

ASSEMBLY PLAN: KS3 AND KS4

Aims

- Pupils understand that a lack of nutritious food can lead to acute malnutrition (which is characterised by **wasting**) and chronic malnutrition (characterised by **stunting**).
- Pupils understand that all children and young people have a right to nutritious food and the best possible health care, but many are being denied these rights.
- Pupils learn that acute malnutrition can be treated by providing life-saving emergency food, and the likelihood of stunting can be reduced by ensuring that babies and toddlers receive enough of the right nutrients in the first 1,000 days of their lives.
- Pupils think about different ways that they can raise funds for Unicef's Day for Change, to help children around the world grow up healthy and strong.

Resource preparations

- KS3/4 assembly presentation
- Internet connection, in order to play the Unicef video (optional). TBC

Thinking about children in danger can evoke strong feelings in both adults and children. Sharing your feelings about the information – for example, that it made you feel sad or surprised – could help to initiate a supportive conversation.

When discussing these issues, be sensitive to the possibility that there may be young people in your class who find the film and topic upsetting; you may prefer to share the film in a lesson, where the learning environment allows for a more intimate discussion.



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Teaching Sequence

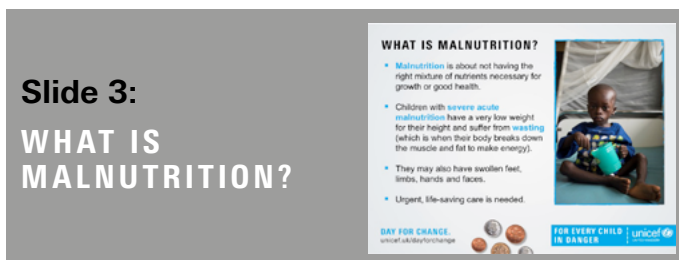
Please note: text in grey provides additional background notes for the presenter.



Explain that Unicef is the leading organisation working to protect children in danger. Every year, Unicef organises a special Day for Change event for schools. By taking part in this year's Day for Change, we can learn about nutrition and help malnourished children grow up healthy and strong.



Ask pupils to define what they think is meant by the term 'nutrition'. Once pupils have had a chance to suggest different interpretations, explain that nutrition is the intake of food, considered in relation to the body's dietary needs. Good nutrition – an adequate, well balanced diet combined with regular physical activity – is a key component of good health.



The first click of the slide gives a basic definition of malnutrition. You may like to remind students that 'mal' means bad.

The next click of the slide presents information about severe acute malnutrition, which is characterised by **wasting**.

Acute malnutrition can also be characterised by Kwashiorkor, whereby the affected individual can have a bloated appearance due to water retention in the body.

Please note that malnutrition is a broad term commonly used as an alternative to undernutrition but technically it also refers to overnutrition. People are malnourished if their diet does not provide adequate calories and nutrients for growth and maintenance, or they are unable to fully utilise the food they eat due to illness (undernutrition). They are also malnourished if they consume too many calories (overnutrition). The focus of Day for Change is on malnutrition in the context of undernutrition.



This slide focuses on chronic malnutrition, which is characterised by **stunting**. If this condition is not addressed early in life, the effects cannot be reversed. This slide will help students to understand the serious long-term risks and impacts on children.

Stunting generally occurs before the age of two. It is due to a chronic lack of nutrients during a child's first 1,000 days, from conception to their second birthday. Stunting often starts before birth if the mother herself is malnourished and cannot pass on enough nutrients to her unborn child. Poor feeding practices, poor food quality and frequent infections are other causes of stunting.

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Slide 5:

EVERY CHILD HAS THE RIGHT TO NUTRITIOUS FOOD



EVERY CHILD HAS THE RIGHT TO NUTRITIOUS FOOD

Sadly, millions of children around the world don't have the food they need to live happy, healthy lives.

With your help, Unicef can change this.

By taking part in Day for Change you can raise vital funds to help children grow up healthy and strong – and reach their full potential.

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Explain that, under the [UN Convention of the Rights of the Child](#), every child and young person has the right to nutritious food, the best health care possible and reliable information to help them stay healthy. The Convention applies to children and young people under the age of 18.

Funds raised by Day for Change activities will help malnourished children grow up healthy and strong.

Slide 6:

THE IMPACT OF MALNUTRITION



THE IMPACT OF MALNUTRITION

Latest figures estimate that

- 56 million children under five suffer from wasting
- 159 million children under five suffer from stunting.

It is estimated that every 12 seconds a child dies from causes linked to malnutrition. That means that 50 children will have died in the ten minutes it takes to complete this assembly.

Millions more children live with the lifetime effects of not having the food they need to live and grow, resulting in physical disabilities and learning difficulties.

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This slide shows that an estimated 209 million children under the age of five were affected by wasting and/or stunting in 2014. Explain that, out of a total of 667 million children, this means more than 30 per cent of children in this age group are affected.¹

Slide 7:

THE IMPACT OF MALNUTRITION



THE IMPACT OF MALNUTRITION

What do these photos show?

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On the first slide click, ask the students what they think is happening in the picture on the left of the slide. The photo shows a child having their mid-upper arm circumference (MUAC) measured, which gives an indication of the muscle mass of the upper arm. MUAC is a rapid and effective predictor of risk of death in children aged 6–59 months and is increasingly being used to assess adult nutritional status.

On the second slide click, ask the students why they think the child's height is being monitored. The photo on the right shows a three-year-old child's height being measured at Al-Takya Al-Kasnazaniya Camp for displaced Iraqis in Baghdad. Monitoring children's height can help check for any signs of stunting.

For further information and statistics, see [Levels and Trends in Child Malnutrition](#), a 2016 report. The effect of stunting also impacts upon the development of the brain and affects the learning capacity of the child. In turn, this can affect their school performance and future employment earnings, and also lead to increased risks to medical conditions such as diabetes and high blood pressure. The effects of stunting often last a lifetime.

1 Levels and trends in child malnutrition UNICEF – WHO – World Bank Group joint child malnutrition estimates (https://www.unicef.org/media/files/JME_2015_edition_Sept_2015.pdf)

Slide 8:

WHAT IS UNICEF DOING TO HELP?



Explain that the top photo shows a child suffering from severe acute malnutrition who is receiving life-saving emergency food in the form of ready-to-eat high-energy peanut paste.

The bottom photo emphasises the point that the first 1,000 days in a child's life are particularly critical and that by working to ensure that children have all the necessary nutrients, Unicef has helped reduce the number of children badly affected by stunting by nearly 100 million since 1990.

Slide 9:

HELPING CHILDREN IN LIBERIA



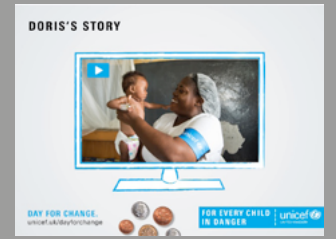
This map shows where Liberia is located. The money your school raises for Day for Change will help Unicef's vital nutrition programme in Liberia.

Liberia has one of the highest child mortality rates in the world. One in three children are malnourished, and one in fourteen children die before their fifth birthday. Many of those that survive are left 'stunted' – when their bodies and brains haven't grown in the way they should.

Nearly 70 per cent of people in Liberia live below the poverty line and many of them struggle to feed their families. Liberia's population is just 4.5 million, half of whom are children. With your school's support, we could change the future of an entire country.

Slide 10:

DORIS'S STORY



Doris Harman is a senior nurse at a Unicef-supported nutrition clinic in Monrovia, the capital of Liberia. In this short film, she describes how she treats children suffering from severe acute malnutrition.

By taking part in Day for Change, your school can raise money to help nurses like Doris provide life-saving food and care for malnourished children.

The film can be accessed at bit.ly/2kDbUPF

Slide 11:

HOW YOU CAN HELP



This slide identifies some of ways that the money raised can help Unicef protect children suffering from malnutrition.

Emphasise that your school can help make a real difference through fundraising for Day for Change.

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Slide 12:

HOW CAN YOU RAISE MONEY?



Ask pupils to raise their hands and suggest different activities they could do at school or at home to raise money. The slide shows some 'kick-off' ideas. Then suggest that they take some time in their classrooms to brainstorm fundraising ideas, after the assembly is over.

Slide 13:

WHAT CAN DONATIONS BUY?



These 'shopping list' items ranging from £3 to £340 are here to inspire your pupils, classes and the whole school to think about how their fundraising can make a difference to children suffering from malnutrition.

The different levels are suggested on an individual (£3.50), extended family (£16), class (£50) and whole-school event (£300) basis. Along with this, £180 is suggested as a target for a medium-scale event (school bake sale) and £340 for a whole school fundraiser (non-uniform day, or talent showcase).

Slide 14:

THE POWER OF YOUR FUNDRAISING



Explain that the money raised by Day for Change will support Unicef's nutrition programmes. Every £1 your school is able to raise will be doubled by The Power of Nutrition, a charitable foundation – meaning that your fundraising can go even further. This vital funding will help Unicef to improve the nutrition status and health of mothers, babies and children under five in Liberia, West Africa.