

### ACTIVITY 1: FOOD SECURITY, HEALTH AND DEVELOPMENT

a) Split into groups, and brainstorm ideas of what food security/insecurity means. Report back to the class.

b) Watch the video 'Help Stop Hunger – Adriana's story' at [https://www.youtube.com/watch?v=JDhml\\_ARf7I](https://www.youtube.com/watch?v=JDhml_ARf7I)

Then, fill out this table.

TYPE OF AID BEING DELIVERED	EXAMPLES OF ELEMENTS OF SUSTAINABLE AID PROGRAMS IN ADRIANA'S STORY	HOW DOES THE PROGRAM PROMOTE EACH DIMENSION OF HEALTH?	HOW DOES THIS AID PROGRAM PROMOTE SUSTAINABLE HUMAN DEVELOPMENT?
	Appropriate:	Physical:	
	Affordable:	Social:	
	Equitable:	Mental:	

c) Watch the video 'Help Stop Hunger – Lorensa's story': <https://www.youtube.com/watch?v=oVlt0UDGjGU>

How does this story promote global health?

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Photo: Sarah Crozier/OxfamAUS



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