WORLD FOOD DAY!

Maryam jumma – Saz nazar – Rawsha ezaddin –Brwa taha

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Introduction

od and Agriculture Organization (FAO) celebrates World
od Day (WFD) each year on 16th October is to
mmemorate the founding of the Organization in 1945,
aking it one of the most celebrated days of the United
ations (UN) calendar. Events are organized in up to 150
ountries across the world.

ince 1981, World Food Day has adopted a different theme
each year in order to highlight areas needed for action and
provide a common focus.

Objectives of WFD

A combination of unhealthy diets and sedentary lifestyles has sent obesity rates soaring, not only in developed countries, but also low-income countries, where hunger and obesity often coexist.

The objective of celebrating this year WFD across the world including Kurdistan Region, Iraq by Cihan University- Erbil is to promote worldwide awareness and action to make healthy diets available and affordable to all, with slogan "Our Actions are Our Future: Healthy Diets for #Zero Hunger World".

Call to Action!

✓We all need to limit our consumption of foods that are high in salt, sugar and trans and saturated fats, and make healthy eating.

✓Governments need to invest in nutrition and put right policies in place to provide healthier and sustainable diets at an affordable price.

✓Private Food Businesses need to introduce more nutritious foods and adhere to nutrition-related laws, and standards regarding the production, sale of foods, reformulation of food, front of-package nutrition labels, and food marketing and advertising, especially when aimed at children.

World Food Day Theme 2019

Did you know?

Conclusions

World Food Day is a day of action dedicated to tackling global hunger. Held annually on 16th October, people from around the world come together to declare their commitment to eradicate worldwide hunger from our

References

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Junk Food

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What Is Junk Food?

Junk food is defined as processed food with little nutritional value. It is often high in salt, sugar and fat, and poor in fruits and vegetables, so it is considered as unhealthy food.

It might taste good, But junk food is not good for you!

Why do we consu food?

1. They are usually cheaper than o
2. They are served fast and saves t
3. Junk Food are easily available ev
4. Junk Food can easily satisfy our c
5. There are large number or verit foods.
6. The taste of junk food is often goo
7. Junk foods are advertised to consumers to buy.

Examples of Junk Food

1. Soft Drinks
2. Burger
3. Sandwich
4. French fries
5. Pizza
6. Pasta
7. Crisps
8. Chocolates
9. Sweets
10. candy

Harmful effects of Junk Food

Healthy Alternatives to Junk Food

- ✓ Yogurt fruit pops instead of soft drinks
- ✓ Black bean brownies instead of cakes
- ✓ (Kale Chips - baked Veggie Fries) instead of (Potato Chips - French Fries)
- ✓ Homemade smoothies instead of milkshakes
- ✓ Chocolate-Dipped nuts instead of candy
- ✓ Fruity sparkling water instead of soda
- ✓ Bunless burgers instead of traditional burgers

Three ways to stop junk food:

1. Stop lost your money in buying Junk food
2. For your Health , please Buy healthy food only .
3. Work hard to Keep plenty healthy snacks on hand.