

Hunger in our World.



World Hunger Facts:

Today our world is home to 6.7 billion people:

- 2 billion people live on less than 2 dollars per day
- 1 billion people across the world are hungry.
- Chronic undernourishment leads to vitamin or mineral deficiencies, resulting in stunted growth, weakness and heightened susceptibility to illness.
- 50% of children under 5 years in east Africa have stunted growth due to undernutrition
- Around half a million children go blind annually from vitamin A deficiency
- Every day, over 16,000 children die from hunger-related causes - one child every five seconds
- In 2006, about 9.7 million children died before they reached the age of five, 80% of these were in sub-Saharan Africa and South Asia. Most of these deaths are hunger related.
- In Ireland we spend more than €500 million on chocolate each year
- \$35 billion is spent every year in the U.S. on weight loss products

Country Facts & Foods:

Ethiopia

Languages: Amharic & English, (and over 70 other languages spoken).

Population: 79 million. (Ireland: 4.2million)

Life Expectancy:53 years. (Ireland: 79 years)

School:68% of children are enrolled in primary school, and 32% are enrolled in secondary school. (Ireland: 88% enrolled in secondary school)

Doctors:1 doctor for 33,000 people; (Ireland : 1 doctor for every 350 people.)

Phones:1 for every 100 people (Ireland:143)

Most common food:injera and wat are eaten together. Injera, the staple food of Ethiopia, is a kind of flat bread, like a pancake, but with a slightly bitter taste. It is made mainly from teff flour. a dark, tiny and round grain that grows in the Ethiopian highlands. The injera batter is poured into a pan and baked until it becomes soft and springy; this is also the way injera was prepared a thousand years ago. For meals, a large round injera would be laid on the table and the hot food piled on top. Ethiopians would wrap a piece of bread around the hot food and tear it off, eating bread and food together; Wat is a spicy stew made with meat and vegetables, or just vegetables.

Mozambique

Languages:Portuguese, English (and 40 other languages spoken)

Population: 21 million. (Ireland: 4.2 million)

Life expectancy:41 years. (Ireland 79 years).

School:77% of children are enrolled in primary school and 7% are enrolled in secondary school (Ireland: 88% enrolled in secondary school)

Doctors: 1 doctor for 33,000 people; (Ireland : 1 doctor for 350 people).

Phones: 11 for every 100 people: (Ireland : 143)

Most common food:Nzima, or xima, a type of mash or porridge made from maize meal often eaten with beans or vegetable stew.

“The factory has built a health post and a canteen, which serves the workers xima porridge and beans. Dad says he is fed up of eating the same thing every day, but Granny tells him how lucky he is. Whenever I moan about the housework I have to do, Granny tells me how many hours she had to spend pounding maize into flour for xima,”

Extract from chapter on Mozambique from “One World Our World”, a storybook for children on Irish Aid’s programme countries, Irish Aid, 2009

Country Facts & Foods continued:

Zambia

Languages: Nyanja, Bemba, English (and over 50 other languages spoken)
Population: 12 million (Ireland: 4.2 million)
Life expectancy: 41 years (Ireland: 79 years)
School: 89 % of children are enrolled in primary school and 26% are enrolled in secondary school. (Ireland: 88% enrolled in secondary school)
Doctors: 1 doctor for 100 ,000 people; (Ireland : 1 doctor for 350 people).
Phones: 23 for every 100 people: (Ireland : 143)
Most common food: Nshima, a porridge made from maize meal or flour.

Nshima is the most important staple foods among Malawians and Zambians in Southern Africa, and many other countries in sub-Saharan Africa and it is known by other names in the various countries. It is a food cooked from maize or corn flour.

Nshima has been the staple food in Zambia for many years. It consists mainly of carbohydrate, which fills up rather than provides nourishment. However, when eaten with green leaf or other vegetables rich in iron and vitamins, nshima acts as a “carrier” and the combination is nutritious. During and after the harvest season in the villages nshima is eaten twice a day. Many Zambians believe that only nshima constitutes a complete meal and any other foods are regarded as snacks! This is the same for other Southern African countries like Malawi, Botswana, Lesotho, South Africa and Swaziland and similar to how we Irish have regarded potatoes or Italians pasta. Nshima is so important that many rituals, customs, beliefs, and songs have developed in the culture for cooking and eating it. Nshima is eaten with a second dish known as ndiwo, which is a type of sauce or stew made using cooked vegetables, meat, fish, or poultry.

Tanzania

Languages: Swahili, English and (over 100 other languages spoken)
Population: 39 million (Ireland: 4.2 million)
Life expectancy: 51 (Ireland: 79 years).
School: 98% of children are enrolled in primary school .
Doctors: 1 doctor for 43,000 people; (Ireland : 1 doctor for 350 people).
Phones: 25 for every 100 people (Ireland : 143)
Most common food: Ugali, a type of porridge made from maize or cassava flour, eaten with a vegetable, fish or meat sauce or stew. Along the coast by the Indian Ocean biriani and pilau, spiced dishes based on rice, are very popular.

Vietnam

Languages: Vietnamese, French, English and (over 100 other languages spoken)
Population: 86 million (Ireland: 4.2 million)
Life expectancy: 74 years (Ireland: 79)
School: 91% of children are enrolled in primary school.
Doctors: 1 doctor for 1,900 people; (Ireland : 1 doctor for 350 people).
Phones: 30 for every 100 people (Ireland : 143)
Food: Vietnamese people use very little oil but a lot of vegetables and very fresh ingredients in cooking. The main dishes are often based on rice or noodles, flavoured with soy sauce, or fish sauce. Mint, lime and a great variety of herbs and spices are used in cooking. Noodle soups with meat, fish or vegetables are popular everyday dishes. Vietnam is famous for its wide variety of dishes.

Recipe for Nshima and Ndiwo

Nshima

4 cups of water
2 cups of plain corn meal

Method

Pour 4 cups of water into a medium sized cooking pot. Heat the water for 3-4mins until luke warm. Slowly sprinkle one cup of corn meal, one table spoon at a time, into the pot, stirring continuously with a spoon. Keep stirring slowly until the mixture begins to thicken and boil. Turn the heat to medium, cover the pot, and let simmer for 3-5mins. 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. Stir vigorously. Sprinkle a little more corn meal and stir if you desire the Nshima to be thicker or less if you want softer Nshima. Cover, turn the heat off and let Nshima sit on the stove for another 2-3mins. Serves 4 people. Serve with ndiwo sauce below.

Ndiwo – using vegetables

2 bunches fresh collard greens (or spinach) washed and chopped
1 cup peanuts ground
Salt to taste
1 onion, sliced
2 medium tomatoes, sliced
Water

Method

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

Snack foods

In most developing countries a variety of other foods would also be eaten as smaller meals or snacks. These are nearly always fresh foods - processed and packaged snacks are rarely eaten. What would be typically eaten in many developing countries would include fresh fruit, nuts, roasted corn or cassava. All of these would be produced locally. There are many more varieties of fruits available.

Bananas

For examples in many African countries people use more than ten varieties of bananas. Not all bananas are sweet – some are hard with green skins and are peeled like potatoes. These are fried or boiled. In Uganda the staple food is “matoke” a mash made from boiled and mashed cooking bananas, which is eaten as a savoury food with a sauce.

Did you know?

- In Tanzania as a snack during school breaks children love “sugar bananas” which are tiny and very sweet.
- They also like to eat small unripe mangoes sprinkled with salt and chilli pepper!
- The Swahili word for banana is “ndizi” (NDEE – ZEE)
- One type of very sweet banana in Tanzania is called “ndizi ya kizungu” – this means “white person’s banana” because this banana has a pink skin!