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YUNGA

International Drawing Competition

Food for a Healthy World

2013



**Convention on
Biological Diversity**



SCOUTS
Creating a Better World

YUNGA International Drawing Competition:

Food for a Healthy World

Organizers:

The Youth and United Nations Global Alliance (YUNGA)

The Food and Agriculture Organization of the United Nations (FAO)

A. BACKGROUND

The International Drawing Competition: **Food for a Healthy World** is a youth education initiative about food and nutrition. It promotes awareness of the importance of a diversity of nutritious foods for a healthy environment and for healthy people. It also highlights some global challenges relating to food – such as hunger, malnutrition, the food system, and climate change. The competition empowers children and young people with knowledge to make more informed food choices and to be active agents of change in our society. This competition encourages children and young people to create artwork and drawings that express **why nutritious foods are important for a healthy world**. The winning artworks will be used in logos, posters, publications, T shirts and activity badges.

B. PARTICIPANTS

This international drawing competition is open to ALL children and young people from 6 to 20 years old.

C. COMPETITION RULES

1. The drawing should reflect an issue concerning nutritious foods. The drawings may reflect environmental or social issues. Learn more by reading the “Time to Think and Act” section (pages 5-7). You can plan and develop some educational activities to raise your group’s awareness about food, nutrition and food production topics before they start drawing.
2. Drawings should be on white A4-size or letter-size paper in the round or square frames provided in the annexed templates. The diameter of the round frame and length of the square should be 18 cm. Pictures not submitted in this format cannot be considered in the competition.
3. Drawings should be submitted giving the full name, date of birth, country and postal and/or email address of the participant. Drawings submitted without this information cannot be considered in the competition.
4. Remind your group that the drawing could be used for making small badges and large posters! Encourage them to use bright, bold colours. Participants may use drawing materials of any type: pens, pencils, paints, with the exception of crayons as they do not reproduce well. They are also allowed to use computer graphic programmes.
5. The drawings must be the child’s or youth’s original creation. Most importantly they should use their imagination and have lots of fun!

D. DEADLINE AND SUBMISSION OF ENTRIES

The deadline for submitting your drawings is **1 October 2013**. The postmark date will be regarded as the date of delivery.

Send your drawing by e-mail to: yunga@fao.org or by post it (preferably in a water-proof envelope) to:

Reuben Sessa
FAO, NRC
Viale delle Terme di Caracalla
00153 Rome, Italy


Please note that if your submission is sent electronically you should keep the original drawing in a safe place as we may require the original if your drawing is selected.

E. COMPETITION PRIZES

A panel of FAO staff will choose the winning drawings.

The winners will be awarded with:

- ❖ Monetary prizes for the first three winners of each age group:

 \$	6-10 years	11 -15 years	16 -20 years
WINNER	500 USD	500 USD	500 USD
RUNNER UP	200 USD	200 USD	200 USD
THIRD PRIZE	100 USD	100 USD	100 USD

- ❖ The schools/associations of the winning artworks will receive a gift.
- ❖ The winning artworks will be used in logos, posters, FAO publications (distributed worldwide), T shirts and activity badges.

F. HANDLING OF ENTRIES AND INTELLECTUAL PROPERTY

All entries will be handled by the organizers and will not be returned. The intellectual property of the entries is owned by the participants. The organizers, however, have the right to publish, exhibit, print or distribute the entries through any media.

G. CERTIFICATES

Electronic blank certificates can be requested on submission of the drawings.

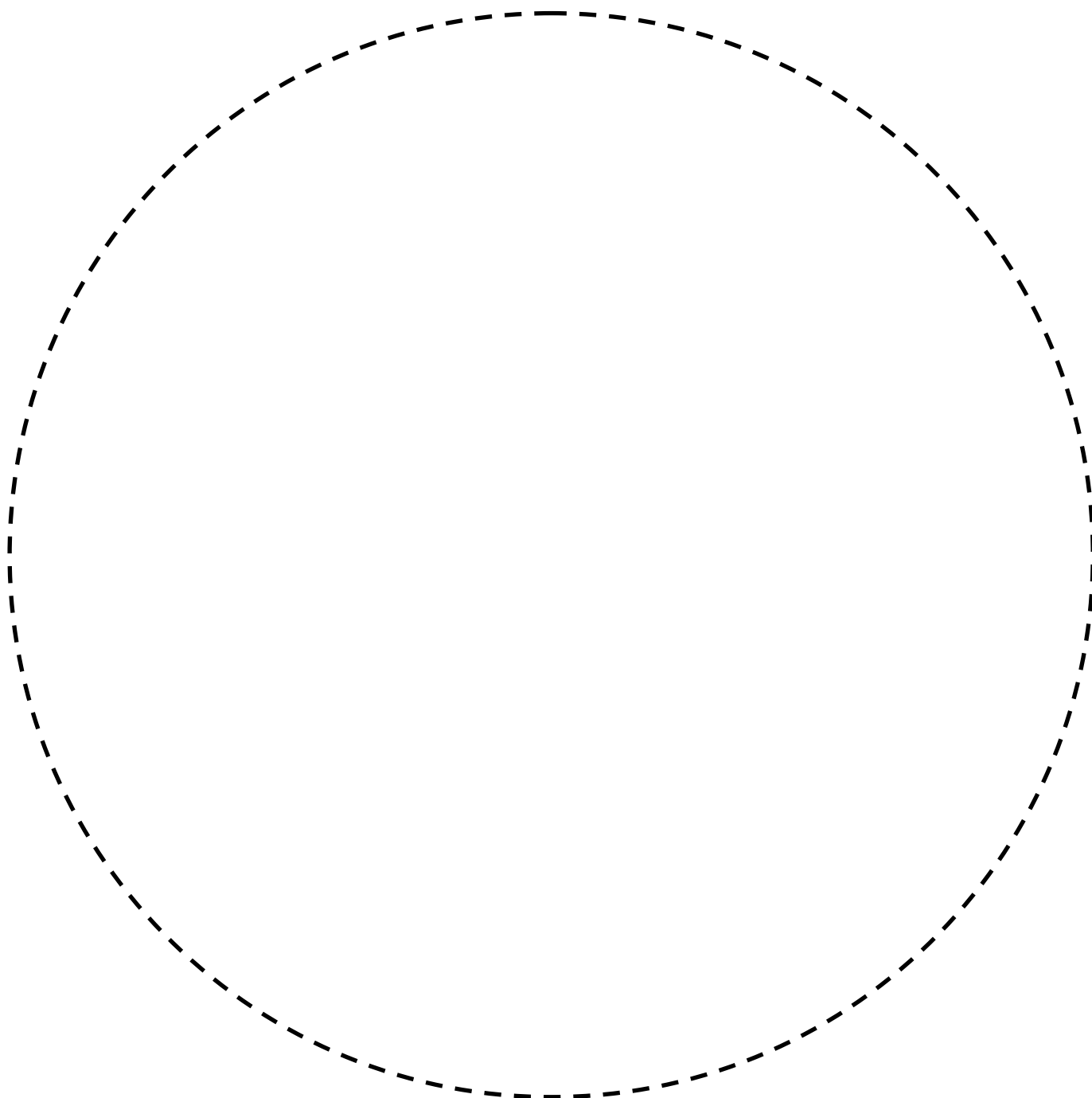
H. ENQUIRIES

For further information and enquiries, please email: yunga@fao.org

Food for a Healthy World
Children-Youth action for a global difference

PARTICIPANT'S NAME AND SURNAME.....
DATE OF BIRTH (DD/MM/YYYY).....COUNTRY.....
ADDRESS.....
TEL..... E-MAIL.....
SCHOOL/ASSOCIATION.....
TEACHER'S/LEADER'S NAME AND CONTACTS.....

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TIME TO THINK AND ACT!

Plan and organize activities that you can do with your group before they start drawing. You may use the facts and the ideas below to organize activities that work best for your group: games, songs, quizzes, drama, group discussions, among others. Remember, your commitment is essential to help us live in a healthier world.

Before you get to work...

Our bodies get energy when we eat nutritious food. It is important for us to eat a variety of foods so that our bodies get the right balance of different nutrients, including vitamins, minerals, proteins, carbohydrates, fats and water. This good nutrition helps our bodies to grow, fight disease and function as they should on a daily basis. We all need nutritious foods to have energy to study, play and participate in other daily activities.

Just as eating a variety of foods is healthy for your body, growing and producing different kinds of foods can be healthy for the environment. It is important that we try to produce food in a way that supports our environment, rather than exploiting it. Think about where the food you eat comes from is it produced in a sustainable way? How can we have more sustainable food production?

The Earth's biodiversity (the huge variety of plants and animals that exist and the relationships between them) is also very important, because every part of nature depends upon and affects other parts of nature. For example, flowers and fruit plants rely on insects to pollinate them.

A variety of plants and animals make up a healthy world. A healthy environment includes clean water and air, a thriving biodiversity, and a balance of interactions between them. What else do **you** think is part of a healthy world?

Did you know that...

- ❖ There are more than 20 000 edible plants in the world!
- ❖ About half of the world's food calories (energy from food) come from just three types of grain – wheat, maize and rice.
- ❖ Some underused and overlooked food sources that may become popular in the future are seaweed and other algae, insects and different varieties of grains.
- ❖ Popular meals in different cultures often use a variety of foods and spices that can have nutritional, health and environmental benefits.
- ❖ Nearly a billion people worldwide are starving, while over one billion more are obese (over weight). About 60 percent of the world's hungry people are women and girls.
- ❖ Food safety is a key issue – many diseases and illnesses can be caused by eating contaminated foods.
- ❖ Our food production systems need to be carefully managed so that they can positively contribute to your health, environmental health and the health of the world's growing population.

Find out...

- ❖ What kinds of nutrition you receive from the foods that you eat;
- ❖ How you can incorporate more nutritious foods into your diet;
- ❖ How climate change impacts food production in your country, in the world;
- ❖ Which food-related challenges affect people in your country (e.g. chronic hunger, malnutrition, obesity);
- ❖ What causes malnutrition; which parts of the world are affected by malnutrition;
- ❖ How food production in your country impacts the environment (e.g. use of chemical such as pesticides and herbicides, water for irrigation, soil erosion, deforestation, loss of biodiversity).

Change starts with you!

All people need food to survive! But not everyone has enough nutritious food to eat every day. Environmental challenges and climate change also make it difficult to grow food in some parts of the world. How can you make a difference?

Here are some ideas you can use in your community to make people understand, but you can also think of new ideas. (We would love to hear about your ideas that work in your community!). The more people you can involve the stronger your impact will be!

- ❖ **Learn** about where your food grows or where the meat and fish you eat are raised or caught. Learn about the foods that are grown in your community or country, and find out when these foods are in season. How do these foods affect your health and well-being? Better yet – visit a local farm to learn more about food production!
- ❖ **Be aware** of how your food is transported and sold to get to your home. Store and prepare your food so that it is safe and healthy to eat, and find out which cooking methods are best to maintain the nutrition of foods. Be aware of how much food you waste, and try to minimize how much food you throw away. Try to eat a range of nutritious foods from your local area or country.
- ❖ **Act.** Once you better understand food issues, it is time to take action! For example, eat a variety of nutritious foods and make more informed decisions about which foods you choose to buy and eat. You may even choose to start a little project like planting some bean sprouts in a jar, helping at a vegetable garden in your community, trying to cook with different foods and spices, or creating a book with healthy and environmentally friendly recipes.
- ❖ **Share.** Encourage your family and friends to help you promote a range of nutritious food in your community. You could also join an environmental, community-based initiative or youth group that works on food-related issues.

Take part in the challenge badges which have already been developed for:

- Biodiversity: www.fao.org/climatechange/youth/68784/en/
- Climate change: www.fao.org/climatechange/youth/63380/en/
- Water: www.fao.org/docrep/017/i3225e/i3225e.pdf

Information Sources

Here are some websites to get you started. You can also talk with people in your community who involved with agriculture, food, nutrition, environmental or hunger issues to learn more.

Food and Agriculture Organization of the United Nations (FAO)

www.fao.org/ag/portal/index_en/en/

www.fao.org/food/en/

www.fao.org/hunger/en/

World Food Programme (WFP)

www.wfp.org/hunger/

www.wfp.org/students-and-teachers/teachers/classroom-activities

World Health Organization (WHO)

www.who.int/nutrition/en/

Convention on Biological Diversity – Biodiversity for Food and Nutrition

www.cbd.int/agro/food-nutrition/

The Ending Hunger Movement

www.endinghunger.org

Feeding Minds, Fighting Hunger

www.feedingminds.org/fmfh

Eating Well for Good Health

www.feedingminds.org/fmfh/nutritionlessons/introduction/en/

Biodiversity for Food and Nutrition Project

www.b4fn.org/home.html