

Nutrition

Proper nutrition is necessary for children to grow up strong. Sadly, millions around the world are denied this basic right.

There is enough nutrient-rich food for everyone in the world. Still, there are over 800 million undernourished people today globally. They don't get the energy needed to perform throughout the day. They lack the energy to be active and concentrate well.

Over time, their hunger can lead to *malnutrition*. This means having so few nutrients that the body begins to fail in its basic workings. They have difficulty resisting and

recovering from disease. If they are children under the age of five, malnutrition may cause *stunting*. Their physical and mental growth can be significantly delayed. Stunting cannot be reversed and sets a child behind for life.

The first 1,000 days of life are the best time to fight malnutrition. Although this can prevent stunting, there's more that must be done. The world must address malnutrition for all children. We must protect their right to nutrition.



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 **1 in 2** CHILD DEATHS
ARE LINKED TO UNDERNOURISHMENT

What's the Word?

Unscramble the words or phrases in capitals below to reveal the names of programs and treatments against malnutrition around the world.

In Zambia, **YAERD-OT-ESU therapeutic food** helps with its energy-dense peanut paste.

Y A E R D O T E S U

In Guatemala, nutrients in powder form called **RIPKLENS** are added to food.

S I P K L E N S

In Tanzania, **Mid-Upper Arm CENMEUCRFCIER tapes** show malnutrition by measuring the length around children's arms.

C E N M E U C R F C I E R

In the Philippines, **Infant and Young HCLDI EIFGEDN programs** give nutrition advice to mothers.

D I F G E D N

BONUS CHALLENGE: Unscramble the circled letters to complete the phrase below.

Nutrition pays: For every dollar invested in a country's nutrition programs, there are 16

S **R** **R** by having a healthier, more productive country.





For Discussion, Thought, and Debate

- Is it possible to suffer from malnutrition without being undernourished? Explain.
- Debate whether providing food or improving farming is the better action for the world to take for undernourished people.
- What actions, as a class and as an individual, do you think you can take to reduce hunger and malnutrition in your community? Around the world?



We Must Invest in Nutrition!

People used to investing in businesses may question an unusual investment like nutrition. Ignoring global malnutrition, though, makes a bad situation even worse. Malnourished girls are more likely to become mothers of malnourished babies. Undernourished children are more likely to die from common illnesses. The survivors are less prepared to learn, which reduces their future ability to earn. This poverty leads to more malnutrition.

It doesn't have to be like this. Simple strategies can make real differences in child survival and well-being. For example, improving the health of mothers and getting vitamin supplements to children can go a long way ... and for not so much money. We must fight for a world where zero children go hungry—even for one night.

Comparing Calls to Action

In 2011 and 2012, a serious nutrition crisis was starting in the dry lands of Africa's Sahel region. Two UNICEF champions put out a call to action, but in different ways. UNICEF Executive Director Anthony Lake used a press release, or message to TV, Internet, and other media (see below left). UNICEF Ambassador and celebrity Selena Gomez used Twitter to reach her numerous followers (see below right).

Anthony Lake, press release (excerpt):

The children at risk today in the Sahel are not mere statistics ... They are individual girls and boys, and each has the right to survive, to thrive and to contribute to their societies. We must not fail them.



1. What is the single message they are communicating? (continue on a separate page)

2. In your opinion, which was likely the more effective message? Write your answer in a paragraph on a separate page, supported by reasons and facts.

WORD SCRAMBLE ANSWERS: ready-to-use, Sprinkles, Circumference, Child Feeding
BONUS CHALLENGE ANSWER: Nutrition pays: For every dollar invested in a country's nutrition, there are 16 DOLLARS RETURNED by having a healthier, more productive country.