



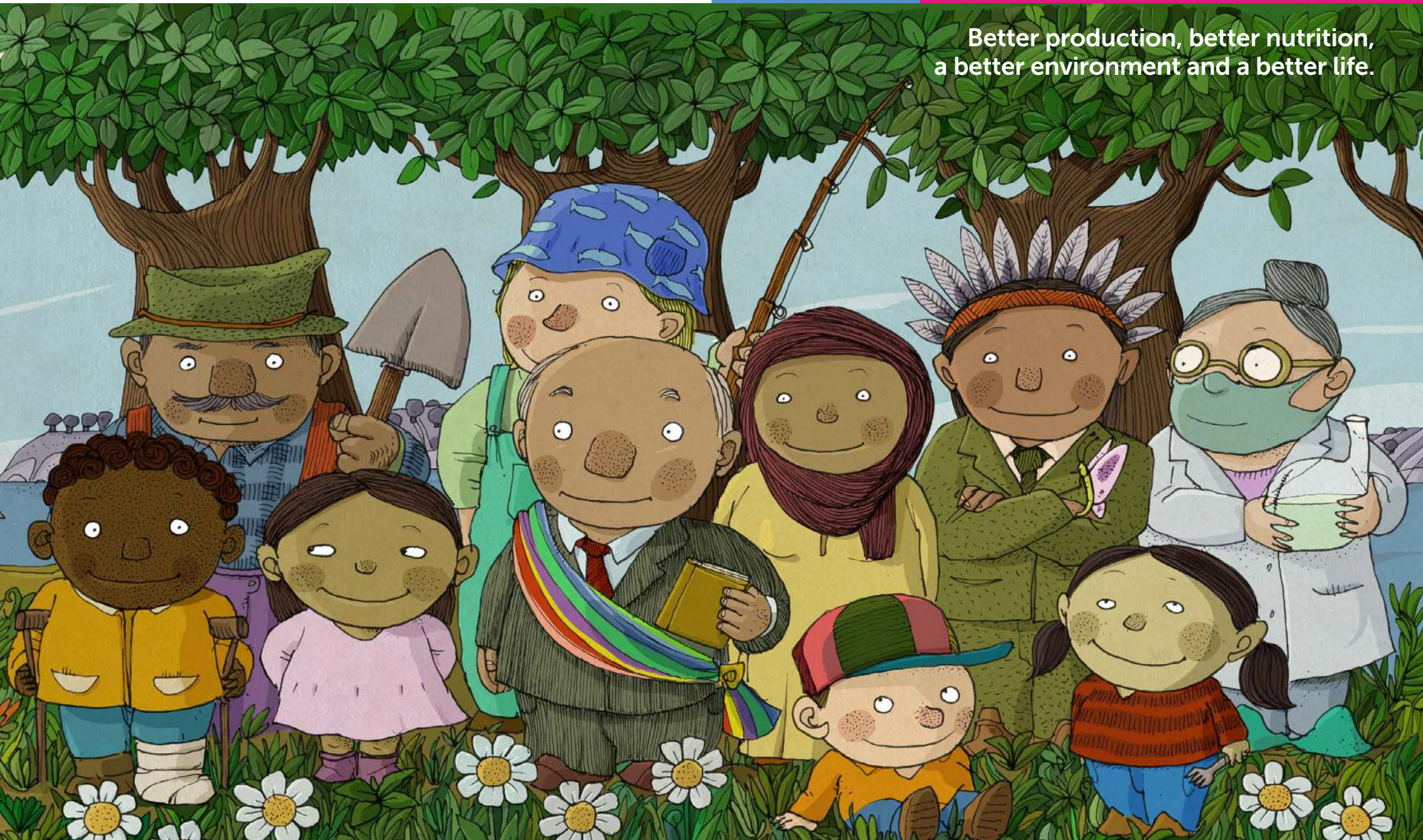
Food and Agriculture
Organization of the
United Nations



ACTIVITY BOOK

Leave **no**
one behind

Better production, better nutrition,
a better environment and a better life.



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World Food Day

Every year on 16 October, people from more than 150 countries come together to celebrate World Food Day (WFD). In 1945, nations around the world joined forces with the common goal of raising global awareness and taking action to end hunger and ensure healthy diets for all. FAO was founded on that day. But WFD is also YOUR day! Become a food hero and inspire others to take action to help create a more sustainable world where no one is left behind.

Note for teachers

This Activity Book is aimed at a broad age range of young people interested in learning more about the importance of our food systems, who produces our food and where it comes from. It is also a source of inspiration for those wishing to enter the World Food Day (WFD) 2022 Poster Contest. Although it is mainly intended for children between the ages of 8 and 12, it can be a valuable teaching aid for younger and older students.

Acknowledgements

FAO would like to thank the writer Susanna Mattiangeli and the illustrator Lorenzo Terranera for their contributions to this publication.

This year's Activity Book is dedicated to

those who struggle most,
the most vulnerable,
those left behind.

Picture our planet as one big community where we depend on each other and we're all links in a long human chain. As we learned in the 2021 Activity Book, Our actions are our future, we are all connected. Every event has consequences that reach far into the future with other knock-on effects. Some periods are particularly difficult when many disasters happen at the same time. For example, we've seen how the COVID-19 pandemic made it difficult to distribute products, and how prices and poverty have increased in many countries. All over the world, people are experiencing the effects combined with climate change, conflicts and international tensions.

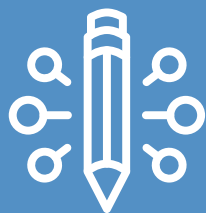


Think about Ukraine, a country that produces and sells crops worldwide. The war is causing food prices to increase and hunger is rising in faraway countries, in addition to the tragic consequences typical of any war. Many other countries are involved in armed conflicts: the Democratic Republic of Congo, Ethiopia, Syria and Yemen, for example. War and poverty often go hand in hand. In the face of global crises, we need global solutions now more than ever.

FAO is working to ensure that no one in the world is left behind. In more than 130 countries the Organization is helping to take actions that improve the conditions of the smallest and most vulnerable farmers, making them more efficient and resilient to crises.

A sustainable world is
a world where
everyone matters.

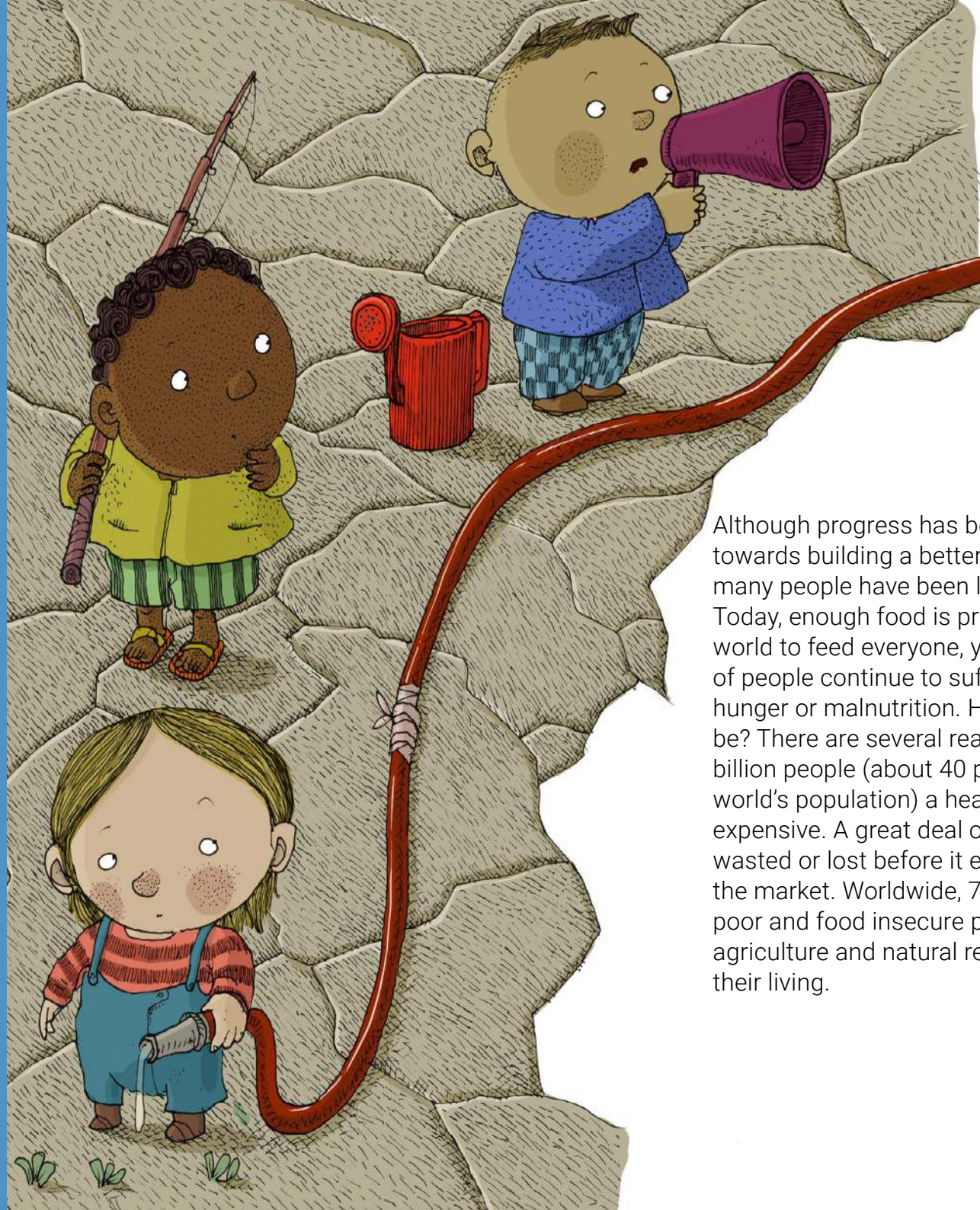
WFD 2022 Poster Competition



After reading this book, design a poster showing us your ideas for World Food Day. Can you represent a world where no one is left behind, where there is healthy food for everyone?

To take part, go to the website:
www.fao.org/world-food-day/contest

The competition is open to participants aged 5 to 19 and the deadline is 4 November 2022. Three winners from each age group will receive a certificate and a surprise gift bag and will be mentioned on the World Food Day website and FAO social media channels.



Although progress has been made towards building a better world, too many people have been left behind. Today, enough food is produced in the world to feed everyone, yet millions of people continue to suffer from hunger or malnutrition. How can this be? There are several reasons: for 3 billion people (about 40 percent of the world's population) a healthy diet is too expensive. A great deal of food is also wasted or lost before it even reaches the market. Worldwide, 75 percent of poor and food insecure people rely on agriculture and natural resources for their living.

They are usually the worst affected by natural disasters (droughts, floods, hurricanes, earthquakes, epidemics, etc.), wars, economic crises, or even all

As we are all too aware,
these challenges know
no boundaries.

these issues at once.

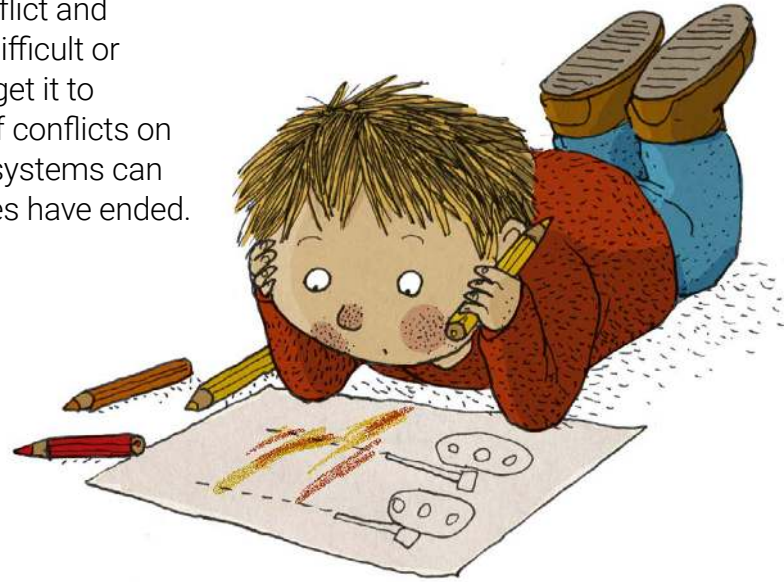
Governments, the **private sector**, the **world of academia** and civil society must work together in solidarity to prioritize food security, peace and equality for all. Each of us can work for a better future.



The main challenges

Conflicts

War, of any kind, is a major cause of hunger and food insecurity because it brings destruction. Every day, more than 30,000 people are forced to flee their homes because of conflict and persecution. This makes it difficult or impossible to grow food or get it to those in need. The effects of conflicts on food, health and education systems can continue long after hostilities have ended.



Gender Inequality

In almost two-thirds of the world's countries, women are more likely than men to suffer from hunger and malnutrition. This is because in many cases they eat last and least. Although they work hard for their families and farming communities, few women own land. In many countries it is difficult for them to borrow money so they can make long-term plans; they are not encouraged to pursue an education so they can build up skills to use advanced agricultural tools or the knowledge needed to set up their own businesses. Over the years, significant political commitments have been made to improve the status of women, but in many places in the world they face inequality. It is essential for women to have access to land ownership, training, credit, business opportunities, technology and innovation.



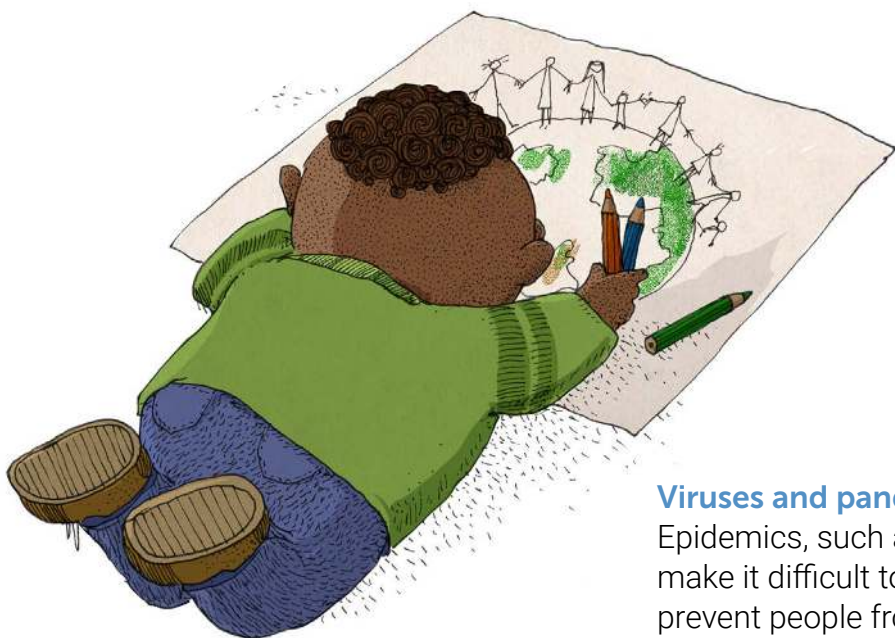
Poverty

Most of the world's poor are smallholder farmers in rural areas. They produce a large proportion of the world's food, but often don't even have enough for their own families. A drought or flood can leave them without supplies, while a very large harvest can go to waste due to a lack of good storage facilities. It's difficult to break the cycle of poverty without the proper tools, so these vulnerable farmers are often forced to leave their farms and migrate in search of a different job.



Migration

Migration is the movement of people within a country (from the countryside to the city, for example), or across international borders, in search of a job and a better life. Migrants can be an asset to host countries and to different parts of their own country that receive them, yet many migrants head for countries that do not have enough money, food, job opportunities and natural resources to share with newcomers. With mass migration, small farms can also be left without young workers. FAO is working to ensure that people can choose to stay at home – if it is safe to do so – by supporting small family farms and helping countries train new generations of farmers.



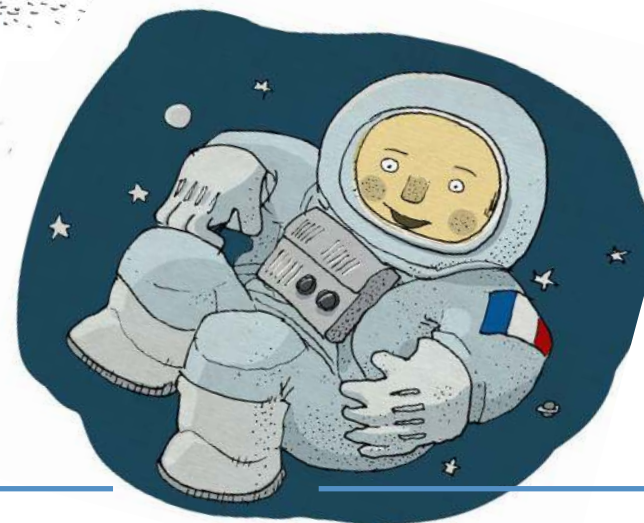
Viruses and pandemics

Epidemics, such as COVID-19 or Ebola, make it difficult to move around and they prevent people from working, harvesting vegetables and cereals and bringing them to market. In addition to human infections, animal infections can wipe out flocks or herds, ruining entire economies.



Climate change

The use of fossil fuels, the destruction of forests, and intensive livestock farming are activities that produce global greenhouse gases (GHG) such as carbon dioxide and methane. These gases are responsible for global warming, melting polar icecaps and for rising sea levels. Global food systems are part of the problem because they emit up to a third of greenhouse gases, but they are also affected by climate change. Droughts and flash floods resulting from global warming have a major impact on farmers, who can lose everything in a flash.



Thomas Pesquet is a French astronaut for the European Space Agency and FAO Goodwill Ambassador. After seeing the devastating impacts of deforestation, water, air and soil pollution from space, he decided to use his knowledge and experience to raise awareness of climate change.



Child labour

Child labour refers to work that is not fit for young girls and boys, which may damage their health, endanger their safety or affect their growth and their physical and mental development. Not all work carried out by children is considered child labour: some activities can help girls and boys contribute to their survival and food security. However, prolonged hard work that prevents play and study violates children's rights. 152 million girls and boys worldwide have to work, mainly (70 percent) in the farming sector. FAO is committed to tackling the root causes of child labour in agriculture by adopting family protection programmes, helping companies use resources properly and encouraging women's empowerment and access to credit and training.



Inequality for Indigenous Peoples

Indigenous societies have survived for centuries by adapting to change, but today they are threatened by pollution, the destruction of forests and habitats, and climate change. Because of these difficulties, some people are forced to leave their communities and migrate to the city to survive. The risk is that ancient traditional knowledge will soon die out. FAO encourages the protection of Indigenous Peoples' traditional knowledge. It promotes the appreciation and awareness of their sustainable food systems because some practices can help other communities overcome difficult situations.



As we have seen, local crises can affect the entire world. Wars and epidemics can cause prices to rise and bring poverty to faraway places. Fortunately, however, the opposite is also true. By keeping an emergency under control, its consequences are avoided. For example, FAO's action with governments to control locusts in the Horn of Africa (responsible for the devastation of many crops) stopped the invasion spreading to West Africa.

Read our book *Healthy plants, healthy planet* to learn more about locusts.

Emergency support and resilience

FAO intervenes in communities affected by emergencies with actions that can mitigate damage and prevent similar situations in the future. By supporting local agriculture through funding and providing farming tools, people can provide food for themselves and survive even in the most difficult circumstances.



Social protection

This makes it possible to provide medical care, education, old-age pensions, or protection where there is extreme poverty. It is the basic system to prevent people from being left behind. FAO works in places around the world where more social protection is needed, helping to ensure better nutrition for all: organizing healthy school meals for children or distributing equipment to farmers affected by emergencies.

Solutions

Gender equality

To help close the gender gap, several countries have made money available to support women in underdeveloped agricultural areas who want to become entrepreneurs by granting small loans. Some of these loans can be obtained easily using a mobile phone which helps women who live far from cities overcome the problem of distance.



Job opportunities, training and education

FAO's Rural Youth Action Plan helps young women and men from the least developed agricultural areas to get an education and a decent job. Another example is the World Food Forum (WFF): a youth-led global movement, movement and network to transform agrifood systems.



Science and innovation

Science is the study of phenomena in the world through observation, the formulation of hypotheses and their verification through experiments. Technology is the application of science. New technologies can help small farmers, but it's not that clear-cut. Innovation does not necessarily mean rejecting what has already been done. It means thinking in a new way, including applying traditional knowledge to today's challenges.

Ten tools to leave no one behind

1. Cash+

This FAO plan allows poor and vulnerable agricultural households who are struggling to meet their immediate needs to produce food again or do it better. Assistance may include cash but also seeds, planting materials, fertilizers, gardening equipment, fishing and vaccination tools, animal feed and often technical training.



2. School food programmes

These programmes ensure that children in deprived areas have a daily meal, allowing for better concentration, improved learning and nutrition. They encourage families to send their children to school, especially girls and can also support local farmers who provide the food.



3. Sustainable agriculture

This is the smartest solution for farmers and the environment. Harvests and earnings can increase, food can be tastier and healthier, and farmers save money because they don't use expensive chemical pesticides. It also stops soils from becoming depleted and addresses climate change by limiting greenhouse gas emissions.

4. Farmer Field Schools

These study groups compare old and new farming practices in demonstration plots, carrying out experiments to measure plant development and soil composition. Teaching the nutritional properties of food and disseminating hygiene and storage practices is important for the whole community.



5. Biotechnologies

These are advanced methods of producing seeds that are resistant to drought, which is becoming more common throughout the world due to climate change.

6. Aquaponics

This method of agricultural production doesn't use chemicals and saves a lot of water: plants are grown in tanks housing fish, which produce waste to fertilize them.



8. FAO web platforms

These useful information-sharing tools help governments to work better to protect flora and fauna, to better manage natural resources, to reduce the risk of natural disasters and much more.



7. Smartphone apps

These tools can help farmers predict the weather or recognize plant or animal diseases. One FAO app, for example, helps to identify, control and fight the Fall armyworm, a pest that causes great damage to crops.



9. Nuclear technology

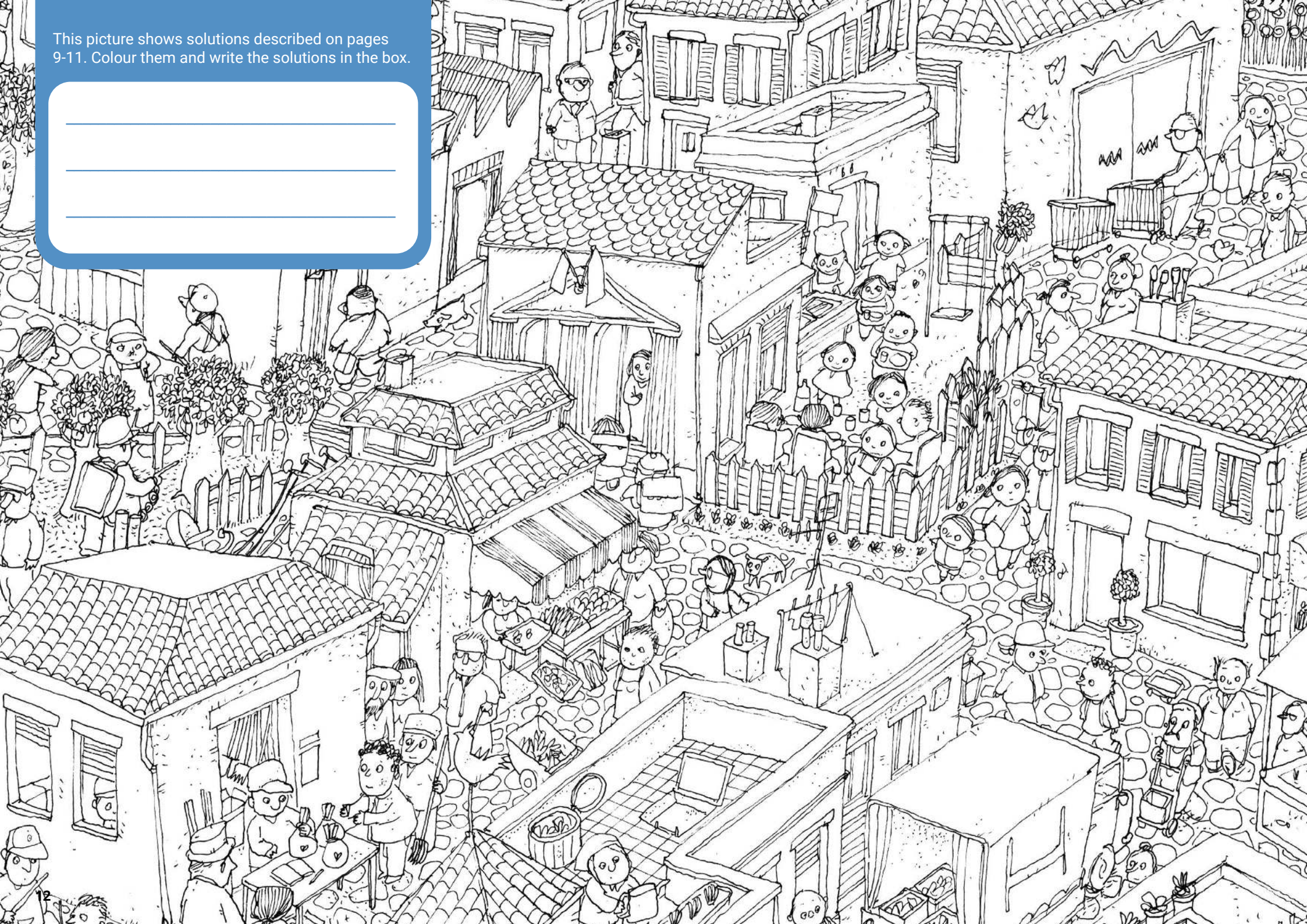
This can stop parasites over-reproducing through a sterilization technique. For example, it was used to combat an invasion of the Mediterranean fruit fly (*Ceratitis capitata*) in the Dominican Republic.

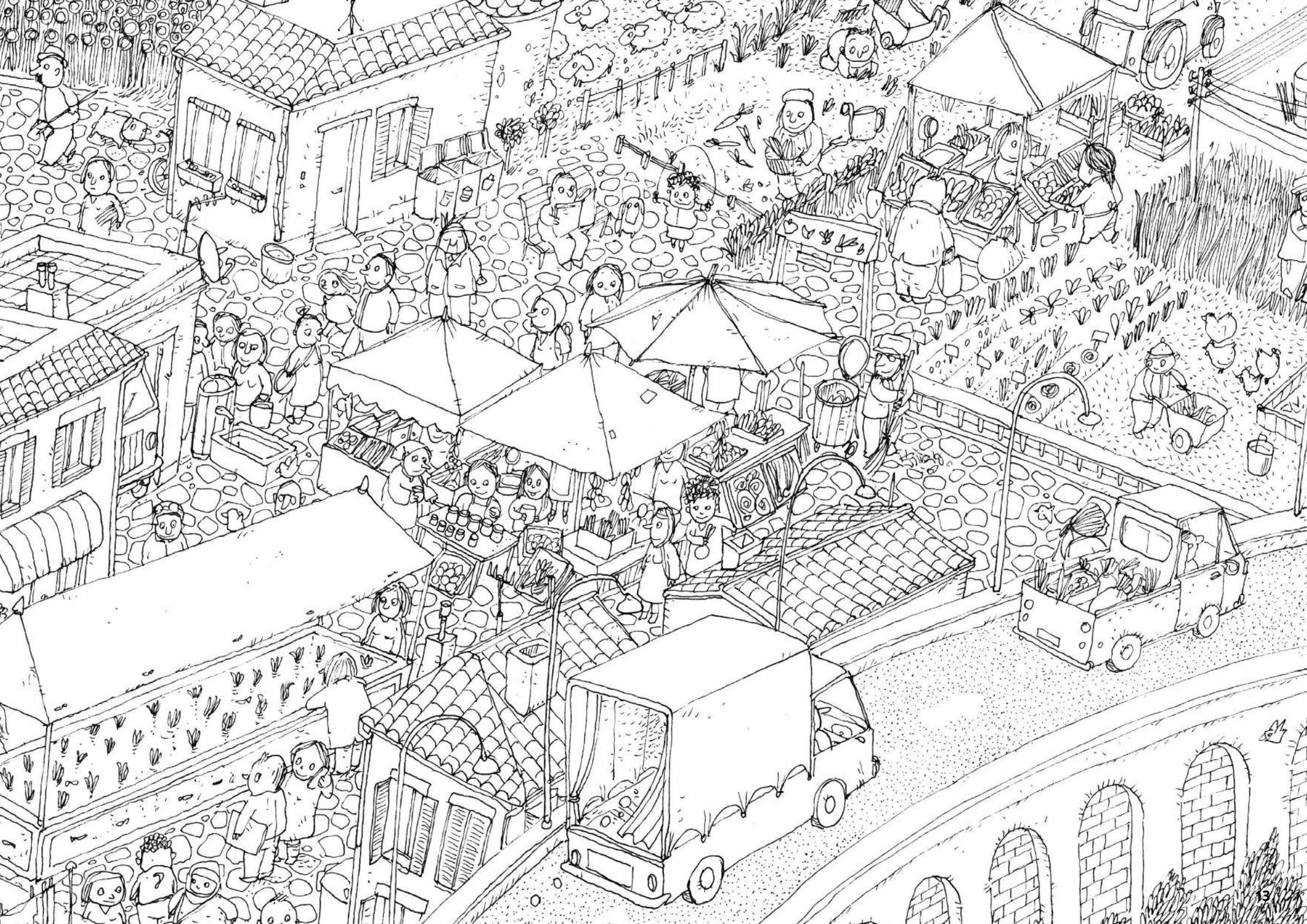


10. Global Initiative on Food Loss and Waste Reduction

This involves governments, research institutes, producers, distributors and consumers who want to find innovative and effective ways to combat waste across the food supply chain.

This picture shows solutions described on pages 9-11. Colour them and write the solutions in the box.





The four betters

We have talked about crises, poverty, and inequality but also about solutions. To face today's challenges, FAO is working worldwide on four interlinked programmes to fight hunger, malnutrition and food insecurity.



Better Production

Better production can only happen if we stop the intensive exploitation of natural resources and labour. Food production in the future must favour sustainable methods that care for our land and waterways, reduce food loss, support small farmers, and respect the rights of workers throughout the agrifood system.



Better Nutrition

Many people do not eat enough nutritious food. It is essential to make sufficient quantities of healthy food available at a fair price so that no one is left behind.





Better Environment

When food production does not pollute, when it does not impoverish the land and those who work it, when food brings health and justice, the environment benefits. Our planet is desperate to wake up.



Better Life for All

The transformation of agrifood systems can improve the lives of every single person on the planet. This can only be done by taking decisions together, without excluding any country or community. As we have seen, activities related to the food system are linked on a global scale.



Time to start thinking!

What would you do to create a world where no one is left behind? List the three actions that seem most important to you.

1. _____

2. _____

3. _____

Why did you choose these actions?

17 Sustainable Development Goals

The United Nations has set out 17 Sustainable Development Goals to improve people's lives by 2030 and 193 countries have pledged to achieve them! To read about the goals and find out more, visit this website: sdgs.un.org/goals

At the heart of the Sustainable Development Goals is a commitment to leave no one behind. FAO works for many of the goals, because food is linked to the future of the planet. From ending hunger, to improving nutrition and promoting sustainable agriculture, FAO's efforts with countries aim to reduce inequalities and make sure no one is excluded. Of course, all these SDGs are interlinked. To achieve one, you have to consider them all, starting with the first, that of overcoming poverty in all its forms. Each SDG concerns everyone: reducing inequality and discrimination, and ensuring decent work, education for all, clean water and an unpolluted environment are common goals for every country.

But 2030 is... eight years from now! Can we really do it? Many of these goals won't be achieved unless we transform agrifood systems and make sure those who have been left behind can catch up to those who have experienced greater progress.

Some actions can change things for the better in a short time. FAO believes that community work, for example, is a powerful accelerator of change. Other accelerators are science, technology and innovation. Together we can work faster – and with the right tools we can work even better.

Let's look at what countries can do and what each of us can do.



Actions

Governments must encourage production that doesn't pollute or deplete land and water, and that respects biodiversity. We must also defend the rights of workers - the farming, livestock breeding and fishing of the future must be sustainable and able to guarantee a decent living for all. In order not to leave anyone behind, social protection and education services are needed: building the capacities of the most vulnerable benefits society as a whole. Ministries of agriculture cannot achieve this alone. They need the support of private companies and more.

Academic and research institutions can focus their scientific work on developing better, more sustainable and fairer food production, as well as greener and smarter food distribution. Every stage of our agrifood systems can become more eco-friendly by sharing knowledge, technologies and innovative solutions. There's a need for greater awareness of the food system worldwide, so it is very important that scientific data is made more accessible.



The private sector can do a great deal. It can help governments by creating jobs, providing finance, investing money in services and infrastructure like road connections and respecting human rights. It can also disseminate innovative technologies and support education to train the farmers of the future with a focus on women, youth and other economically marginalized communities. In developing countries, the private sector must work together with organizations such as FAO or nongovernmental organizations to ensure fair and sustainable development.

Civil society - Citizen's organizations, among others, can be very important for the civil and social development of countries or communities. Professional associations, family or youth associations, consumer groups or land protection groups make their needs and problems known to governments and individuals. These organizations provide marginalized groups with a voice. By sharing information with administrations and governments, solutions to ongoing problems and challenges can be found.

What can WE do?

We have seen what the challenges are, as well as what solutions can be put into practice by governments, organizations, and private businesses. But we as individuals can play an important role in ensuring that no one is left behind.

Be better informed

If you want to do your part, the first step is to know what is happening in the world. You can read newspapers, listen to the radio, or search for news online, but make sure that your sources are verified and reliable.

Write to your representatives

Letters or emails can be a very effective way of urging decision-makers to act, for example, by asking them to welcome refugees and asylum-seekers.

Donate to relief organizations

One simple gesture is to ask your parents to donate money to organizations working in humanitarian emergency areas.

Talk and share

Use your platforms to share information from credible sources on crises or people left behind.

Take part in collection programmes

Often those who flee take very few things with them. You can donate clothes, accessories, toiletries, toys and more. Find out about collection centres and make sure you only donate items that are in good condition.

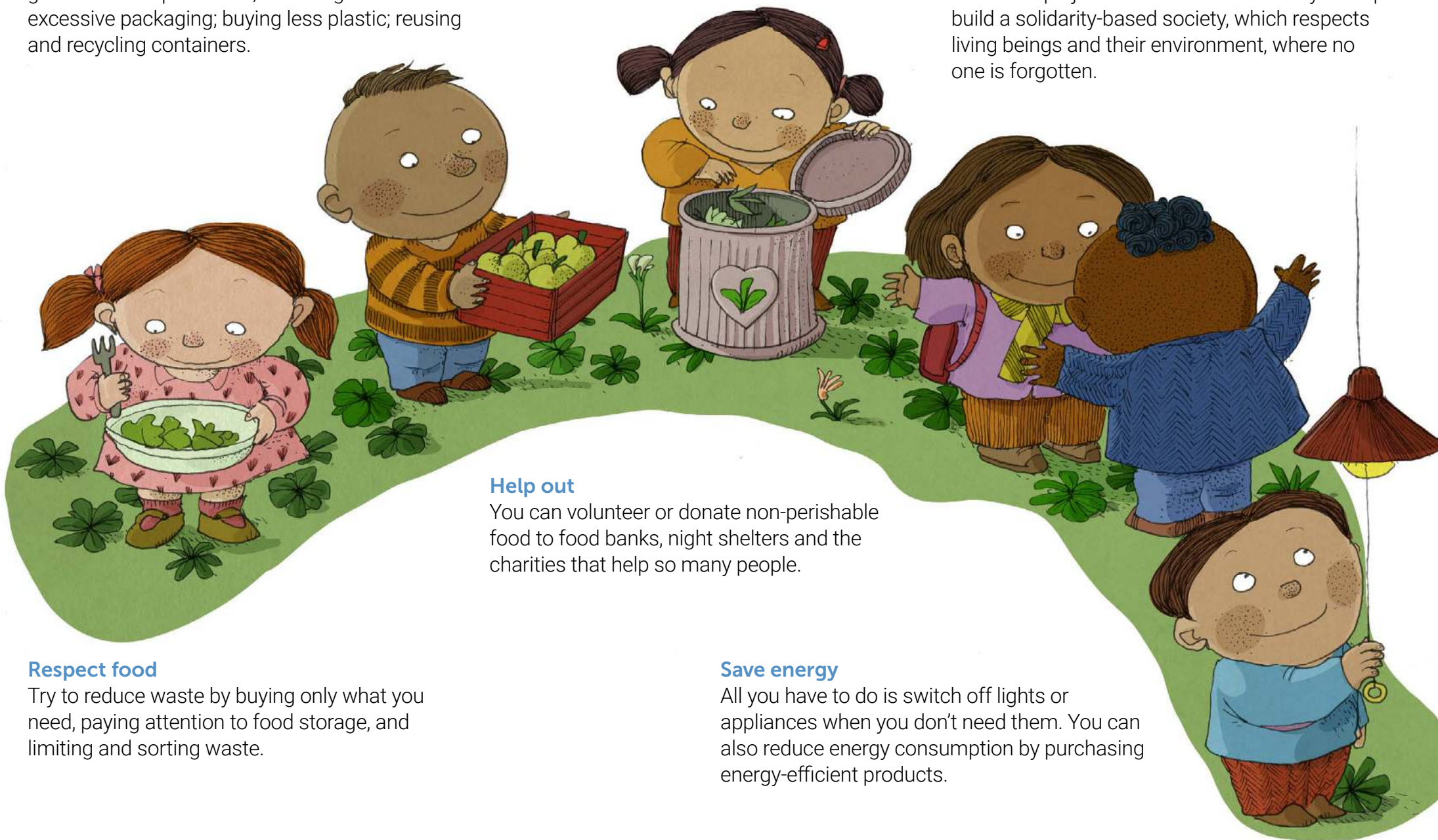


Help the environment

Even small gestures can bring about change: eating local food, seasonal fruit and vegetables grown without pesticides; choosing food with less excessive packaging; buying less plastic; reusing and recycling containers.

Set an example

Try to be role models for your communities. Recognize people's abilities, be welcoming and don't hold prejudices. This is another way to help build a solidarity-based society, which respects living beings and their environment, where no one is forgotten.



Help out

You can volunteer or donate non-perishable food to food banks, night shelters and the charities that help so many people.

Respect food

Try to reduce waste by buying only what you need, paying attention to food storage, and limiting and sorting waste.

Save energy

All you have to do is switch off lights or appliances when you don't need them. You can also reduce energy consumption by purchasing energy-efficient products.

Tales from around the world



My name is **Fatima** and I live in Syria, in Aleppo Governorate. I have four young children and my husband passed away. The war forced us to flee to a safer village, and when we returned home, there was nothing left. Even my greenhouse where I grew sprouts had been stolen. Survival became difficult for us. Then FAO gave me and 200 other farmers small tunnel greenhouses, soil, seeds and everything we needed to get back to work. Now I grow aubergines, cucumber, tomatoes and okra and can finally imagine a normal life for me and my children.



My name is **Chhum**, I am 17 years old and I live in Cambodia, on Lake Tonlé Sap. The lake is getting smaller and contains fewer fish due to climate change and dams. People in my community are forced to take their children fishing with them, even though children under the age of 15 can't work by law. FAO and my government are working to ensure that the law is respected and that children go to school. I get up very early to attend classes and only go fishing with my father after lunch. This means I can finish school and maybe one day become a teacher in my village.



I'm **Tristan** and I attend Santa Rosa Primary School in Region 1 of Guyana. I have to walk four kilometres to get to school... it's a long and tiring day. This year, my school set up a free canteen where you can eat really good food! Every day we have a different menu prepared with healthy products grown nearby. The school food programme employs a lot of people and saves my parents money. Having a healthy meal at school also helps me concentrate better during class.



My name is **Kakani**, I live in India and I'm a farmer. Until a few years ago, we used expensive chemical fertilizers in my area. This made the soil very hard and difficult to irrigate. We needed a lot of water and spent a lot of money. Then I took part in FAO's Farmer Field School programme and learned more natural ways of fertilizing the fields, which allow us to grow many different vegetables together and use less water. Now I'm teaching many farmers how to earn more while respecting our land.

Now it's your turn!

1. Where do Kakani, Chhum, Tristan and Fatima come from?

Draw an arrow linking each person from the stories with their country of origin.



Kakani



Chhum



Tristan

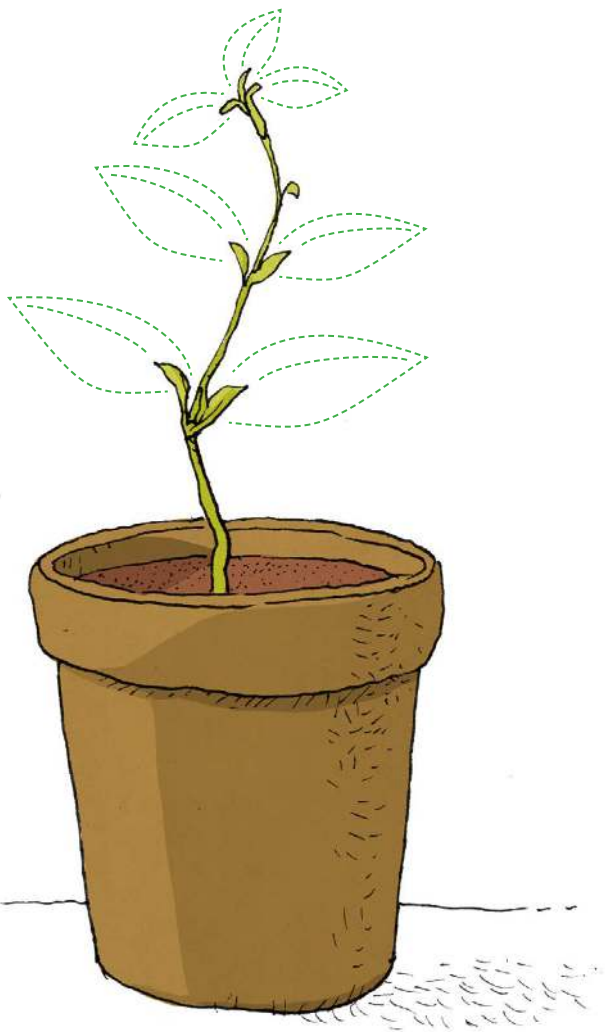


Fatima

2. Tonlé Sap is currently the largest freshwater lake in South-East Asia, but its surface area has been greatly reduced due to drought and human activity. Do you know which river it's fed by? Many people from those areas live in an unusual type of village. Do you know what these villages look like?

Collect information about this lake and share what you've learned with your class.

3. Have you ever tried to grow a sprout? You can do this in the classroom and keep a diary describing how different seeds grow. You could even start your own school garden!

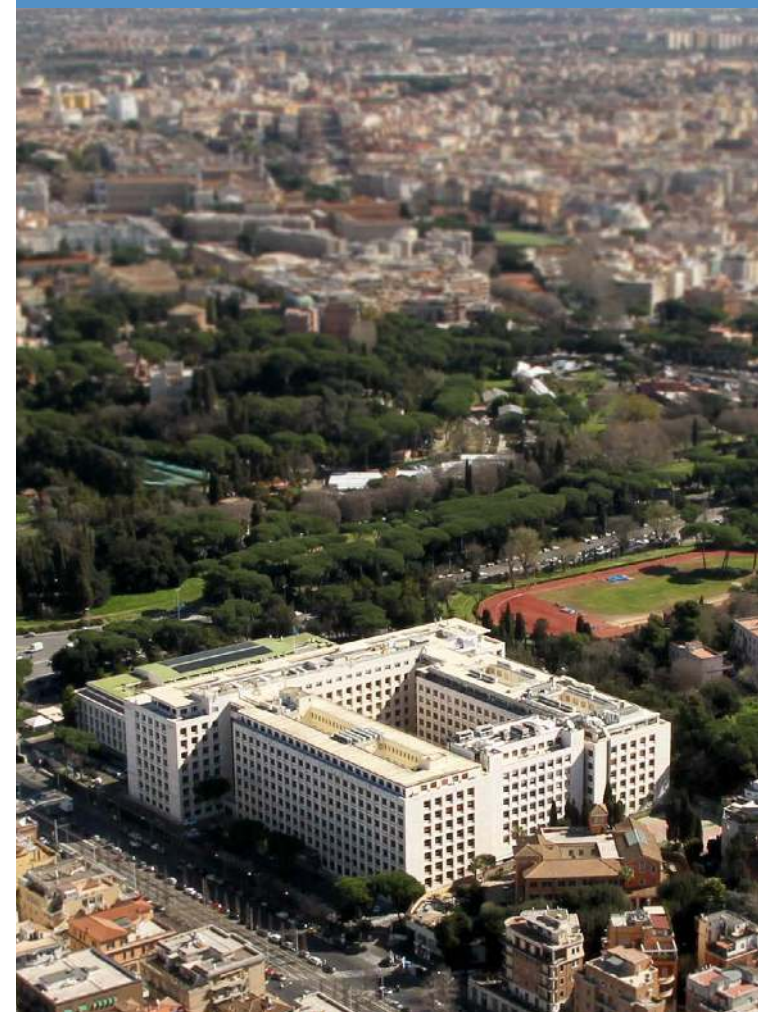


4. Is there a canteen in your school? Is the food prepared with packaged ingredients from far away or with locally sourced products? Describe the lunch setup at your school, listing the positive aspects and what could be improved.

Want to know more about FAO?

Would you like to find out how FAO works to end hunger, about its history and where world leaders meet? Have a look at our Group Visits website for information on our virtual tours.

www.fao.org/about/visit-us



Activity Book Series

Download the FAO Activity Book Series and prepare activities or classes on important global issues at the core of FAO's work: www.fao.org/documents/card/en/c/ca9845en



► Our actions
are our future



► Food Heroes



► Healthy Plants
Healthy Planet



► Eating Healthy Matters



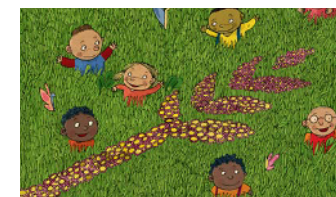
► Change the future
of Migration



► Climate is Changing



► Working for Zero Hunger



► Your Guide to FAO

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