

# ASSEMBLY PLAN: KS1 AND KS2

## Aims

- Pupils gain a broad understanding of what malnutrition is.
- Pupils understand that nutritious food helps to provide energy and nutrients for growth and keeps the body healthy.
- Pupils understand that all children have a right to nutritious food, but that many children are denied this right and become malnourished.
- Pupils feel empowered to act in the knowledge that schools can fundraise on Day for Change to help malnourished children grow up healthy and strong.

## Resources

- Key Stage 1/2 Day for Change assembly presentation.
- Internet connection, in order to play the Unicef film.

Thinking about children in danger can evoke strong feelings in both adults and children. Sharing your feelings about the information – for example, that it made you feel sad or surprised – could help to initiate a supportive conversation.

When discussing these issues, be sensitive to the possibility that there may be young people in your class who find the film and topic upsetting; you may prefer to share the film in a lesson, where the learning environment allows for a more intimate discussion.



**DAY FOR CHANGE.**  
[unicef.uk/dayforchange](http://unicef.uk/dayforchange)

**FOR EVERY  
CHILD IN  
DANGER**

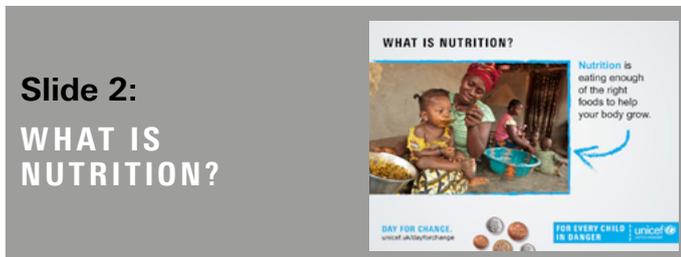
**unicef**   
UNITED KINGDOM

# Teaching Sequence

Please note: text in grey provides additional background notes for the presenter.



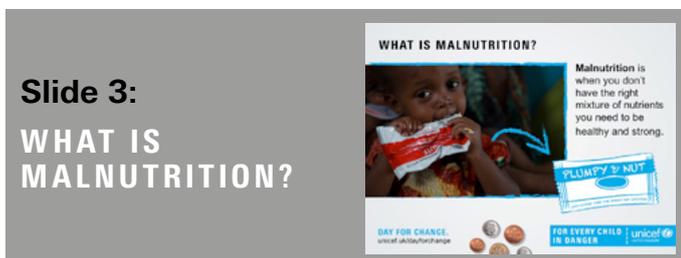
Explain to the children that Unicef is the leading organisation working to protect children in danger. Every year, Unicef organises a special Day for Change event for schools. By taking part in this year's Day for Change, we can learn about nutrition and help malnourished children grow up healthy and strong.



Ask if anyone in the assembly has heard of 'nutrition' by show of hands. On the next click of the slide, read the definition.

Explain what nutrition means in practical terms, and make sure that pupils understand that this relates to the food and drink they consume.

For example, when you eat fruit and vegetables it provides your body with vitamins that help stop you from getting sick.



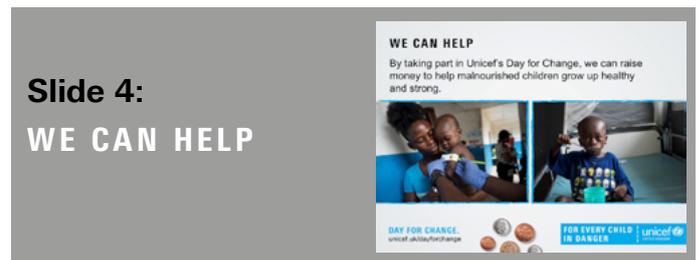
Ask if anyone in the assembly has heard of 'malnutrition' by show of hands. On the next click of the slide, read the definition.

As not all children will be able to read the definition,

a picture is also included to help explain what is meant by malnutrition. Explain that the photo shows a malnourished child who is at a Unicef-supported feeding centre.

Ask the pupils how they think the child is being helped. It can then be explained that the large packet the child is holding is special life-saving food: a high-energy peanut paste that gets malnourished children back to health fast.

*Please note that malnutrition is a broad term commonly used as an alternative to undernutrition but technically it also refers to overnutrition. People are malnourished if their diet does not provide adequate calories and nutrients for growth and maintenance, or they are unable to fully utilise the food they eat due to illness (undernutrition). They are also malnourished if they consume too many calories (overnutrition). The focus of Day for Change is on malnutrition in the context of undernutrition.*



Explain that schools like yours are in a brilliant position to be able to help children around the world who are suffering from malnutrition. We can raise money to provide life-saving food and other treatments that will help children grow up healthy and strong.

The first photo shows baby MacArthur having his arm measured to check for signs of malnutrition. The second photo shows two-year-old Jeramiah eating life-saving food.

**DAY FOR CHANGE.**  
[unicef.uk/dayforchange](http://unicef.uk/dayforchange)

**FOR EVERY  
CHILD IN  
DANGER**  
-----  
**unicef**   
UNITED KINGDOM

## Slide 5:

### WHAT'S SPECIAL ABOUT FOODS LIKE THESE?



Ask pupils why these foods are special.

The food items first appear on the slide and act as a prompt to ask pupils why these are special. Explain that some foods are especially healthy/nutritious and are needed in the right amounts as part of a balanced diet in order to be healthy.

## Slide 6:

### WHY DO WE NEED HEALTHY FOOD?



The slide makes the important point that a balanced diet including healthy food helps to provide the right amount of energy and nutrients. Ask the pupils what these are needed for.

We need energy to grow. We need nutrients, like vitamins and minerals, to keep the body healthy in a wide range of ways, such as providing a healthy immune system.

## Slide 7:

### EVERY CHILD HAS THE RIGHT TO HEALTHY FOOD



Explain that every child in the world has a right to nutritious food, the best health care possible and information to help them stay healthy (see the [UN Convention of the Rights of the Child](#) for further details), but that sadly millions of children around the world don't have the food they need to live happy, healthy lives. You may also like to ask pupils to think about some of the reasons **why** children have the right to healthy food.

The photo shows a child being checked for malnutrition.

Children who are **acutely malnourished** are too thin for their height. This may occur when the child is not getting enough energy from food and may result in death if left untreated.

**Stunting** refers to a child who is too short for his/her age, and occurs when children don't have access to the right nutrients. Stunting also effects the development of the brain and the learning capacity of the child. In turn, this can affect their school performance and future employment earnings, and also lead to increased risks of medical conditions such as diabetes and high blood pressure. The effects of stunting often last a lifetime.

*In 2014 it was estimated that 50 million children aged under five were suffering from severe acute malnutrition. In 2014, 159 million children under five were suffering from stunting<sup>1</sup> – which is when their bodies and brains don't grow the way they should, due to a lack of the right nutrients. This number is enough to fill Old Trafford football stadium more than 2,000 times over.*

## Slide 8:

### HELPING CHILDREN IN LIBERIA



This map shows where Liberia is located. The money your school raises for Day for Change will help Unicef's vital nutrition programme in Liberia.

Liberia has one of the highest child mortality rates in the world. One in three children are malnourished, and one in fourteen children die before their fifth birthday. Many of those that survive are left 'stunted' – when their bodies and brains haven't grown in the way they should.

Over 70 per cent of people in Liberia live below the poverty line and many of them struggle to feed their families. Liberia's population is just 4.5 million, half of whom are children. With your school's support, we could change the future of an entire country.

<sup>1</sup> United Nations Children's Fund, the World Health Organization and World Bank Group (2015) Levels and trends in child malnutrition, Washington, D.C. [http://www.who.int/nutgrowthdb/jme\\_brochure2015.pdf](http://www.who.int/nutgrowthdb/jme_brochure2015.pdf)

**DAY FOR CHANGE.**

[unicef.uk/dayforchange](http://unicef.uk/dayforchange)

**FOR EVERY  
CHILD IN  
DANGER**

**unicef**   
UNITED KINGDOM

**Slide 9:**  
WE CAN HELP  
CHILDREN LIKE  
WESLEY AND  
JACOB

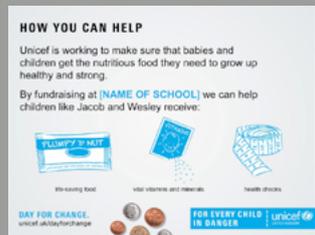


This short film tells the real-life story of 11-year-old Wesley and his baby cousin, Jacob. Jacob is being treated at a Unicef-supported hospital in Liberia, West Africa. Jacob has severe acute malnutrition, and is very poorly and weak. But thanks to Unicef, Jacob has been given life-saving food to help him get better.

By taking part in Day for Change, our school can raise money to help children like Jacob get the nutritious food they need to grow up healthy and strong.

The film can also be accessed at [bit.ly/2kp7fzG](http://bit.ly/2kp7fzG)

**Slide 10:**  
HOW YOU CAN  
HELP



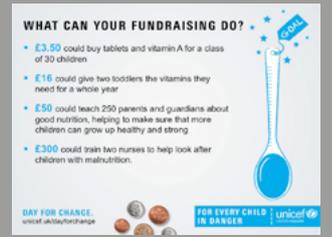
This slide identifies some of the ways that the money raised can help Unicef protect children suffering from malnutrition.

**Slide 11:**  
HOW CAN YOU  
RAISE MONEY?



Here are images of other UK schools taking part in fundraising activities. Please use this time to ask pupils to raise their hands and suggest different activities they could do at school or at home to raise money. They should begin to feel empowered and excited about planning their activities and taking part in Day for Change.

**Slide 12:**  
WHAT CAN YOUR  
FUNDRAISING DO?



These 'shopping list' items ranging from £3 to £340 are here to inspire your pupils, classes and the whole school to think about how their fundraising can make a difference to children suffering from malnutrition.

The different levels are suggested on an individual (£3.50), extended family (£16), class (£50) and whole-school event (£300) basis. Along with this, £180 is suggested as a target for a medium-scale event (school bake sale) and £340 for a whole school fundraiser (non-uniform day, or talent showcase).

**Slide 13:**  
THE POWER  
OF YOUR  
FUNDRAISING



Explain that the money raised by Day for Change will support Unicef's nutrition programmes. Every £1 your school is able to raise will be doubled by The Power of Nutrition, a charitable foundation. This vital funding will help Unicef to improve the nutrition status and health of mothers, babies and children under five in Liberia, West Africa.