



Further Notes and Ideas

Glossary

Assets	Useful things that help us, like food, money, and property
Bills	Things you need to pay for every month, like water, electricity, and the telephone
Budget	How much money you have and a plan for how to use your money
Chronic Hunger	Consistently not getting enough of the right kinds of foods to meet one's needs
Food Accessibility	All people can reach and afford the food available in their area
Food Availability	Enough food for all people is produced in or imported to an area
Food Distribution	How much food different people can get
Food Knowledge	All people know how to get and use the food in their area
Food Security	Always being able to get the food needed for an active, healthy lifestyle
Malnutrition	A health condition that results from an imbalance between the body's needs and its intake of nutrients
Minimum Wage	The least amount of money an employee can legally receive for one hour of work
Momentary Hunger	A physical feeling of discomfort that signals your body's need for food
Nutrients	Things in food that help you grow and stay strong and healthy
Obesity	Having too much body fat
Overnutrition	A health condition caused when certain nutrients are oversupplied to a body
Pillars of Food Security	Food availability, accessibility, and knowledge – the three major factors that prevent hunger
Poverty	Having little or no money, goods, or means of support
Serving	How much you eat of one kind of food at one time
Starvation	A severe reduction in vitamin, nutrient and energy intake
Stereotype	Images or sets of beliefs categorizing different types of people
Undernutrition	A health condition caused when certain nutrients are undersupplied to a body