



Lesson 4: Introduction to Food Security Lesson Plan

Estimated lesson time: 60 minutes

Learning objectives:

- Define food security as a concept used to determine people's well-being
- Differentiate the 4 key dimensions used to analyze people's food security status
- Explore the relationships among food security, hunger, malnutrition and poverty
- Identify how food security analyses can inform policies and programs, and the importance of vulnerability and resilience in these analyses
- Design a project aimed at reducing food insecurity

Key concepts:

- Food security
- Food system
- Resilience
- Vulnerability

Lesson components:

- I. Background (for instructors) – 5-10 minutes
- II. Introduction to Food Security (lecture and activity) – 30 minutes
- III. Systems Thinking: Creating a Multi-Sectorial Food Security Plan (small group discussion) – 15 minutes
- IV. Debriefing – 15 minutes