

UNDERSTANDING: What is malnutrition?

If children don't get enough of the right foods they might become malnourished.

This can lead to wasting – when a child is too small for their height. This can happen when the child is not getting enough energy from food, and could mean that the child dies if they do not receive the right help.

If a child doesn't get the right nutrients to grow, this can lead to stunting. Stunting can make children too short for their age, and also affect how their brain develops. In turn, this can affect what they do at school and also make them more likely to be unwell in the future. The effects of stunting can last for a person's whole life.

If children don't get all the right nutrients this may result in them becoming weak and getting sick from illnesses like anaemia.

Around the world, 159 million children younger than five years old have been affected by stunting. This number is enough to fill Old Trafford football stadium more than 2,000 times over!

THINKING: Children's rights

All children have rights. Children suffering from malnutrition may be unable to realise:

- the right to life, survival and development
- the right to be healthy and have nutritious food
- the right to have an adequate standard of living
- the right to an education (because they may not be well enough to attend school)
- the right to have their personality, talents and abilities developed to the full through education (because they may not be well enough to learn or because their brain hasn't developed properly)
- the right to relax and play (because they may not be well enough to do this).

LEARNING: How Unicef helps

- Unicef provides life-saving food for children suffering from acute malnutrition.
- Unicef helps to make sure children receive all the vitamins, minerals and nutrients they need to grow, develop, stay healthy and reach their full potential, especially in the first 1,000 days of their life.

DOING: Supporting Day For Change

- Too many children don't have the food they need to live happy, healthy lives, but your school can help.
- Take on a fundraising challenge on Day for Change and raise money to help malnourished children grow up healthy and strong.

CREATING A NEWSPAPER ARTICLE



Your newspaper article will need:

- a headline
- a sub heading
- a compelling report about what malnutrition is, and how you can help.
- a picture



Use 'Who, What, Why, How, When, Where' to develop your article:

WHO: Who are Unicef supporting?

WHAT: What is malnutrition?

WHY: Why is malnutrition so dangerous?

HOW: How can pupils at your school get involved and help?

WHEN: When is Day for Change?

WHERE: Where will your activity take place?

WRITING A TV NEWS SCRIPT



1. Start with a headline, to grab the attention of the viewer.
2. Think about the tone of voice and audience for TV news. It's usually a serious programme, so think about the words you use.
3. Use a two-person interview to try and answer some of the questions below:

WHO: Who are Unicef supporting?

WHAT: What is malnutrition?

WHY: Why is malnutrition so dangerous?

HOW: How can pupils at your school get involved and help?

WHEN: When is Day for Change?

WHERE: Where will your activity take place?