



Food and Nutrition: Lesson Plan



Food and Nutrition - lesson plan and activity

Overview of learning activities

This activity aims to educate students about food production in developing countries, explaining subsistence farming and its challenges through the story of one woman's day in Timor-Leste. Through comparison and reflection of their own experiences students will gain an understanding of the connections between the availability of food and poverty.

Learning outcomes

Students will develop their analysis, communication and reflection skills through the exploration of a day in the life of a woman living in Timor-Leste and the challenges she faces in accessing food by comparing her situation with their own life.

Materials needed

This activity requires a computer, internet access, poster paper and pens.

Directions

1. Direct students to the CARE blog post: <http://blog.care.org.au/feeding-the-family-a-shared-burden/>
2. After reading the blog post, divide students into small groups and ask them to create a timeline of Isabel's day (e.g. 5am Isabel wakes up to collect water for the family) on a large piece of paper.
3. Ask students to mark or illustrate each point in the day that correlates to food - from feeding her family to walking to the market to sell produce - and to estimate the total number of hours that Isabel spends on each activity related to food.
4. Then ask students to create a timeline of their own day, marking all times allocated to eating or preparing food, totalling all the time spent in their day allocated to food.
5. Come together as a class to reflect on the differences between their daily activities and Isabel's daily activities.

Here are some questions to prompt discussion:

- How does access to food impact poverty?
- What are some of the challenges Isabel faces in securing food for her and her family?
- How can these challenges be overcome?