



2013

Activity I: Learn About, Observe and Register your EarthBox for World Food Day Event



**WORLD FOOD
DAY - OCT 16**



The EarthBox for World Food Day Instructional Plan, 2013

Readers: The 2013 Instructional Plan makes it possible for a class to observe World Food Day in just 45 minutes. It focuses on Activity I from the EarthBox for World Food Day Project to teach students about, and how to observe World Food Day. It begins on page 11. Pages 1-10 introduce the STEM-based EarthBox for World Food Day Project in its entirety.

One billion of the 7 billion people in our world go hungry. That is 14% of the world's population. Of the 7 billion, 14 million are school age children in the United States. Every night before they go to bed, their stomachs ache, their heads hurt, and where and when they will get their next meal is an unknown.

World Food Day was created by the Food and Agriculture Organization of the United Nations as a way to alleviate hunger and promote food security world-wide. It is observed on October 16th. On that day, organizations from around the world host



World Food Day events to encourage world leaders to make food security a top priority. They ask them to take action year round to alleviate hunger at the local and global level. Observers also register their events at www.worldfooddayusa.org to let everyone know how they are fighting hunger.

To support World Food Day, EarthBox created the *EarthBox for World Food Day School Kit* for teachers and students to observe World Food Day, perform an authentic experiment, practice sustainable agriculture, and learn about the importance of eating healthy and advancing local and global food security. The more classrooms participate in World Food Day events and activities, the bigger the impact will be in promoting food security and food supplies now, and in the future. The more secure the food supply, the greater the chance for world peace.



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Objectives

The EarthBox® for World Food Day School Project has five main objectives:

1. Learn about World Food Day



2. Observe and Promote World Food Day



3. Practice Sustainable Agriculture



4. Learn to collect valid and reliable agricultural data



5. Test a working hypothesis on crop yield

$$H_0: B_1 = 1$$

Required Materials Are Sold Separately



The EarthBox for World Food Day School Kit



The EarthBox Ready-to-Grow Kit

*The EarthBox for World Food Day School Kit includes a Jiffy Seed Starter Greenhouse, a packet of 100 organic Romaine 'valmaine' Lettuce Seeds, a Seed Planting Tool, an 800 ml Beaker, an EarthBox for World Food Day Sticker, a Wooden Plant Label, a Weatherproof Biodegradable Marker, a Platform Scale, an EarthBox B/W Reversible Mulch Cover, and a CD with an *Instructor's Guide* and 10 student activities.*

The EarthBox Ready-To-Grow Garden System includes an EarthBox container, the aeration screen, the watering tube, potting mix, fertilizer, dolomite, two mulch covers and a set of four casters.



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Together, the two kits make it economical, easy and academically enriching for a classroom teacher to join the campaign and to make the world a better place—"one classroom at a time". The two kits are reusable.

Because so many potential school participants already have an EarthBox® Ready to Grow System, the *EarthBox for World Food Day School Kit* and Ready to Grow System are sold separately.

Procedures and Activity Descriptions....all ten activities on the CD require 40-45 minutes to complete. Some of the activities stand alone, while others are interdependent. Stand alone activities include Activities I, II, IV and VI. Activities III, V and X are interdependent team building activities with a focus on growing lettuce from seed to the harvest. Team 1 plants the seeds and collects related data; Team 2 transplants the seedlings and collects related data; Team 3 harvests, collects data and serves the crop. Activities VII, VIII and IX are also interdependent. They focus on preparing, rehearsing, and hosting a **robust World Food Day Event**. During Activity X, Team 3 tests the working hypothesis.

Activity I, World Food Day, has a dual purpose. It can be used as a stand-alone activity to observe World Food Day on October 16th, or act as an introductory piece for the entire project. In either case, it introduces the students to the goals of World Food Day, the concept of Food Security and World Hunger.

Activity I Contents

- Teacher Instructions
- A 15 slide informative PowerPoint about World Food Day
- Activity I Worksheet to Assess Student Progress



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Activity II, The EarthBox for World Food Day School Project introduces the project, the contents of the *EarthBox for World Food Day School Kit*, objectives, and instruction on how to write a letter of invitation.

Activity II Contents

- Teacher Instructions
- A 17 slide PowerPoint introduction to the EarthBox for World Food Day School Project
- A Letter-of-Invitation Template
- A Press Release Template # 1
- Activity II Worksheet to Assess Student Progress

Activity III, The Jiffy® Seed Starter Greenhouse Set Up directs the teacher to divide the class into three teams. Team 1 plants the lettuce seeds in a Jiffy Green House and collects data on the associated data collection form 1. The other students follow the procedure on a PowerPoint on the Smart Board.

Activity III Contents

- Teacher Instructions
- A 14 Slide pictorial PowerPoint on seed sowing and germination
- The Jiffy Seed Starter Data Form 1
- The Jiffy Seed Starter DataTerminology Definition Sheet
- Activity III Worksheet to Assess Student Progress

Activity IV, Setting Up the EarthBox Ready to Grow System teaches the science behind the EarthBox, its sustainable features and the systemic approach, that the whole is greater than the sum of its parts.

Activity IV Contents

- Teacher Instructions
- An Illustration of the EarthBox Ready to Grow System Features
- The Science Behind the EarthBox Explanation Sheet
- Activity IV Worksheet to Assess Student Progress
- A URL to the EarthBox website to download instructions to set up



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Activity V, Transplanting Seedlings into the EarthBox shows Team 2 how to transplant seedlings from the Jiffy Greenhouse into an EarthBox Ready to Grow System. They collect related data on Data Collection Form 2. The remaining students follow the process on a PowerPoint on the Smart Board.

Activity V Contents

- Teacher Instructions
- A 10 slide instructional PowerPoint on transplanting seedlings from the Jiffy Seed Starter to the EarthBox Ready to Grow System
- The EarthBox Transplanting Data Form 2
- The EarthBox Transplanting Data Terminology Definition Sheet
- Activity V Worksheet to Assess Student Progress

Activity VI, All About Lettuce, teaches students the history, the nutritional value and multiple horticultural facts about lettuce; they learn to write a Haiku on the subject. Readings of the Haiku can be incorporated into the observance of World Food Day.

Activity VI Contents

- Teacher Instructions
- A 19 slide Informational PowerPoint *All About Lettuce*
- Haiku Hand out to Assess Student Progress

Activity VII, Planning a World Food Day Event teaches students how to set up their classroom for a World Food Day event; event presenters receive their assignments.

Activity VII Contents

- Teacher Instructions
- Student Instructions Sheets
- The Teacher's Version of the World Food Day Agenda



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Activity VIII, Rehearsing the World Food Day Program sets the stage for a World Food Day dress rehearsal. Presenters are evaluated by their peers and a Press Release is created and sent to various media to promote the World Food Day event.

Activity VIII Contents

- Teacher Instructions
- The Classroom Set Up for World Food Day
- The Peer Evaluation Form
- Press Release Template 2

Activity IX, Observing World Food Day, includes teacher and student direction to run the event smoothly.

Activity IX Contents

- Teacher Instructions
- The World Food Day Agenda

Activity X Harvesting, Testing the Hypothesis and Winterizing guides students through the harvest and the testing of the working hypothesis. They will wash, dry and disburse equal servings of the lettuce to their classmates.

Activity X Contents

- Teacher Instructions
- The EarthBox Harvest Data Form

Working Hypothesis

Does One EarthBox Ready to Grow System
Produce 2500 grams of Romaine 'valmaine'
lettuce?





The EarthBox for World Food Day Instructional Plan, 2013

DO YOU WANT MORE RESULTS?

Parental Involvement: To engage parents, invite them to attend the World Food Day Event and invite the local media.

Service Learning Project: Grow out 6 Ready to Grow Systems to donate the harvest to a local food pantry; Invite the local media.

Engage Administrators: Invite them to your WFD event, along with the media.

Engage the Community: Host the event at a local Farmer's Market to honor them as a key component of food security; invite the media and the state's Secretary of Agriculture.

Fundraise: Incorporate a fundraising event into World Food Day. Take orders from parents for Ready to Grow Systems grown out with lettuce; charge 20% more than your costs; grow and deliver the product in the spring, summer or fall!



The EarthBox for World Food Day Instructional Plan, 2013

Spring World Food Day Project Suggested Time Line

Mid-February

Activity I – World Food Day

Late February

*Activity II – The EarthBox for World
Food Day Project*

Early March

*Activity III – Seed Starter Green-
house Set Up*

Mid-March

*Activity IV – Setting up the EarthBox
Ready-to-Grow Kit*

*Activity V – Transplanting Seedlings
into the EarthBox*



Early April

Activity VI – All About Lettuce

Earth Day Week

*Activity X – Harvest, Test the Hypo-
thesis & Winterize*

Early May

*Activity VII – Oct. 1st. Plan a World
Food Day Event*

Mid May

*Activity VIII – Rehearsing the World
Food Day Program*

Late May

Activity IX – Observing World Food Day

Register your World Food Day Event at www.worldfooddayusa.org



The EarthBox for World Food Day Instructional Plan, 2013

Fall World Food Day Project Suggested Time Line

Mid to late August

Activity I – World Food Day

*Activity II – The EarthBox for World
Food Day Project*

*Activity III – Seed Starter Green-
house Set Up*

Early September

*Activity IV – Setting up the EarthBox
Ready-to-Grow Kit*

*Activity V – Transplanting Seedlings
into the EarthBox*

Activity VI – All About Lettuce



Mid September

*Activity VII – Planning a World Food
Day Event*

*Activity VIII – Rehearsing the World
Food Day Program*

Early October

*Announce scheduled WFD event on
FAO Website*

Mid October

Activity IX – Observing World Food Day

Activity X – can take place before, on, or after

October 16th depending on the crop's harvest time.

*Harvest, Test the Hypothesis. Upload Data to an
International Database;*

Register your

World Food Day Event at www.worldfooddayusa.org



The EarthBox for World Food Day Instructional Plan, 2013

Activity I: World Food Day

Focus:



**WORLD FOOD
DAY - OCT 16**



**World Food
Day Events**

Time Required: 40 minutes

Goals:	• Learn about World Food Day, World Hunger and Food Security • Participate in a Demonstration to Illustrate World Hunger • Register Your World Food Day Event on the WFD Website
Materials:	• <i>The World Food Day PowerPoint</i> • <i>Activity I Worksheet from the EarthBox for World Food Day Kit</i> • <i>A healthy snack for 6 out of every 7 students in the class</i>

Handout(s) Required: Yes. Copies of *Activity I Worksheet*

Teacher Preparation: Become familiar with the *World Food Day PPT* and the Activity I Worksheet before beginning instruction. Decide what snack you will distribute to the students and bring it to class for 6 of every students in the class..

Activity I is an introductory piece for the World Food Day Project. Completing Activity I also fulfills the requirements to register your event on the World Food Day web site at www.worldfooddayusa.org. When you complete Activity I to observe World Food Day on October 16th, then your class can complete the remaining activities in a World Food Day Project in the spring, or at the teacher's convenience.

Student Orientation: Prior to beginning instruction, inform the students that they will learn about World Food Day, world hunger and food security during the activity which will culminate by registering their world food day event on the Food and Agriculture Organization of the United Nations' World Food Day website for all to see how they are learning about world hunger and food security.

LEARNING ABOUT WORLD FOOD DAY

Step 1: Upload, and open the *World Food Day PPT*. Ask your students to look for, and remember the words highlighted in bold because they will be key to completing the Activity I Worksheet. Proceed through the PowerPoint.





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LEARNING ABOUT HUNGER

Step 2: Ask the group to count off from 1-7. Ask everyone with number 7 to remain seated. Ask those with numbers 1-6 to remain standing. Hand out a snack to all the students with the numbers 1-6, but not to those with the number 7.

Ask the students who did not receive a snack what it feels like to be isolated, overlooked, and hungry. Ask those who got a snack how they feel about the isolated minority and their position in the privileged majority? Tell the class that those seated represent the percentage of hungry people in the world and those standing represent those who do not suffer hunger. Tell them that the random selection of those who represent the hungry is a reminder that world hunger **occurs in every region around the world**. Have everyone sit down to observe a moment of silence to honor the hungry.

REGISTER YOUR WORLD FOOD DAY EVENT

Step 3:

Explain how registering the EarthBox for World Food Day event on the World Food Day USA website will become part of a greater campaign to end hunger and advance food security. Go to the World Food Day website at www.worldfooddayusa.org. Register your event. See how many other participants in the EarthBox for World Food Day Campaign have registered. Check out the website for more information.

REVIEW AND REINFORCE

Step 4: Go over, hand out and discuss the material on *Activity I Worksheet*

EXTENSIONS:

Order NOW to complete the EarthBox for World Food Day Project!

Go to www.earthbox.com to order [the EarthBox for World Food Day School Kit](#) and [the EarthBox Ready to Grow Kit](#).

LEARN MORE

Visit the following site to learn more about hunger in the United States:
http://www.strength.org/childhood_hunger/?gclid=CluHneGJ_KoCFQjc4Aodim4Hzg





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Activity I Worksheet

Name: _____

1. What percent of the world is hungry if almost one **BILLION** of seven billion people are hungry? _____

2. When is World Food Day observed? _____

3. Who started World Food Day? _____

4. What are the two main goals of World Food Day?

1. _____

2. _____

5. What five food groups represent food security?

1. _____

2. _____

3. _____

4. _____

5. _____





**WORLD FOOD
DAY - OCT 16**



FOOD SECURITY

Fruit
Dairy
Grain
Vegetables
Protein





The Right To Eat

“I ask no more than the justice of eating.”

- *Pablo Neruda, Nobel Prize-winning Chilean poet*





World Food Day

A Focus for Year Round Action on "The Right to Eat"

World Food Day, **observed on October 16**, was proclaimed by the **Food and Agriculture Organization of the United Nations** in 1979 and first observed in 1981 as a way **to alleviate hunger and promote food security**. World Food Day recognizes everyone's inalienable "right to eat."





Citizens for World Food Day

Since 1981, citizens of the world, in hundreds of locations, have been hosting events to increase awareness, understanding, and informed, year-around action to alleviate hunger.



Run for Food Race
Rome, October 16



Agriculture Training
Mynamar, October 16



Forum on Obesity
Mexico, October 16

Classrooms for World Food Day

When classrooms around the world host World Food Day events and take year-around action to alleviate hunger, then the goals of World food Day will be advanced significantly.





Hunger

Definition of Hunger

- a): craving or urgent need for food or a specific nutrient
- b): an uneasy sensation occasioned by the lack of food
- c): a weakened condition brought about by prolonged lack of food

Connotation of Hunger: a strong desire or food linked to a need for nutrients



**WORLD
FOOD
DAY-OCT 16**



World Hunger Affects Millions



- ▶ One billion, or **14%**, of the world's 7 billion people are hungry
- ▶ 13 million children in the United States suffer from hunger...



...but numbers do not describe the hungry child who

- ▶ is a disadvantaged child
- ▶ can't grow, develop and learn like other kids
- ▶ has trouble focusing and getting along
- ▶ complains of headaches and stomach aches
- ▶ falls behind in virtually every way

No Child Should Go to
School Hungry!





What is Food Security?

To be food-secure means that we must always be able to get the variety of foods we need for an active and healthy life: **fruits, vegetables, grains, protein and dairy.**

Fruit



Vegetable



Grain



Protein



Dairy





3 Cornerstones of Food Security

1. *Availability*: there must be an adequate supply
2. *Accessibility*: the supply must be at hand
3. *Affordability*: the cost must be affordable



Challenges to Food Security

- By 2050, The Earth's population is projected to increase from an estimated 7 billion in 2010 to around 9.2 billion
- By 2050 agricultural production must increase by 70 percent globally
- By 2050, 70% of the World's population will live in urban, not rural settings

A solution for food security





Grow Food Where It Never Grew Before

“Urbanisation is unavoidable,” says Chief of the UN Population Fund's Resource Mobilization Branch, Jean-Noel Wetterwald, “You cannot stop it. It’s better to prepare.”

EarthBox® is helping folks prepare!



EarthBox® Garden
Chicago Roof top



EarthBox® Garden
Chicago Sidewalk



EarthBox® Urban Farm
Newark Brown Lot



Supports World Food Day!



Year after year, EarthBox® supports World Food Day by donating our parking lot harvest to a local soup kitchen.



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FOOD SECURITY

Fruit

Dairy

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Vegetables

Protein

