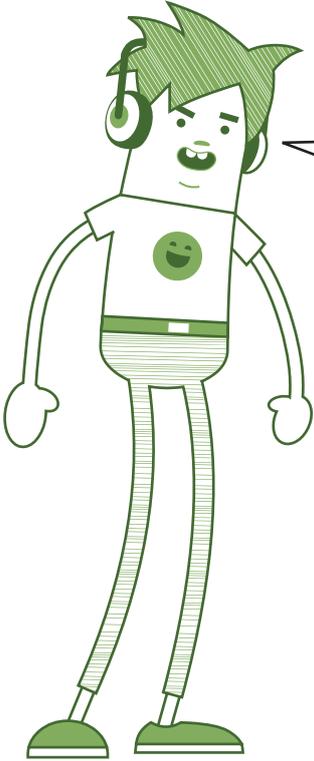


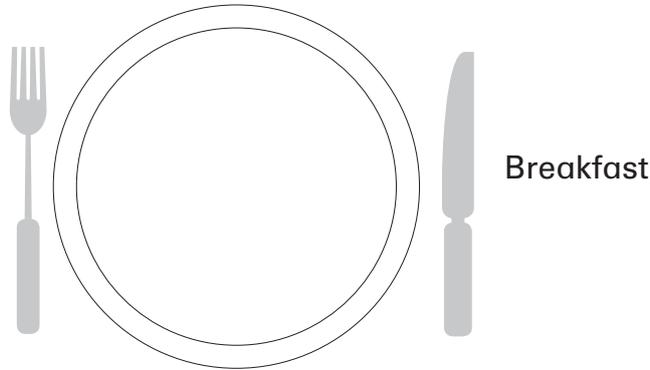
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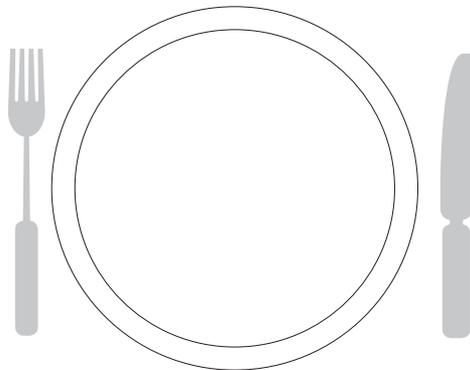
Good food

Did you know that 1 in every 8 people in the world doesn't have enough to eat? And yet there is enough food in the world for everybody.

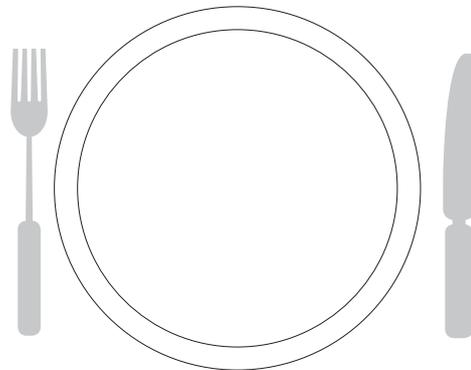
**What did you have to eat yesterday?
Draw pictures here**



Lunch



Dinner



Name: Ivana
Age: 10
Lives: In the Amazon rainforest, Bolivia

Ivana's family lives in the Amazon rainforest. It is very beautiful, but a long way from any shops. In the past, Ivana's family ate whatever they could find or grow in the forest, which meant they sometimes went hungry. But an organisation called CIPCA gave them chickens, sheep and plants, and showed them how to look after them. Now they have lots of different things to eat, including plenty of eggs!



To be healthy, we need to eat different types of food. The picture below shows you the kinds of foods that we need to be sure we have the various vitamins and minerals that our bodies need.

Why do you think each of these different types of food are important for the human body?



The pyramid puts the food into different groups. To have a balanced diet we should try to eat food from each group, but have more of the things from the bottom of the pyramid and less of the items from the top.

In the pyramid, colour in any of the food groups you had to eat yesterday. So, if you had peas you can colour in the carrots – to show that you had vegetables.

Read Ivana’s story and use a different colour to shade in the different types of food she mentions.

What foods should you try and eat less of?

What foods should you try and eat more of?

How are the new foods that Ivana is eating helping to improve her diet and her health?



Ivana's story

Ten-year-old Ivana lives in Bolivia, a country in South America. Her home is in a very beautiful region, deep in the Amazon rainforest – with trees, birds and animals all around.

The rainforest is very important; it's important for Ivana because she grows her food there, and it's important for the world because the trees in the forest help to make oxygen, which we all need to breathe.

Ivana likes living in the rainforest: 'There are animals we can hunt, fruit we can eat, and when we need it we can use the wood.'

But life has been hard for Ivana and her family too – sometimes they have not had enough to eat, because the forest flooded or because it was too dry and fires destroyed the trees and their crops.

The charity Christian Aid, and an organisation called CIPCA, work with families like Ivana's to find ways to make sure they have a supply of food all through the year. They have given the families hens and sheep and taught them how to look after them. These animals provide the families with meat and eggs.

Ivana says: 'We eat lots of eggs. I like fried! Sometimes we swap eggs for sugar and bananas. It is better now we have hens because we can buy more to eat.'

The families have also been given seeds (so they can grow a wide range of fruit and vegetables) and shown how to look after the wild cocoa plants that grow around them. Cocoa can be used to make yummy chocolate, which can then be sold or swapped for things like rice, oil and sugar.

Ivana says: 'Chocolate is important because we can sell it and buy the other food we need. I like hot chocolate, it's nice.'

Eggs and chocolate have helped Ivana's community make huge changes to their lives. A more varied diet means that Ivana and her family have all the things their bodies need to help them stay strong and healthy.