

## Hunger Destroys

### Lesson Objectives:

#We will understand how hunger breaks down the body and the mind.

#We will distinguish the hunger we feel when we skip a meal and the kind of hunger that kills.

### Background Reading

Occasional hunger pains are usually satisfied by eating a large meal, but people suffering from chronic hunger never get enough food to keep their bodies and minds functioning properly. Children, pregnant and nursing women, and the elderly are especially vulnerable to this kind of hunger, and they are often the very people with the least access to food and the power to change their situations.

Fatima Martin,  
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## SOME INTERESTING FACTS ON WORLD HUNGER

In the Asian, African and Latin American countries, well over 500 million people are living in what the World Bank has called "absolute poverty"

**Every year 15 million children die of hunger**

For the price of one missile, a school full of hungry children could eat lunch every day for 5 years

**Throughout the 1990's more than 100 million children will die from illness and starvation. Those 100 million deaths could be prevented for the price of ten Stealth bombers, or what the world spends on its military in two days!**

The World Health Organization estimates that one-third of the world is well-fed, one-third is under-fed one-third is starving- Since you've entered this site at least 200 people have died of starvation. Over 4 million will die this year.

**One in twelve people worldwide is malnourished, including 160 million children under the age of 5.**

The Indian subcontinent has nearly half the world's hungry people. Africa and the rest of Asia together have approximately 40%, and the remaining hungry people are found in Latin America and other parts of the world. Hunger in Global Economy

**Nearly one in four people, 1.3 billion - a majority of humanity - live on less than \$1 per day, while the world's 358 billionaires have assets exceeding the combined annual incomes of countries with 45 percent of the world's people. UNICEF**

3 billion people in the world today struggle to survive on US\$2/day.

By Rukaiyah Feroz

I come among the peoples like a shadow.

I sit down by each man's side.

None sees me, but they look on one another,

And know that I am there.

My silence is like the silence of the tide

That buries the playground of children;

Like the deepening of frost in the slow night,

When birds are dead in the morning.

Armies trample, invade, destroy,

With guns roaring from earth and air.

I am more terrible than armies,

I am more feared than the cannon.

Kings and chancellors give commands;

I give no command to any;

But I am listened to more than kings

And more than passionate orators.

I unswear words, and undo deeds.

Naked things know me.  
I am first and last to be felt of the living.  
I am Hunger

by Insiya Gadiwala

WHO AM I ??????

I come among the peoples like a shadow.  
I sit down by each man's side.  
None sees me, but they look on one another,  
And know that I am there.  
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That buries the playground of children;  
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Who am I ?  
I am Hunger!

by Moiz Nazim

An encouraging poem on 'HUNGER'  
No one should be going to bed hungry  
Youthful dreams should not be stifled  
Every human soul deserves a home  
All sentient beings have a right to  
Live free and without  
Unnecessary Pain  
All things possible  
Should be available  
As long as no one gets hurt  
Waste on foolish wars  
Should end  
All living creatures  
Are of the creator  
And should be treated as such  
Our children deserve a better place  
Their environment must be free of  
Abuse of all kinds  
Be it verbal  
Be it physical  
Be it by poor living conditions  
They are our new generation

Let them grow spiritually  
As well as physically

by Sakina Hasan

### **HUNGER POEM**

Homeless people

Unhappy children

Need nutrition

Generosity needed

Eager to get fed

Raise money to help the needy.

Hunger is grey,

Like a rain cloud over my head

It sits in my heart,

Like a heavy load I have to carry.

It makes me feel scared,

Like when I'm away from my family.

It makes feel sorry for those who have no food.

Hunger is blue,

Like the depths of the ocean.

It tumbles through my mind,

Like a stone tumbling down a hill.

It makes me feel depressed,

Like a child whose parent

Can not feed him or her.

It makes me want to help somebody.

Hunger is brown,

Like a hollow log inside of me.

It flows through my body,

Like a raft on a river.

It makes me feel empty,

Like a shell that's been left behind.

It makes me want to help others.

by Khadija Aliasgar

## **SOLUTIONS TO HUNGER**

HUNGER IN AFRICA  
ADRA MAKING A DIFFERENCE.

In Uganda and Kenya, [Adventist Development and Relief Agency \(ADRA\)](#) works with child-headed households to keep the families intact and together. Without ADRA, many of these homes would fall apart. ADRA helps these families by teaching them how to garden. They are also invited to participate in a cow or chicken bank program. There are cows, goats, oxen, and chickens available depending on what is relevant to the country.

Basically, the programs work like this. A family is given a goat as a loan. The family is then able to get the milk from the goat, which increases the protein the family members are getting. Excess goat milk or cheese can be used to bargain with neighbors or in the market for other goods. The family then begins to have a source of income. Goats in the program can be matched with other goats to have offspring. One of the offspring is then repaid to ADRA to replace the initial goat that was given on loan. These programs make a huge difference in the families involved.

To my conclusion, I should say that this helpful company may help other countries also. This Hunger for Africa was just an example. Due to global Warming more Hunger will be produced and be captured in other countries also. But we have many solutions and there are many more to come.....

by Abbas Antelawala

## **Hunger poem**

Hunger damn Hunger

Hunger had left me succumbed to the elements

Your livelihood in peril,  
My honor compromised  
All to stay alive

That which I took  
To breath  
To live  
To survive  
That is not mine

How can I die of hunger?  
For honor's sake?  
But the sweet fruit of which I purged  
Filled my lungs  
Rejuvenated my soul  
And crushed my spirit

To steal to live?  
To die an honorable death?  
To enjoy the stolen fruit,  
Or to refrain to live another day,  
Maybe?

I have never been so alive.  
I have never been so dead.  
When, oh please when,  
When may I pay you for such delicious fruit!

by Batul Murtaza