

TABLE OF CONTENTS

01

Project Introduction

Here the project is completely introduced.

02

Key Activities and Outcomes

Here all the key activities, that have been done, are listed.

03

What we have concluded

Here what we have learned during our activities is concluded.

04

Project Vision

Here the vision of the project is represented.

05

References

Here the most-used references are reported.

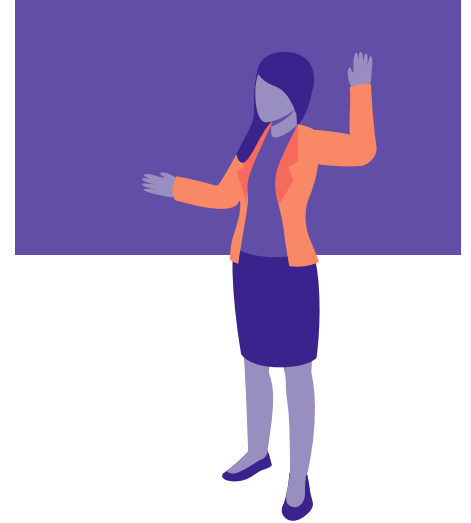
Overview

Project Introduction



INTRODUCTION

Finding Solutions to Hunger is a project in which students of all ages begin to understand **the root causes of hunger in the world** and to take meaningful action for its elimination. Aligned with **the second UN Sustainable Development Goal**, to end hunger, achieve food security and improved nutrition and promote sustainable agriculture, students of all ages, grade levels and English speaking/writing skills bring their strengths and ideas into collaboration with another to find solutions.



“The world has enough for everyone's needs, but not everyone's greed .”

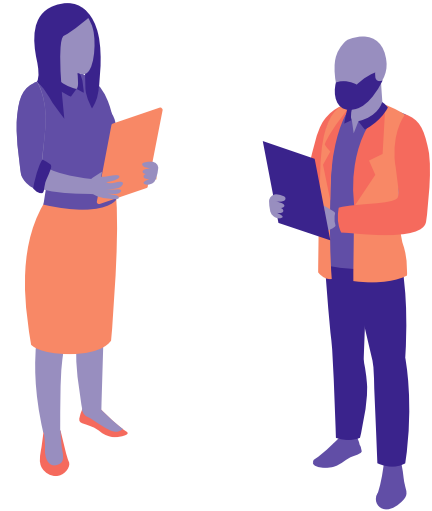
—Mahatma Gandhi



What's the Goal?



To take action against hunger in the world, through understanding and action, is the ultimate goal. Building a network of collaboration, shared knowledge and service happens over time as students study the following concepts, among others, through reading, artistic expression, digital media and writing and reflecting.





Key Activities

02



By dint of COVID-19, all the group activities have been developed through online sessions via Skype.



Activities Category



Forums

Reading over 20 folders, in which several resources have been mentioned, about the concept



Interviews

Reaching a charity and interviewed them

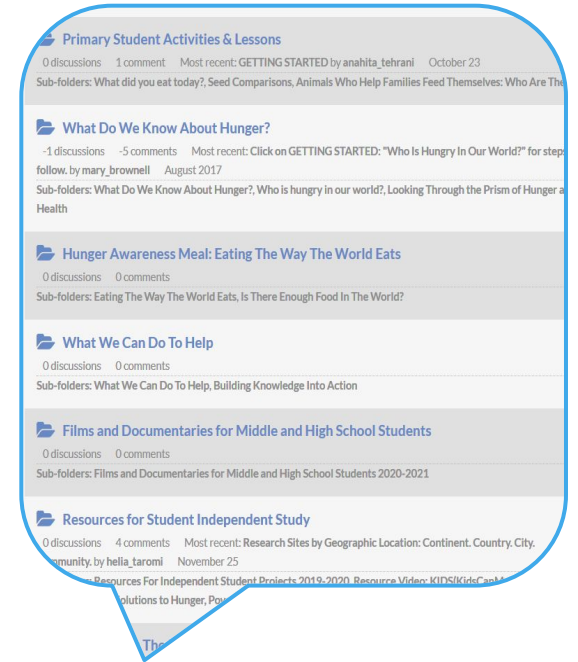


Meetings

Participating in regular team meetings twice a week, discussing, sharing, and planning our tasks via Skype

The Most Salient Folders

1. Hunger Now: 20 Adapted Lessons For Learning 2020-2021
2. Primary Student Activities & Lessons
3. What Do We Know About Hunger?
4. Hunger Awareness Meal: Eating The Way The World Eats
5. What We Can Do To Help
6. Films and Documentaries for Middle and High School Students
7. Resources for Student Independent Study



Forums

Click the word "[Forums](#)" to reach the forum's tab.

Posting Comments and Responses to Each Forum

Comments

 Hello dear Ms. Brownell I unerringly appreciate your precise response to each of the feeds our group share within the forums. To respond to the questions you have precisely mentioned in your comment, I can state that our project goal is ...

In Hunger General Concepts and Definitions Comment by anahita_tehrani November 26

Hello dear Ms. Brownell Thanks a lot for the care you give to our project. will check them and share our thoughts and feedbacks about them 🍀😊

In Fight For A World Without Hunger: An Article from Global Citizen Comment by anahita_tehrani November 26

Hello again Ms. Brownell Our group searched deep through the links and resources you've shared with us. And we've discussed a lot about each one of them to comprehend the very deepest factors of Hunger and also its effects and consequences on child...

In Research Sites by Geographic Location: Continent, Country, City, Community. Comment by anahita_tehrani November 24

I have to add something about those 17 UN goals. I myself heard about these goals when I was at 8th grade and was working on a project about Palestine by the coaching of Ms. Abedi. And after these 3 years and specially now through COVID 19 I was thi...

In Research Sites by Topic Comment by anahita_tehrani November 24

Hello Ms. Brownell I have to thank you for such great resources, which you've shared them with us. It gives

and deeper understanding of

Comment by

Comments

I bet most of the world believes most of the food crisis, especially in Africa, is caused by geographical traits. We tend to blame reasons other than ourselves, but it's exactly always about us. We are the ones who cause all the troubles to ourselves...

In You cannot tell a hungry child that you gave him food yesterday. Zimbabwean Proverb? Comment by helia_taromi November 30

It was thought-provoking that it's not all about food when it comes to dealing with hunger. Everything must be calculated and minded carefully for not losing acceptable food portions. I deduce that's why giving food to those people is not going to s...

In Many families live and budget on an extremely tight income. How do families balance? Comment by helia_taromi November 30

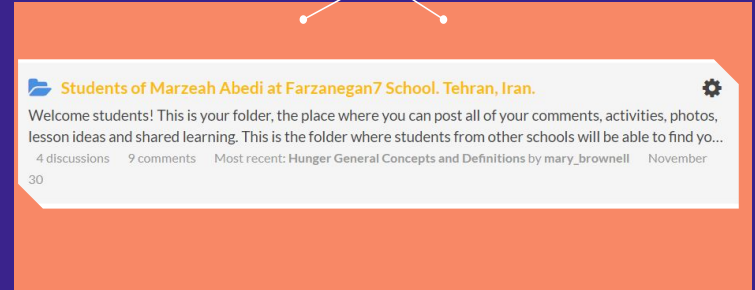
Speaking of hunger, we usually remember thin and probably sick children suffering from malnutrition. But we mostly forget about these elderly people struggling hard to gain enough food for themselves and presumably their family. This forum was infor...

In Being elderly and living alone, hungry, is a difficult reality faced by thousands. Comment by helia_taromi November 30

In provid

those

Creating our own Folder



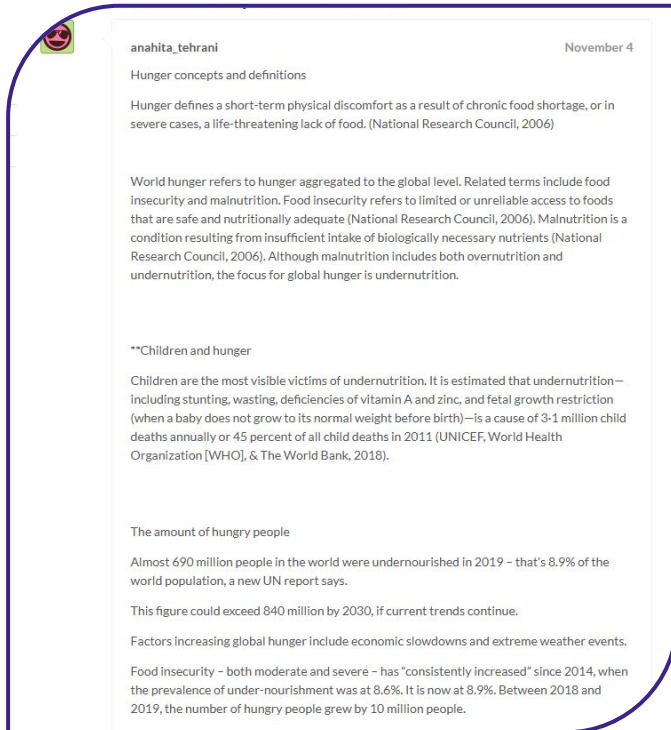
Click "[Farzanegan 7](#)" to reach this folder

List of the

DISCUSSIONS
in our own folder

- **Hunger General Concepts and Definitions**
- **Project Introduction in Persian**
- **Fight for a World Without Hunger : an Article from Global Citizen**
- **Eating the way the World Eats**

Hunger General Concepts and Definitions



anahita_tehrani November 4

Hunger concepts and definitions

Hunger defines a short-term physical discomfort as a result of chronic food shortage, or in severe cases, a life-threatening lack of food. (National Research Council, 2006)

World hunger refers to hunger aggregated to the global level. Related terms include food insecurity and malnutrition. Food insecurity refers to limited or unreliable access to foods that are safe and nutritionally adequate (National Research Council, 2006). Malnutrition is a condition resulting from insufficient intake of biologically necessary nutrients (National Research Council, 2006). Although malnutrition includes both overnutrition and undernutrition, the focus for global hunger is undernutrition.

**Children and hunger

Children are the most visible victims of undernutrition. It is estimated that undernutrition—including stunting, wasting, deficiencies of vitamin A and zinc, and fetal growth restriction (when a baby does not grow to its normal weight before birth)—is a cause of 3-1 million child deaths annually or 45 percent of all child deaths in 2011 (UNICEF, World Health Organization [WHO], & The World Bank, 2018).

The amount of hungry people

Almost 690 million people in the world were undernourished in 2019 – that’s 8.9% of the world population, a new UN report says.

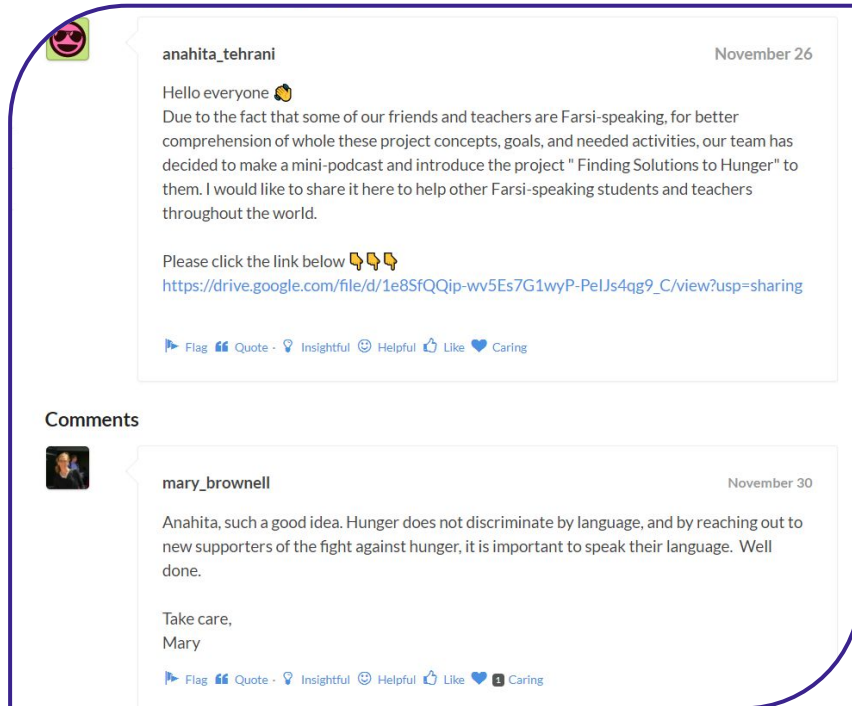
This figure could exceed 840 million by 2030, if current trends continue.

Factors increasing global hunger include economic slowdowns and extreme weather events.


Food insecurity – both moderate and severe – has “consistently increased” since 2014, when the prevalence of under-nourishment was at 8.6%. It is now at 8.9%. Between 2018 and 2019, the number of hungry people grew by 10 million people.

To read more about
it click [“Hunger
General Concepts
and Definitions”](#)

Project Introduction in Persian



The image shows a screenshot of a social media post and a comment. The post is from a user named 'anahita_tehrani' on November 26. The text of the post reads: 'Hello everyone 🙋 Due to the fact that some of our friends and teachers are Farsi-speaking, for better comprehension of whole these project concepts, goals, and needed activities, our team has decided to make a mini-podcast and introduce the project " Finding Solutions to Hunger" to them. I would like to share it here to help other Farsi-speaking students and teachers throughout the world. Please click the link below 📌📌📌 https://drive.google.com/file/d/1e8SfQQjp-wv5Es7G1wyP-PeIJs4qg9_C/view?usp=sharing'. Below the text are icons for 'Flag', 'Quote', 'Insightful', 'Helpful', 'Like', and 'Caring'. Below the post is a 'Comments' section with a comment from 'mary_brownell' on November 30. The comment reads: 'Anahita, such a good idea. Hunger does not discriminate by language, and by reaching out to new supporters of the fight against hunger, it is important to speak their language. Well done. Take care, Mary'. Below the comment are the same interaction icons as the post.

 **anahita_tehrani** November 26


Hello everyone 🙋

Due to the fact that some of our friends and teachers are Farsi-speaking, for better comprehension of whole these project concepts, goals, and needed activities, our team has decided to make a mini-podcast and introduce the project " Finding Solutions to Hunger" to them. I would like to share it here to help other Farsi-speaking students and teachers throughout the world.

Please click the link below 📌📌📌
https://drive.google.com/file/d/1e8SfQQjp-wv5Es7G1wyP-PeIJs4qg9_C/view?usp=sharing

🚩 Flag 🗣️ Quote 📌 Insightful 😊 Helpful 👍 Like ❤️ Caring

Comments

 **mary_brownell** November 30

Anahita, such a good idea. Hunger does not discriminate by language, and by reaching out to new supporters of the fight against hunger, it is important to speak their language. Well done.

Take care,
Mary

🚩 Flag 🗣️ Quote 📌 Insightful 😊 Helpful 👍 Like ❤️ Caring

To read more about
it click

*"Project Introduction
in Persian"*

Fight for a World Without Hunger

Fight For A World Without Hunger: An Article from Global Citizen



mary_brownell

November 11 edited November 11

Dear Anahita and Helia,
I thought of both of you when I read this article on the Global Citizen website. Global Citizen is a remarkable organization, very grounded and intensely committed to sharing both knowledge and actions in small steps that each of us can take to make changes in the world on a very basic level. The articles on hunger are immense and critically important while also very compassionately asking all of us to help. I thought it might interest you to you as you continue your involvement in the project and share what you are learning. I'm so proud of you. If you become interested in raising funds for a project farm that is in Sierra Leone, let me know and I will share more details with you at any time.
Take care,
Mary

Flag Quote - Insightful Helpful Like Caring

Eating the Way the World Eats



helia_taromi

November 5

Reading the forums, we found some kind of game that should have taken place live. But due to the Covid-19 condition, we decided to create a google form and let people do it freely online. We described the game and asked the questions.

Here are the links to our online survey. We will soon share the results as well.

English version:

https://docs.google.com/forms/d/e/1FAIpQLSfsDKyoCjl1r40XbHVy78dUP_08IMP184a4B87Sr-w-oB2Olw/viewform?usp=sf_link

Persian version:

https://docs.google.com/forms/d/e/1FAIpQLScqLAYpu2LBH60nOrEBrOf7v4m4jb4os0fND581iFx96wd-RQ/viewform?usp=sf_link

The forum we found the game on was -as the title of this discussion shows- Eating the Way the World Eats:

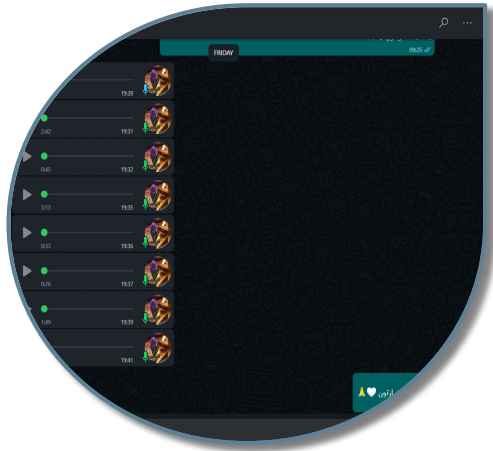
<https://forums.iearn.org/iearn-projects-space/discussion/200039/getting-started#latest>

Flag Quote · Insightful Helpful Like Caring

To read more about it click [“Eating the Way the World Eats”](#)

Reaching an Inter-Regional Charity

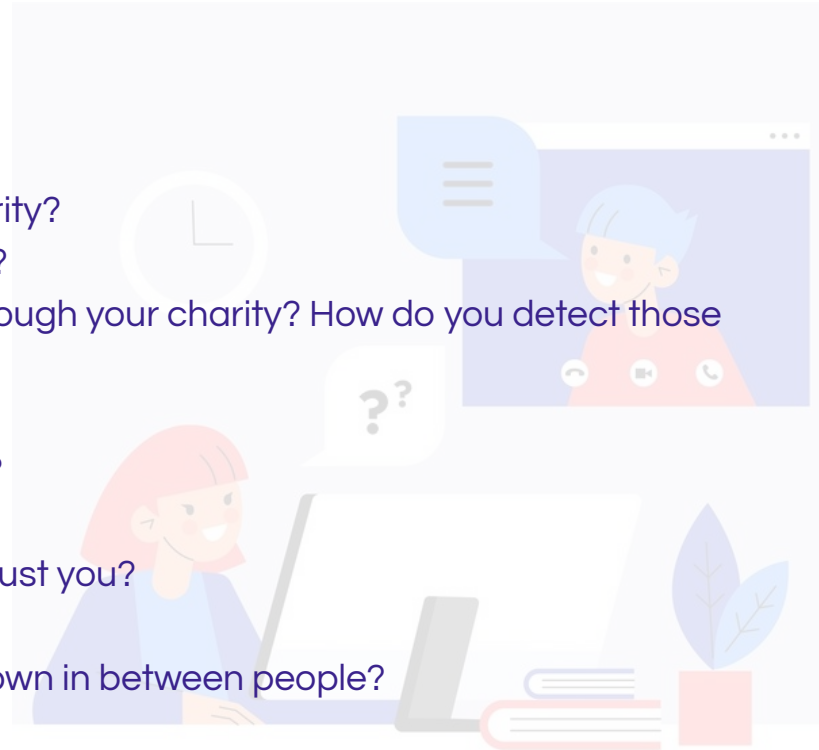
Through this project, we've found the opportunity to reach an inter-regional charity in Iran and interviewed them via voice messages.



Interviews

Some of the Interview Questions

1. Introduce yourself.
2. Introduce your charity.
3. What are the main activities of your charity?
4. Why, how, and since when have you founded this charity?
5. What are the goals your charity has achieved 'till now?
6. How many and which kind of people would benefit through your charity? How do you detect those necessitous?
7. What visions your charity is taking steps through?
8. How have these benevolent actions affected your life?
9. How is your charity being funded?
10. Is your charity registered? If not, how would people trust you?
11. How can people reach your charity?
12. How is your charity being promoted and become known in between people?
13. COVID effects?
14. Anything to add?



Interviewing People

Except for the charity we've earlier mentioned, we've also interviewed people. Sending them these questions below and asked them to send us their answer via voice messages.

The Interview Questions:

1. What is hunger?
2. How many people are hungry around the world? What about Iran?
3. How many people die from Hunger annually?
4. How much food is wasted per year? What are these food wastes?
5. What are the causes of hunger?
6. What impact does COVID-19 is having on this crisis?
7. What can the governments do? What can people do?



Our Meetings



What we have concluded

Project conclusion

03



Hunger concepts and definitions

Hunger defines a short-term physical discomfort as a result of chronic food shortage, or in severe cases, a life-threatening lack of food.

World hunger refers to hunger aggregated to the global level. Related terms include food insecurity and malnutrition. Food insecurity refers to limited or unreliable access to foods that are safe and nutritionally adequate. Malnutrition is a condition resulting from insufficient intake of biologically necessary nutrients. Although malnutrition includes both overnutrition and undernutrition, the focus for global hunger is undernutrition.

690 million

people are undernourished.

840 million

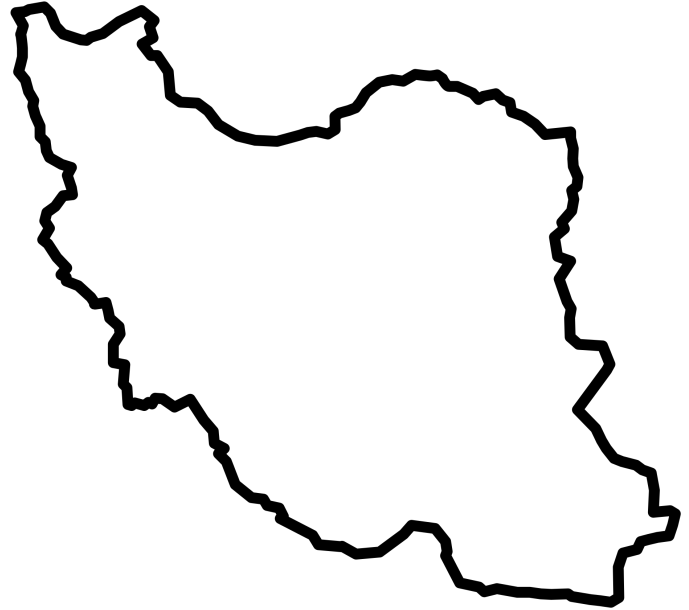
people will be undernourished by 2030 if
current trends continue.

10 million

people are added to
the number since 2018.

What about our country?

In the 2020 Global Hunger Index, Iran ranks 39th out of the 107 countries with sufficient data to calculate 2020 GHI scores. With a score of 7.9, Iran has a level of hunger that is low.



Does the world produce enough food?

The world produces enough food to feed everyone. Caloric availability and food diversity have increased between the 1960s and 2011. This, along with improved access to food, helped reduce the percentage of chronically undernourished people in lower-middle-income countries from about **30 percent** in 1990-92 to about **13 percent** two decades later.

So what is the problem?

A principal problem is that many people in the world still do not have sufficient income to purchase (or land to grow) enough food or access nutritious food. This is an element of “food security”. The FAO defines four dimensions of food security, all of which must be fulfilled simultaneously, for food security to exist. The four dimensions are

- 1) physical availability of food
- 2) economic and physical access to food
- 3) food utilization
- 4) the stability of those other dimensions over time.



$\frac{1}{3}$

of all food produced is lost or wasted.

That's around

1.3 billion

tonnes of food,

costing the global economy close to \$940 billion each year.

What are the causes of hunger?

Poverty

It's the principal cause of hunger. It can lead to even greater poverty itself.

Climate change

Unstable weather patterns can lead to drought and damage to agriculture.

Conflict

Conflict in rural areas interferes with food and agriculture production

Food and agricultural policy

Lack of more productive technologies for agriculture in lower-income countries.

Political instability

The resulting decline of the economy reduces the value of the country's currency, leading to higher food prices and less nutritious food available for purchase.

Why is hunger getting worse?

When people get poorer they get hungry.

Since 2009, economic slowdowns have hit many economies. The past decade has also brought a rising amount of debt to many poorer nations, which has reduced growth. It may be one reason why almost 10% of the global population survives on \$1.90 a day or less.

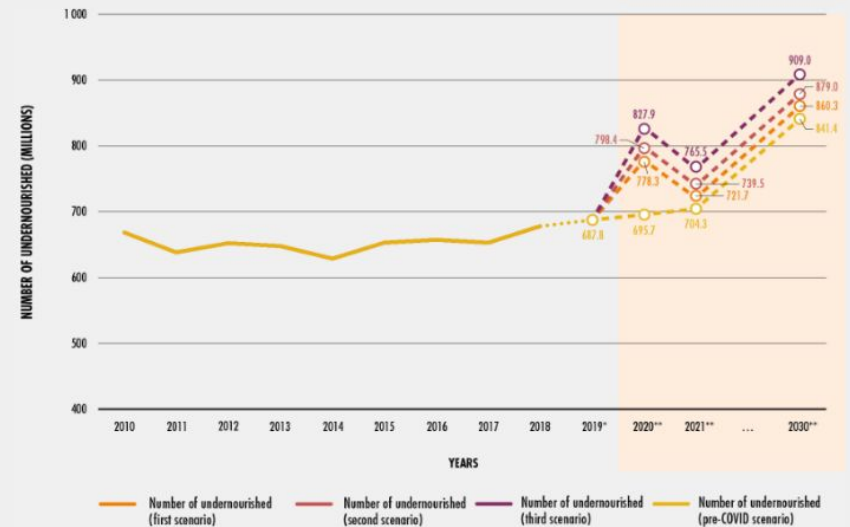
FAO identifies a high level of “commodity-import dependence” – a reliance on food and goods from outside a country’s borders that can increase food prices and scarcity. This has been seen during the pandemic as some countries have restricted food exports.

The COVID-19 impact

We don't know exactly what the virus will do to global hunger yet – it's too early to say. However, it is expected to worsen food security and nutrition. The reasons include food supply disruption, which has already happened, albeit less catastrophically than some had feared.

The pandemic could increase the total number of undernourished people in the world by **between 83 and 132 million** in 2020.

HOW THE COVID-19 PANDEMIC MAY AFFECT HUNGER IN THE WORLD: THREE SCENARIOS



NOTES: The shaded area represents the projections for the longer period from 2019 to the 2030 target year.
SOURCE: FAO.

What can be done?

“Reducing the costs of nutritious foods and ensuring the affordability of healthy diets for everyone requires significant transformations of existing food systems worldwide,” the FAO says.

This will not be easy. International trade barriers and rising tariffs may have to be lowered, while agricultural policies will need to be shifted towards a more “nutrition-sensitive investment”, such as supporting fruit and vegetable crops.

In fact, in many areas government policy will be key, from changing the taxation of energy-dense foods to improved regulation of food industries and better policies to support nutrition education.

This is why, despite the considerable challenges, the FAO says there are “significant opportunities” too.

04

The Visions



MULTIMEDIA

As our final project, we are planning to film a short documentary about hunger in Iran, especially Tehran. Moreover share it via Youtube, Instagram, Telegram and exclusively our school community through webinars.



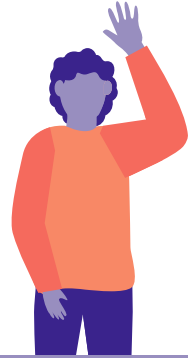
05



The Resources

IEARN.ORG

Inside the forums of our project, we've found lots of key resources such as articles, documentaries, infographics, and etc.



WHO.ORG

AMAR.ORG.IR



**Presenting
at**

Virtual Global Exhibition

We've held a brief presentation of the process and results of our researches from the beginning.

Becoming



Student
Ambassadors

Gladly we've got an offer to become STUDENT AMBASSADORS

Since then, we're supporting globally other students who are working on this project, commenting on their project and giving them some advice about their process.

THANKS!



FOR YOUR
ATTENTION!