hat nor gloves, as the customs of the time dictated. Yet, the king received him anyway, and was enthusiastic about his small but great idea.

A tree that grows

Lubin's IIA continued its programme through both highs and lows. The First World War had left various tensions between nations, who were unwilling to collaborate. Getting along appeared to be impossible. The outbreak of the Second World War, a few years later, certainly did not improve the situation. **Frank McDougall** continued in Lubin's footsteps. A brilliant economist and nutritionist—he believed in the importance of agriculture to combat malnutrition* and to create a more just economic model.

McDougall explained his idea to the president of the United States, **Roosevelt**: how could one not start from the single fundamental element of human existence, food, to solve conflict and inequality? What was needed



was a global organization to represent countries around the world and **unite them in the fight against hunger**. Roosevelt understood that McDougall was right. The first United Nations conference on Nutrition and Agriculture was held in Hot Springs, America in 1943. The issue of surpluses was discussed: how to reconcile the fact that some countries in the world had an excess of food while in others people were dying of hunger? Many aspects of this problem still remain unresolved today. On **16 October 1945**, Lubin's IIA was closed and FAO was born, which became the first specialised organization of the United Nations, when the UN formed 8 days later. Its foundation was signed by 44 governments. Yet, today it has 194 member nations, 2 special members, and a member organization, the European Union, that have and continue to share every sacrifice and victory they have experienced.

What are the United Nations?

The UN logo unites 193 world states (out of 196) in the effort to promote peace and cooperation between countries, and to defend human rights. Looking at the news is enough to understand that the UN is always very busy... FAO is one of the UN's specialized agencies leading efforts to achieve Zero Hunger.

World Food Day

Every year, on 16 October, FAO celebrates its birthday, World Food Day. This international day dedicated to food is a time to call governments, businesses, farmers and individuals to action. With events organised in over 130 countries around the world, World Food Day is one of the most celebrated days in the UN calendar.



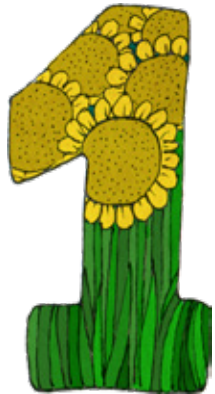
FOOD FOR THOUGHT

Imagine being a new David Lubin or Frank McDougall. In your opinion, what problem needs to be solved to make the world a better place for all girls and boys? What type of International Organization would you propose to solve it?

What was needed
was a global
organization
to represent
countries around
the world and
unite them
in the fight
against hunger.



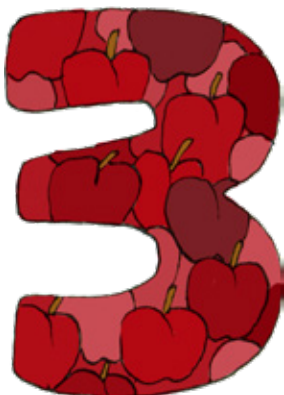
Working for Zero Hunger



Ending malnutrition: in the future people should not be obese or underweight, but rather healthy and well-nourished.



Ensuring the economic security* of the most populated parts of the planet, which are also the most dependent on agriculture, fishing and natural resources.



Reducing poverty in rural* areas. This is not an easy task. However, through more modern and productive agriculture, the creation of new work opportunities and forms of social protection* that protect farmers in times of crisis, we can change things for the better. But considering that hunger is on the rise, we need to make a bigger effort to get back on track!



Protecting family farms, which account for 90% of farms around the world, to make sure they are not swept away by mass, industrial farming on a global scale. Keeping small farms up-to-date with the latest information and giving them access to tools and technology is the best way to increase production in a sustainable way and help rural communities to thrive.

Fighting hunger in five steps

Despite being capable of feeding each and every one of its inhabitants, over 800 million – 1 in every 9 people on our planet – wake up every day knowing that they will not have anything, or almost anything to eat. In wealthy countries too, many kids go to school on an empty stomach, or only eat junk food, which is low-cost but lacking in nutritional substances. However, even more people are overweight. In some parts of the world more people die from obesity than homicide. This means that **malnutrition is a global problem.**

FAO has developed five objectives to reduce the number of undernourished people from **over 800 million to ZERO** and improve nutrition.



Facing challenges as we work towards Zero Hunger including natural disasters such as earthquakes, floods, drought and man-made disasters like war and violent riots. Preparing populations to face shocks, and when they can't be avoided, helping them to recover faster.

SEVEN FACTS ABOUT HUNGER



Is eradicating hunger really possible? Of course! It has been calculated that around 160 dollars a year for every poor person would be enough to end hunger by 2030. The cost of the impacts of malnutrition to governments is already a lot of money (as high as USD 3.5 trillion per year) so it makes sense to invest in a solution.



Hunger is not "appetite"! It is a total lack of energy to get through the day: a hungry person is like a car without fuel.



Food insecurity' is what happens when there is no food, not enough money to buy it, or, when there is enough, but it is of bad quality. Though we produce enough food to feed everyone, it doesn't get to those who need it because of poverty, conflict, natural disasters linked to climate change, and even food loss and waste*.



Malnutrition is not only a lack of food: an obese child and a child that does not eat enough are both malnourished. Too much and too little are two sides of the same coin.



One third of all food produced is either lost during its journey from the farm to our plates, or wasted.



The reason for almost half of childhood deaths in the world today is malnutrition. Children who are stunted due to malnutrition are smaller in size, sick more often and can't learn as well at school.



'Hidden Hunger' affects over two billion people. What defines it? The absence of one or more nutrients*, which are essential for growth and health. You may eat, but you may not be eating everything you need.



A perfect plan

Getting countries with different cultures to agree on an issue such as food may really seem like mission impossible.

How can we put FAO's five steps into practice? FAO's answer can be summed up in three key words: knowledge, sharing, action. FAO's staff is composed of agronomists, specialists in forestry, fishery and animal resources, nutritionists, sociologists, anthropologists, scientists, and information management, legal, communication and statistical experts.

FAO's
answer can be
summed up in
three key words:

**knowledge
sharing
action.**

All of these people, men and women, contribute to collecting an enormous quantity of data and information on food, agriculture and natural resources, climate change and more, sharing them as much as possible.

FAOSTAT is the biggest database in the world that collects data on food and agriculture from 200 countries. This data is used to create statistics on climate, the environment, poverty, health and many other topics. It is a precious goldmine that is growing every day.



Knowledge sharing is indeed a crucial element for FAO strategies. The flame of knowledge, in fact, does not die down with the participation of many, rather, it grows and grows casting an enormous light on the world. It is for this reason that FAO puts those holding 'the flame' in touch with those who need to light their candles: farmers, but also governments, companies and institutions that somehow influence the production of food in the present and future, including children and young people – the adults of tomorrow.

Fall Armyworm (FAW) is a ruthless pest which feeds on more than 80 different crop species, and when it arrived in Africa from the Americas, farmers panicked. It was new to their continent and they didn't know what to do to save their crops! They were tempted to overuse chemical pesticides that can be hazardous to human health, but FAO stepped in immediately, provided the technical and practical advice they needed, developed a special App for farmers and helped South America and Africa to exchange important information. **Knowledge can save crops and lives!**

But knowledge
and study are
not enough:

we must take
action!



The support that FAO offers member states to develop action plans is necessary to transform data and information into concrete change.

Not only do **FAO school feeding programmes** improve nutrition, they also show students how to grow fruit and vegetables in inexpensive ways, and encourage them to try out their newfound skills at home. The greater community also benefits from the programmes as other food ingredients are sourced from local farmers. In this way, the children eat healthily, and the local economy grows.

Working with FAO and local organizations empowers young people to imagine and start building their own future! Taking action means making the most of personal and environmental resources but in a sustainable way, with **people as the change-makers** and governments and local authorities encouraged to recognize their respective responsibilities.



The term, 'farmer' actually refers to a wide range of people tied to food production: crop farmers, fishermen, shepherds, forest smallholders* and nomads.

Fun Fact!

Are you mad about drones? Did you know that FAO experts use these incredible technological gadgets for some of their special missions? Although they were originally made for war, they actually make excellent and friendly aerial scouts.

They are used to monitor forests and coasts, check that crops aren't being attacked by pests, assess where farmlands are most at risk from natural disasters, and quickly check damages after they strike. Science and technology for the common good!

Mediating to win

Governments and political leaders, representatives from private companies, farmers and common citizens need a **mediator* to aid communication and understanding** between the various parties. Different interests, diverging cultures and politics can compromise dialogue in the absence of a neutral organization such as FAO. FAO brings together the people or bodies that can share their resources or information with those who need them, defending the rights of the most vulnerable people in society by encouraging governments and institutions to introduce fairer policies.

Take FAW, for example, and how FAO is helping Africa to communicate with the right people in Latin America, so they can learn how to manage this new pest. FAO has a delicate role to play because the projects which can guarantee a future without hunger depend on helping all stakeholders involved to reach agreement.

#ZeroHunger

Zero Hunger means bringing the number of people who suffer from hunger and malnutrition to ZERO. **Zero Hunger is the name of FAO's most important operation.** It springs from the Fome Zero project (zero hunger in Portuguese) launched by the Brazilian government in 2003, which saved 36 million Brazilians from poverty, food insecurity* and malnutrition.

It has also been internationally recognised as one of the UN's 17 **Sustainable Development Goals (SDGs)** to be reached by 2030. Zero Hunger is key to achieving the other 16 objectives, since you can't have education and good health for all without first tackling hunger.

Without food
and dignified
living conditions
we are like kites
without wind:

unable to fly.





SDGs

The **17 SDGs are what the world needs** to become a happy and safe place for everyone: the Sustainable Development Goals of the United Nations. Zero Hunger is therefore in pretty good company, standing next to innovation, peace, justice, clean energy and health, just to mention a few. UN member states officially pledged to do as much as possible to ensure that all 17 are reached by 2030. An impossible challenge? Not at all, but it depends on each and every one of us.

BE PART
OF THE
CHANGE!

To learn more, check out the incredible website for young people devoted to the SDGs.
worldslargestlesson.globalgoals.org

FOOD FOR THOUGHT

What age will you be in 2030? How can you help to reach the Zero Hunger goal? Try to make a list of your proposals and share the best ones. Your ideas and actions are important! Get some tips from the FAO Activity Book "Working for Zero Hunger".

1963

1

A code that is no secret
 Year 1963, name Codex Alimentarius – or food code. If a type of food endangers health because, for example, it contains too many poisonous pesticides for humans, and it does not pass the standard of the Codex, it cannot be sold. FAO only approves quality food for everyone, in every household, in every corner of the world.



1970

2

The Green Revolution
 Norman Borlaug, Nobel Peace Prize winner in 1970, crossed a species of Mexican grain with two Japanese varieties. He obtained a species resistant to diseases, and another to bad weather. Thanks to these super grains and to new experimented techniques, millions of people in Asia were able to escape chronic hunger and cultivate what they needed to survive.



1974

3

A tough life for Onchocerciasis
 The black fly breeds along rivers and like mosquitos, it feeds on blood. Besides irritating people and animals, bite by bite, it also transmits the terrible onchocerciasis – or ‘river blindness. However, in 1974, FAO sponsored a programme with other institutions, which eliminated this disease from 11 West African countries over time, saving millions of people from blindness. The challenge continues in other parts of the world!



2010

7

Prices under control
 It ensures that the prices of the world’s most consumed foods – wheat, rice, soya and corn – do not rise suddenly causing economic crises and widespread hunger affecting millions of people. It is called the Agricultural Market Information System (AMIS) and it draws on a broad range of data, such as energy prices or the moves of the most powerful companies, to prevent a crisis. Once again, the knowledge and sharing of collected data is crucial.



2011

8

Goodbye, rinderpest!
 For centuries this disease killed livestock, bringing farmers and shepherds to their knees and causing famine. But in 2011, rinderpest was declared eradicated from the face of the earth! This is the second virus to have been eliminated by man after smallpox in 1980.



2012

9

The right to land
 The Guidelines for land and natural resources tenure remind FAO member states that land first and foremostly belongs to indigenous populations, or those living on it, and that big corporations acquiring large quantities of land should take their rights into consideration, in addition to the natural ecosystem or environment.



It is not a song chart or must see movie list, but the list of incredible goals reached thanks to FAO's field work, shoulder to shoulder with nations, farms and farmers. Years of hope and hard-work have finally paid off!

1995

4 Fish: A+ in Conduct!

In order to preserve the aquatic world, fishing has to be reduced, but then how can the well-being of fishermen be guaranteed? The FAO Code of Conduct explains how to gain the maximum benefits and profits from sustainable fishing by creating new work opportunities and minimizing waste. For those of you who think there are plenty of fish in the sea, there aren't, so act responsibly!



2001

5 A refuge for endangered seeds

Seeds from which fruit, vegetables and grains develop are important for preserving biodiversity* on earth. Researchers need them to create new species that are resistant to climate change and can produce more abundant harvests. But, who do they belong to? To the country in which they grow, or, to the ones investing money and resources in their harvesting, cataloguing and use? Seeds are a world heritage, and FAO developed the Treaty on Plant Genetic Resources in 2001 to regulate how governments, local farmers and international companies use seeds on a global scale. Special seed banks, in which seeds are catalogued, conserved and protected for future research and experiments, have also been created.



2009

6 A fantastic committee

In 2009, the Committee on World Food Security became bigger and more efficient. It involves the three primary organizations that focus on nutrition (FAO, IFAD and WFP), government experts to discuss strategies, and programmes to guarantee global food security, namely: quality food for everyone.



2013

10 From reducing hunger to ZERO Hunger

In 2013, FAO elevated its main goal from reducing hunger to completely eliminating it. Latin America and the Caribbean was the first region in the world to commit to ending hunger by 2025. The countries also promised to protect family farmers and develop rural areas to guarantee food security. Shortly after, Africa followed in its footsteps. From 1990 to today, the number of people suffering from hunger in South America has halved! The Zero Hunger concept is based on the belief that hunger is a human creation and does not follow any natural law – which means it can be defeated!



FOOD FOR THOUGHT

Write your top ten special goals to improve the neighbourhood or city you live in. Which one is your number one and why?





On the road with FAO

Being a part of FAO means considering the world as one's home. **Six official languages** are spoken at FAO: Arabic, English, Chinese, French, Russian and Spanish.

There are over 130 regional and national **FAO** offices spread around the globe.

Although the headquarters are located in Rome, Italy, there are over 130 regional and national FAO offices spread around the globe. Roughly **eleven thousand people work for FAO**, and they come from all over the world: diversity is considered an added value.

Projects developed involve people from different countries, and frequently youth. In developing countries they are very important in the fight against poverty and unemployment among younger generations in several villages, offering a better future to those who usually cannot even picture one.

Moswen

Moswen, **16 years old**, is from the Manica region of **Mozambique**, where the merciless AIDS epidemic kills hundreds of thousands of people every year. Like many other children he is an orphan, and would have risked malnutrition, poverty and abuse if he hadn't joined a local FAO Junior Farmer Field and Life School (JFFLS).

In a JFFLS orphaned children are taught how to live off the land, respect each other as men and women, and prevent the spread of diseases, HIV in particular. They can feed themselves and get an education, but also have fun! To keep tradition alive, what better way than singing and dancing to beautiful music that lifts the spirit and helps concentration? Then, once a week, boys and girls are encouraged to take part in a theatre session, to embrace gender equality for a safer and healthier life.

Moswen has been enjoying his training so much that he now works as a facilitator to new students. Manica orphans can find a new family at the JFFLS, and they become important members of their community as mentors to other local farmers, advising them on the latest techniques. Moswen and his friends get the skills and confidence they need to achieve a better life!



Yuwadee

Yuwadee is also **16 years old** but she lives in **Thailand**; she goes to Wana Luang School, where only 60% of the food necessary to feed all the students is government-funded. That's why the principal and teachers asked FAO for help.

FAO doesn't buy the food, though: instead, it offers life-long skills to gain food independence and security. So Yuwadee and her schoolmates were taught how to save water for the dry season, grow vegetables, and keep a chicken farm that provides protein-rich food and natural fertilizer (commonly known as... chicken poo).

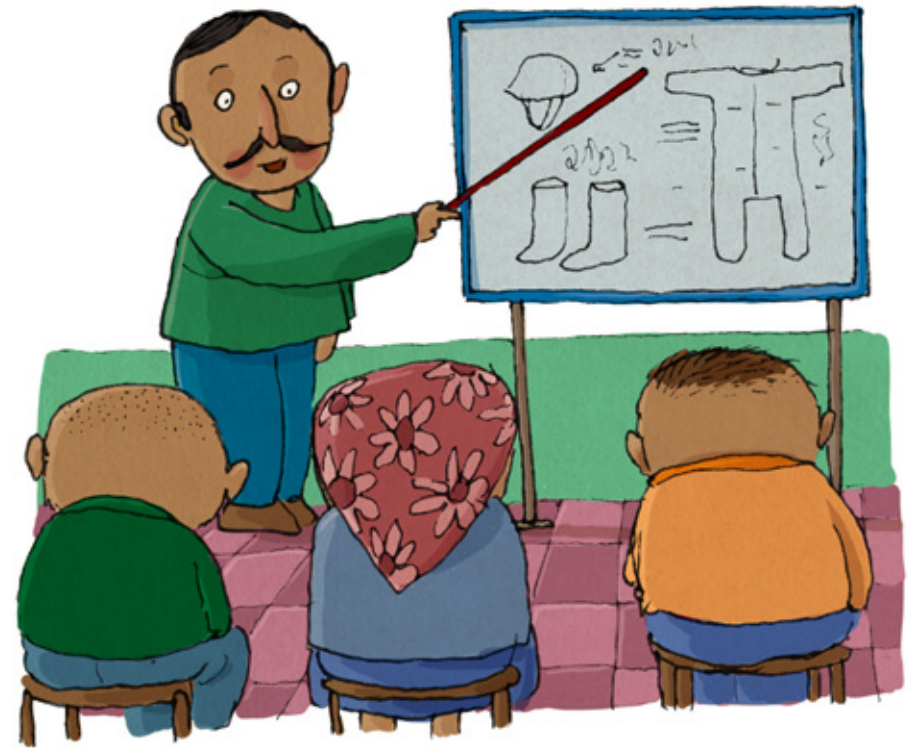
Their school garden now provides food for everyone in the school as well as a surplus to be sold locally. But what Yuwadee enjoys most is cooking vegetables and rice in giant frying pans! In fact, all the meals at Wana Luang are cooked by students, which is amazing fun, even though the results may vary...



Fouad Wansa

In the meantime, in **Lebanon**, Fouad Wansa is fighting child labour and the hazards it brings to young people. All over the world, almost 108 million boys and girls work in agriculture to help their families and communities. This does not only mean that children can't go to school and develop other skills, but also that they are exposed to various dangers, chemicals in particular. An Extension Officer and Head of an Agricultural Centre in his country, Fouad works with FAO to protect young people by raising awareness among farmers about

the risks of pesticides. Children working in the fields are often exposed to these toxic chemicals with no protection gear! When Fouad talks about this, parents are always shocked to have unknowingly exposed their own children and themselves to harm, and thank him and FAO for sharing this important information. Fouad uses the visual guide "Protect Children from Pesticides!" in the classrooms he visits, and he's happy to see that now more and more farmers are willing to reduce child involvement in agricultural practices. He knows the journey towards a world free of child labour is still in the early stages but that it will make a difference, one day at a time, one child after another.



The young people of Chocó

Whenever the Baudó river swells, in Chocó, **Colombia**, the three small villages along its banks are flooded. People then have to move around in canoes, and while this may sound like great fun, the truth is that the crops are also flooded which is no fun for anyone. Communities run out of food, children go hungry. Then one day FAO organized a series of workshops on storytelling and photography to teach young people aged between 10 and 15

about the practical measures necessary to manage and reduce the threats to agriculture caused by climate events in their region. Children had a lot of fun learning about photography, and they also found out how to protect crops from flooding, contributing to the safety and wellbeing of their people. The workshops combined technology, education and storytelling and connected children from rural areas, allowing them to tell their communities' stories from their own perspective. Stories which tell us about the tremendous effects of climate change, but also that the future may be brighter than we imagine if we are prepared to change too.

These are just a few of the many projects FAO is developing to build the next generation of scientists, food entrepreneurs, agronomists, farmers and nutritionists.



Make cities greener.



Eat healthy food.



Spread the word.



Don't waste food.

Growing with FAO

FAO is not only 'for grown ups'. What age will you be in 2030? What type of world would you like to live in?

How can you contribute to building it? Take some inspiration from the pictures on the left and read our Activity Book, Working for Zero Hunger, to find out what you can do! These are fundamental questions to ask yourself as the adults of tomorrow. As the African proverb says: if you think you are too small to make a difference, you haven't spent a night with a mosquito.

Towards Zero Hunger!

If this short tour of the gigantic FAO universe has inspired you, all you have to do is join all those who are actively working to reach the Zero Hunger goal. Every small gesture, each and every person that you involve, and all actions you take, are steps towards a more just world in which nobody has to worry about food.

FOOD FOR THOUGHT



Think about what is needed to make your school a better place for everybody. Is there space to create a school garden? A library to put back in order, or one to build from scratch? Is there a cause or charity that you would like to start a fundraising project for? Start a project with your classmates and talk with your teachers. Start your mission (im)possible: sometimes we start from a small idea and reach big targets!

Glossary

- Biodiversity:** the variety of plants and animals that live in perfect balance in one environment (ecosystem) and keep it alive and well. If a species dies, the entire ecosystem is endangered.
- Economic security:** stable standard of living in a country or area where all people are guaranteed jobs and therefore a regular income to live a decent life.
- Food insecurity:** the absence of food or nutritional substances. For a human being, this means not knowing if, when and how to obtain the food necessary for healthy living.
- Food loss and waste:** food waste is part of the greater issue of food loss and can be addressed in a variety of ways. In both cases, however, food that is fit for human consumption is being thrown away, used in the wrong way or allowed to rot through bad storage or lack of care.
- Food system:** all the stages of keeping us fed, from growing to harvesting, packing, processing, transforming, marketing, consuming and disposing of food.
- Forest smallholders:** farmers who live and make a living off of forests and their resources.
- Malnutrition:** bad nutrition that either causes an excess or lack of nutrients. Obese people and undernourished people are two different sides of the same problem.
- Marginalized:** a powerless person or group of people who is treated as unimportant within a society or community.
- Mediator:** a person or organisation who helps other people or organisations to come to an agreement or reach common decisions in a peaceful and satisfying way for everyone.
- Nutrients:** the “building blocks” of all living beings. They provide the nourishment that we need to live and grow healthily.
- Obesity:** being overweight, which is not an aesthetic problem but a health risk.
- Rural:** tied to land and fields. A rural community primarily lives on agriculture.
- Social protection:** now common in all developed countries, it guarantees education (schools), health (doctors, hospitals and medicines), and other essential services for a decent standard of living. For farmers it can include assistance from governments to recover from a crisis where the crop fails.

Activity Book Series

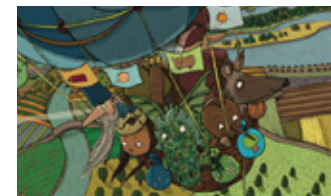
You can download the FAO Activity Book Series on our “Building the #ZeroHunger Generation” portal together with a range of material to support educators and parents in the preparation of activities or classes on important global issues at the core of FAO’s work: www.fao.org/building-the-zerohunger-generation



▶ Working for Zero Hunger



▶ Change the future of Migration



▶ Climate is Changing

Contact us:

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