

ITL CELEBRATES WORLD FOOD DAY

NAME OF THE EVENT: WORLD FOOD DAY

DATE: OCTOBER 16, 2020

CLASSES PARTICIPATED: XI & XII

VENUE: Virtual

Food is the essence of life and the bedrock of our cultures and communities. In the present scenario, **it is more important than ever to recognise the need to support our food heroes** - farmers and workers throughout the food system - who are making sure that food makes its way from farm to fork, even amid disruptions as unprecedented due to the current COVID-19 crisis.

Every year, **World Food Day** is **celebrated** on October 16 to raise awareness of issues of poverty and hunger and ensure the need for **food** security and nutritious diets for all.

The theme of World Food Day 2020 is "**Grow, nourish, sustain, Together. Our actions are our future.**"

ITL Public School also took up this initiative and brought forth an edifying Flipbook on World Food day. Students wrote articles such as "Feed the Need: The new engine to combat Food insecurity", "Food security and Nutrition", "Contribution of Biodiversity to SDG #2 Zero hunger" to name a few. It also includes interesting riddles, games like snakes and ladders, BINGO etc. to create awareness regarding importance of food.

This Flipbook by ITLeens touches upon various aspects of food which demonstrates that food is the basic and fundamental human right. It's time to look into the future we need to build together.

<https://flipbookpdf.net/web/site/65b5d73ff910d5b9e03cf33d81bcc64c2cc50d93202010.pdf.html>
(link to Flipbook)



FEEDING THE WORLD

Grow, Nourish, Sustain. Together

Our Actions are Our Future.

#ZERO_HUNGER

ITL PUBLIC SCHOOL

Observes 16th October as...

WORLD FOOD DAY 2020

World Food Day

World Food Day is an international day celebrated every year around the world on 16 October in honour of the date of the founding of the Food and Agriculture Organisation of the United Nations in 1945.

Grow, Nourish, Sustain. Together. Our Actions Are Our Future.

The COVID-19 global health crisis has been a time to reflect on things we truly cherish and our basic needs. World Food Day 2020 will highlight how food and agriculture are essential part of COVID-19 response. It will call for global cooperation and solidarity to help the most vulnerable to recover from the crisis. In a moment like this, it is important to support and thank our food heroes- farmers and workers- who have worked really hard to make sure that the basic need - food - should be supplied to the people.

-Rishita Goel

FEED THE NEED: THE NEW ENGINE TO COMBAT FOOD INSECURITY

-John F. Kennedy

"The war against hunger is truly mankind's war of liberation." John F. Kennedy. When we talk about the basic necessities, the three coined words- food, water and shelter go hand in hand. Though, a lot of focus have been put upon the later two, food insecurity still remains the unfortunate reality of the global world. High rates of population growth and poverty have also played a part, within an already difficult environment of fragile ecosystems prone to drought. As the covid 19 crisis unfolds, disruptions in domestic food supply chains, other shocks affecting food production, and loss of incomes and remittances are creating serious tensions and food security risks in many countries. UN World Food Programme wins 2020 Nobel Peace Prize, as hunger mounts. The UN World Food Programme (WFP), which provides lifesaving food assistance to millions across the world - often in extremely dangerous and hard-to-access conditions - has been awarded the 2020 Nobel Peace Prize. WFP's relentless efforts to provide instant assistance showcases the selflessness of the organization to combat food insecurity. In addition to providing food aid to people in nearly 90 countries, WFP is a key partner in the fight against COVID-19, transporting humanitarian staff and supplies, and helping with the procurement and delivery of such crucial items as personal protective equipment (PPE), ventilators and oxygen concentrators. Even after the pandemic, WFP notes that the global climate change is one of the major reasons for food insecurity, hence are developing new models to combat the same. The renowned Nobel Peace Prize, as stated by them is the "new

BINGO!!

Choose the healthiest option when eating out	Drink 24 oz of water every morning 3 times	Don't eat fried food	Give food to someone needy	Keep a food journal 5 days in a row
Avoid bread and pasta for a day 3 times	Eat 3 servings of veggies in one day 3 times	Avoid added sugar for a day 2 times	Avoid breakfast 5 times in a row	Eat Breakfast 5 times in a row
Don't eat from outside	Skip fast food for an entire day 5 times	Drink water half your body wt. in oz. for a day 5 times	Buy a friend or stranger a meal	Find a healthy recipe
Eat a meal with your family 3 times	Eat salad	Get 10,000 steps in a day 5 times	Eat bitter-gourd	Get educated on food labels

FOOD SUSTAINABILITY INDEX

-HARNOOR KAUR

"The future of our nation depends upon our ability to produce food and fibre to sustain the world."

The Food Sustainability Index (FSI) is a global study on nutrition, sustainable agriculture and food waste which collects data from 67 countries across the world to highlight best practices and key areas for improvement in relation to the food paradoxes and the main Sustainable Development Goals. Sustainable eating involves selecting foods that are healthy for our bodies and the environment. The shift from processed foods is aimed at helping to reduce the negative impact of food production on the environment, reducing food-related diseases, and extending people's lifespan. The Food Sustainability Index was developed in collaboration between the Barilla centre for food and nutrition (BCFN Foundation) and the Economist Intelligence Unit, with one common objective, i.e. to promote knowledge on food sustainability. The Food Sustainability Index is based on three broad categories: food loss & waste, sustainable agriculture and nutritional challenges.

Despite the increase in food production, the Food Sustainability Index ranks India 77th among 180 countries in 2020. China fares better than India, while other BRICS partners are rated poorly. India does well on preventing food loss and wastage, but is below average in sustainable agriculture and is one of the worst while tackling nutritional challenges. India also fares badly on parameters like quality of life and land use patterns.

"A healthy outside starts from a healthy inside"

Food security, as defined by the United Nations' Committee on World Food Day, means that all people, at all times, have physical, social, and economic access to sufficient, safe, and nutritious food that meets their food preferences and dietary needs for an active and healthy life.

Cooking is all about people. Food is maybe the only universal thing that really has the power to bring everyone together. No matter what culture, everywhere around the world, people eat together.

"LAUGHTER SHINES THE BRIGHTEST WHEN FOOD IS AT OUR NEAREST, SO ON THE EVE OF WORLD FOOD DAY LET US ALL TAKE PLEDGE TO END WORLDWIDE HUNGER"

We ITLeens have always contributed in the well being of our Mother Earth. Today, we have an opportunity to participate in preventing food wastage. We as the future generation of this planet should take care of each and every available resource. We should create awareness about the existing problems of obesity and malnutrition due to hunger.

This is World Food Day, and we need anything but ordinary action. We need to spread the call for action through activities and events. Hence, we hereby present a fascinating magazine full of amazing activities.

-Pranjal Dahiya

FOOD TO EAT

-Pranav Kakkar

After decades of steady decline, the number of people who suffer from hunger - as measured by the prevalence of undernourishment - began to slowly increase again in 2015. Current estimates show that nearly 690 million people are hungry, or 8.9 percent of the world population - up by 10 million people in one year and by nearly 60 million in five years.

The world is not on track to achieve Zero Hunger by 2030. If recent trends continue, the number of people affected by hunger would surpass 840 million by 2030.

According to the World Food Programme, 135 million suffer from acute hunger largely due to man-made conflicts, climate change and economic downturns. The COVID-19 pandemic could now double that number, putting an additional 130 million people at risk of suffering acute hunger by the end of 2020.

With more than a quarter of a billion people potentially at the brink of starvation, swift action needs to be taken to provide food and humanitarian relief to the most at-risk regions.

At the same time, a profound change of the global food and agriculture system is needed if we are to nourish the more than 690 million people who are hungry today - and the additional 2 billion people the world will have by 2050. Increasing agricultural productivity and sustainable food production are crucial to help alleviate the perils of hunger.

WORD SEARCH

Ob, nuts!!

Did you know? Macadamia nuts are poisonous for dogs!

D	N	O	M	L	A	H	P	A	L	C	N	P	S
T	L	W	A	L	N	U	T	U	I	T	A	E	A
A	T	U	N	T	S	E	H	C	P	U	P	A	B
W	L	M	N	U	P	L	I	E	N	L	N	R	
T	C	A	A	T	I	S	U	A	O	H	U	A	
O	A	E	C	U	T	N	T	O	C	K	Z		
N	S	A	P	A	K	A	E	N	O	A	C	I	
N	H	P	A	C	A	D	O	A	N	C	E	L	
T	E	I	H	C	T	A	L	A	U	A	D	N	
U	W	I	C	C	U	P	M	A	C	T	P	U	
R	O	P	E	I	T	A	I	N	K	N	T		
N	N	A	C	E	P	C	D	S	O	A	U	I	A

FOOD SECURITY AND NUTRITION

-Shivangi Rewaria

Someone once rightly said, "There are genuinely sufficient resources in the world to ensure that no one, nowhere, at no time, goes hungry". Since this statement sounds contradicting to what we see every day, where are we going wrong? According to the joint report annually issued by the Food and Agriculture Organization of the United Nations, the International Fund for Agricultural Development, UNICEF, the World Food Programme and the WHO states that almost 690 people around the planet went hungry in 2019 and the status of malnourishment amongst children shows no sign of changing in 2020 as well.

A report by WHO puts spotlight on how food security and nutrition have a direct link and introduces an analysis of the cost and affordability of healthy diets around the world. While sufficient, safe and nutritious food is still a dream for millions, the rest of the world is busy wasting the food they are blessed to have. To ensure food security and nutrition to the ones who don't, is the ultimate goal of Sustainable development that the ITL fraternity whole heartedly believes in. A few ways to achieve this goal are:

- Inclusive, responsible and fair investments in agriculture.
- Empowering small producers and aiding them with resources on low rates.
- Prevention of exploitation of farmers and farmland.
- Low rates of interest and special schemes in formal sources of credit to help farmers in taking loans.
- Encouragement of organic farming.
- Starting small businesses to ensure the transport of organic foodstuff to different parts of the country.

"After all, there is always room for a step, the moment you take one, room for one more is created".

RIDDLES!

1. I am from the protein group. I come from a farm animal. Open me up and you'll see 2 parts. I am popular in many breakfast recipes. I can be served in many ways like scrambled, poached or boiled.
2. I am in fruit group. I come in a variety of colours like purple, blue, red, yellow and green. I have a hard pit inside of me. I rhyme with 'hum'.
3. I am in the fruit group. I'm somewhere between the size of a golf ball and the size of a tennis ball. My skin is brown and fuzzy. Once you peel me I'm bright green and juicy.

CONTRIBUTIONS OF BIODIVERSITY TO SDG 2 #ZERO HUNGER

-MUSKAN GAHLOT

Biodiversity is a key factor for the achievement of food security and improved nutrition. All food systems depends on biodiversity and a broad range of ecosystem services that support agricultural productivity, soil fertility and water quality and supply.

Given the need of Biodiversity and healthy ecosystem to achieve 2030 Agenda, it is not surprising that many Sustainable Development Goals (SDGs) include targets that reflect their important role. There are critical biodiversity dependencies for SDG 2 on zero hunger. Target 2.3 calls for a doubling of agriculture production and, according to the Thematic Assessment of Pollinators, Pollination and Food Production of the Intergovernmental Science-Policy Platform on Biodiversity and Ecosystem Services (IPBES), more than three-quarters of the world's food crops rely at least in part on pollination by insects and animals.

This diversity has been managed or influenced by farmers, livestock keepers and pastoralists, forest dwellers and fishers for hundreds of generations and reflects the diversity of both