

*the Our World Irish Aid Awards 2010 - 2011*

# **MDG 1: Poverty and Hunger**



**GOAL: TO ERADICATE EXTREME POVERTY AND HUNGER BY 2015**

## **Activities:**

- 1) Mariam's Story – Tanzania**
- 2) The Cassava Game**
- 3) Memory's Story – Malawi**
  - **Recipe for Nshima and Ndiwo**
  - **Project Activity**

## Activity 1: Mariams Story – Tanzania

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**You will need: Appendix 3 – Mariam’s Story (page 9-11)**  
**10 pieces of fruit**

Mariam is a girl from Tanzania in East Africa. Her story explores the reality of food shortages and some of the solutions

### Let’s **Warm Up**:

- Go around the class and ask each sixth person to stand up. Tell the class that one in six of the world’s population is hungry.
- Ask the class to get into groups of 4 or 5. Give one group one piece of fruit each and the other groups one or two pieces to share between the group. Ask the class if this feels fair. Does this reflect the real situation for people in the world?

### Let’s **Think**:

- In sub-Saharan Africa and parts of Asia, where many of the poorest people in the world live, most of the food is grown locally. Many people are small farmers and grow nearly all of the food they eat. Almost 80% of the food grown in sub-Saharan Africa is grown by women.
- Due to recent rises in the prices of food, seeds, fertiliser and tools, people in developing countries can no longer afford to buy what they need. This is one of the main reasons why many small farmers in developing countries cannot now grow enough food to feed their families.
- A lot of what we eat and drink comes from developing countries. Millions of small farmers in developing countries grow crops such as coffee, bananas, tea and cocoa, which are then sold on to the rest of the world.

### Let’s **Talk**:

- Have you ever felt hungry? When was the last time? Why were you hungry? How long were you hungry for? How do you feel when you’re hungry? What do you do about it?
- Where do we get our food?
- What things do we need to be healthy and happy? E.g. water, food, sleep.
- Do we get all the things we need?

- Read Mariam's story and answer the following questions:
  - 1) What were the reasons that Mariam didn't get enough to eat?
  - 2) What problems did she face because she didn't have enough to eat?
  - 3) What was done that helped her family get enough to eat?

**Let's Do:**

- Using the Mariam worksheet find out where the foods your pupils eat comes from.
- Find out more about Fairtrade and where you can buy fair trade products locally.

**Activity 2: The Cassava Game**

4	3	2	<b>1</b> START	24	23	22	21
5							20
6							19
7							18
8							17
9	10	11	12	13	14	15	16

**The Cassava Game**

YOU NEED: a dice, four or five different coloured post-it notes. Class divided into 4-6 teams

- Before playing:** Copy the above grid onto the board, shading the even numbered squares. Copy and cut out enough cassava cards (next page) so that each team has 6 cards and there are 20 spare cassava cards in the bank (i.e. on the teacher’s desk) Cut out event cards and put these in a pile on your desk
- Divide the class into 4-6 teams: Allocate each team a different coloured post-it note, as a counter. Set a time for the game to end.
- Each team rolls the dice: The team with the highest score starts.
- They roll the dice and teacher moves their post-it that number of spaces on the grid. If they land on an even square their go ends. If they land on an odd square, teacher picks up the top events card and reads it out. The team gets or loses one, two or three cassava cards, as is written on the event card.
- If the team rolls a six they have a second go.
- Play passes to the team on the left. Each time a team passes the start square they get another cassava card.
- If a team runs out of cassava cards they are out.
- The game ends when the time has run out or when all the cassava cards are gone from the bank. The winning team is the team with the most cassava cards at the end of the game.
- Discuss what happened and why, how it felt to gain or lose cards. How does it relate to some people’s lives in the world today?

<b>Cassava</b>	<b>Cassava</b>	<b>Cassava</b>	<b>Cassava</b>	<b>Cassava</b>
<b>Cassava</b>	<b>Cassava</b>	<b>Cassava</b>	<b>Cassava</b>	<b>Cassava</b>

<p>You get loans to buy seeds &amp; tools</p> <p><b>Take 2</b> Cassava Cards</p>	<p>A fair-trade company buys your coffee for a fair and guaranteed price</p> <p><b>Take 2</b> Cassava Cards</p>	<p>Experts teach you to store rain water so you can use it on the farm</p> <p><b>Take 1</b> Cassava Card</p>	<p>You start growing new crops which last through the hungry months</p> <p><b>Take 2</b> Cassava Cards</p>	<p>Scientists develop a crop that needs less rain to grow</p> <p><b>Take 2</b> Cassava Cards</p>
<p>No rain comes for a long time &amp; your crop fails</p> <p><b>Lose 3</b> Cassava Cards</p>	<p>The Price of food goes up, so you can't afford to buy what you need</p> <p><b>Lose 1</b> Cassava Card</p>	<p>A potato blight destroys your potato crop</p> <p><b>Lose 2</b> Cassava Cards</p>	<p>You join a local group which shares information on farming</p> <p><b>Take 1</b> Cassava Card</p>	<p>It rains heavily and floods destroy your crops</p> <p><b>Lose 2</b> Cassava Cards</p>
<p>A local market opens and you sell some fruit</p> <p><b>Take 1</b> Cassava Cards</p>	<p>The price of coffee goes down so you get less money</p> <p><b>Lose 1</b> Cassava Card</p>	<p>Your mum gets sick and can't work</p> <p><b>Lose 1</b> Cassava Card</p>	<p>You get emergency food from international charities</p> <p><b>Take 1</b> Cassava Card</p>	<p>The price of seeds goes up so you can't afford many</p> <p><b>Lose 1</b> Cassava Card</p>

### **Activity 3: Memory's Story - Malawi**

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#### **You will need: Appendix 4 – Memory's Story (page 12)**

#### **Let's Think:**

- Without enough food, as well as being hungry, you cannot grow strong; it's harder to learn; you can become ill more easily.
- Today more than 1 billion people around the world, including 300 million children, are not getting enough to eat. This means they cannot stay healthy.
- Irish Aid is working to fight hunger in some of the poorest countries of the world, including Malawi.
- Most of the people in Malawi live in rural villages and grow their own food.
- Many children in Malawi haven't been able to grow properly and get illnesses because they don't have enough nourishing food.
- The Government of Malawi is working to fight hunger and poverty and to make sure that children can get an education.

#### **Let's Talk:**

- Read Memory's story and answer the following questions:
  - 1) What jobs does Memory have to do? How do her tasks compare to the jobs done by children in Ireland?
  - 2) What food does Memory eat? How does Memory's food compare to the food we eat?
  - 3) What things do we do that need electricity? How would our lives change without it?

#### **Let's Do:**

- Brainstorm the links between hunger and other Millennium Goals areas such as education, health, the environment, infant and child survival, the health of expectant mothers. Put hunger in the centre of the page and surround it by all the other words. Draw lines to show the links.
- Print out the recipe for nshima and ndiwo (Appendix 1 – page 7) and try making them.
- Look at "Project Activity" (Appendix 2 – page 8). How do the projects help fight poverty?

## **Appendix 1 – Recipe for Nshima and Ndiwo**

### **You will need:**

#### **Nshima:**

- **4 cups of water**
- **2 cups of plain corn meal**

#### **Ndiwo – using vegetables**

- **2 bunches of greens (or spinach) washed and chopped**
- **1 cup of peanuts, ground**
- **Salt**
- **1 onion, sliced**
- **2 medium tomatoes, sliced**
- **Water**

Instructions: Nshima – serves 4 people

*Serve with ndiwo sauce*

- 1) Pour 2 cups of water into a medium sized cooking pot.
- 2) Heat the water for 3-4 minutes until lukewarm.
- 3) Slowly sprinkle one cup of corn meal, on tablespoon at a time, into the pot, stirring continuously with a spoon.
- 4) Keep stirring slowly until the mixture begins to thicken and boil.
- 5) Turn the heat to medium, cover the pot, and let simmer for 3-5 minutes.
- 6) Remove the lid and slowly, a little at a time, pour in a quarter cup of corn meal and briskly stir with the spoon until smooth and thick.
- 7) Stir vigorously.
- 8) Sprinkle a little more corn meal and stir, if you want the nshima to be thicker. (use less if you want softer nshima)
- 9) Cover, turn the heat off and let nshima sit on the stove for another 2-3 minutes.

#### **Instructions: Ndiwo – using vegetables**

- 1) In a medium sized saucepan, boil the onion, chopped tomatoes and ground peanuts, adding salt to taste and water as needed
- 2) After a few minutes, add the chopped greens.
- 3) Stirring occasionally, continue cooking until the peanuts are soft and the mixture has become a fairly thick buttery sauce (15-20 minutes).
- 4) You can add any fried meats/fish of your choice to this sauce
- 5) Add some hot spice if wished.

**Appendix 2 – Project Activity**

Here are examples of some projects carried out in various countries. How might they help to end poverty in that community? How might people's lives be improved?

My father is learning to read now, because when he was younger they had no school.

Last week, farm advisors came to our village to train the adults how to grow better potatoes and beans

A new clinic has opened – we do not need to walk all those miles to get medicines.

We have built a new classroom in our school, and a new teacher has come from the next town

My mother is very proud of the 7 little chickens she bought yesterday.

The new water pump that has been put in means that we all now have enough clean water for drinking, washing and cooking.

Last week, my parents got good seeds and fertiliser with vouchers that were given to small farmers by the Government.

**Appendix 3: Mariam's Story**

Activity 1

## Mariam's Story.

Hello, I'm Mariam. I live in a village in Tanzania in East Africa. Can you find Tanzania on the map below?  
Can you colour it in? Where do you live?  
Can you find Ireland on the map?

Mariam Says:

*"I live with my mum and dad, my little sister Sofia who loves singing and my brother Abdalla, who is always in trouble! I go to school now but I have to help my Mum a lot on our farm.*

*Like most people in Africa, we grow all our own food. We grow **cassava**, which is a bit like potato, and also maize and spinach. We also grow some coffee to sell, but we get very little money for this. And we have a few mango trees. Umm, I love mangoes. Most days we eat ugali, which is like mash made from cassava or maize. My mum makes especially yummy **ugali** with a kind of curry sauce.*

*I have made a list of what I've eaten in the last few days. We grow all these foods. What do you eat? Make a list of what you have eaten and drunk in the last few days. Find out where these foods and drinks come from and write in the box. If anything came from another country draw a line on the map to show its journey."*

<b>MARIAM ATE &amp; DRANK</b>	<b>HER FOODS &amp; DRINKS CAME FROM</b>	<b>YOU ATE &amp; DRANK</b>	<b>YOUR FOODS &amp; DRINKS CAME FROM</b>
cassava			
mango			
ugali (from maize) with a vegetable sauce			
spinach			
fried fish			
banana			
Water			

**Q: What is the difference between what you eat and drink and what I eat and drink?**

*"I like cassava but I can remember, a few years ago, when it was all we had to eat, and we even ran out of it. There was no rain for a long time which led to drought and all of our crops failed. We had very little to eat for months. We couldn't afford to buy any food, as the price of food had gone up. I can remember feeling constantly hungry. And we were always getting ill. I missed school for a whole year because I just wasn't well enough. I don't think I was getting all the vitamins and protein that I needed to grow and be healthy."*

**Q: Have you ever felt hungry? How long is the longest you felt hungry for?**

*"Things have got much better since then. After the drought, we got emergency food supplies from the government and international organisations, so that we could get enough nutritious food straight away. They also gave us loans to buy special seeds which don't need as much water to grow. People called "farm advisors" visited our village and showed all the families ways of storing rain water to stop it flowing away.*

*Last year we had a bumper crop which meant there was plenty of food for all families and even enough maize to sell to other villages. We are now asking the government to build a market nearby, so that we can sell any extra food we have.*

*My parents and some other farmers started a coffee farmers' club. They wanted to be able to sell coffee to people in other countries for a fair price. If we can get a fair price for our coffee beans they will end up as coffee powder sold in jars with Fairtrade labels in countries far away – maybe even Ireland!*

*Each family will use the money they earn from the coffee to pay for things they need like schoolbooks and medicines but part of the money will be put in a fund to buy things for the whole village, such as a big shed to store our crops or repairs for the school."*

**Q. Do you ever see fairtrade coffee at home, or in your local shops? Do you think it's a good idea to use fairtrade products? What other fairtrade products do you know about?**

## **Appendix 4 – Memory’s Story**

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Malawi is a country in Africa. Memory Solomon is a young girl who lives in a village called Khulungira, in Malawi.

People in Khulungira grow their own food and build their own houses. They have to work or cycle to the nearest road which is miles away. Families grow maize, potatoes, beans, vegetables and fruit. People keep hens and goats and just a couple of families have a few cows. Parents have to work very hard to provide enough food for the family.

Children have to help their parents at home and on the farm. There is a primary school about 30 minutes walk from the village.

Memory is talking about her life in the village and what she does every day:

***"I like school. Before school I do chores. I sweep. I fetch water. I cook lunch for myself and my sisters. We take potatoes to school for lunch. We don't have electricity at school. My favourite lesson is English. Sometimes we all have to tidy the school compound.***

***When school is over I go back home. After school I help my parents on the farm. Sometimes I do the washing. Sometimes I help my grandmother with her goats.***

***We rarely eat eggs or milk or meat because they are so expensive. Sometimes I help with the cooking. My favourite meal is nsima (maize porridge) and potatoes. When my chores are finished I get together with my friends. I have good friends.***

***When it gets dark I do my homework. We don't have electricity. I want to get a job when I finish school. I'd like to be a driver or a nurse. I need a good job so I can help my family get enough food."***