

What is Food Security?

1. Food security exists when _____, at _____, have _____ and _____ access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life.
2. Which of the following is not part of FAO's vision of a world without hunger?
 - People can obtain the food they need by themselves.
 - Social safety nets ensure that those who lack resources still get enough to eat.
 - Subsistence farming provides all individuals with their basic needs.
 - Food should suffice for an active and healthy life.
3. Availability with regards to Food Security is defined as:
 - Continuous access to adequate food.
 - Adequate income or other resources to purchase or barter to obtain levels of appropriate foods.
 - Sufficient quantities of appropriate, necessary types of food within reasonable proximity.
 - Sufficient energy and nutrient intake as the result of good care and feeding practices, food preparation, diversity of the diet and intra-household-distribution of food.
4. Access with regards to Food Security is defined as:
 - Continuous access to adequate food.
 - Adequate income or other resources to purchase or barter to obtain levels of appropriate foods.
 - Sufficient quantities of appropriate, necessary types of food within reasonable proximity.
 - Sufficient energy and nutrient intake as the result of good care and feeding practices, food preparation, diversity of the diet and intra-household-distribution of food.
5. Utilization with regards to Food Security is defined as:
 - Continuous access to adequate food.
 - Adequate income or other resources to purchase or barter to obtain levels of appropriate foods.
 - Sufficient quantities of appropriate, necessary types of food within reasonable proximity.
 - Sufficient energy and nutrient intake as the result of good care and feeding practices, food preparation, diversity of the diet and intra-household-distribution of food.
6. Stability with regards to Food Security is defined as:
 - Continuous access to adequate food.
 - Adequate income or other resources to purchase or barter to obtain levels of appropriate foods.
 - Sufficient quantities of appropriate, necessary types of food within reasonable proximity.
 - Sufficient energy and nutrient intake as the result of good care and feeding practices, food preparation, diversity of the diet and intra-household-distribution of food.

Self-Assessment

7. The two types of food insecurity are: acute and transitory.
 - True
 - False

8. A special type of food insecurity is _____.
 - Chronic food insecurity
 - Seasonal food insecurity
 - Acute food insecurity
 - Transitory food insecurity

9. We differentiate between food security and household food security.
 - True
 - False

10. Hunger, malnutrition, and poverty are important terms that help describe and access food insecurity.
 - True
 - False

11. If _____, _____, _____, and _____ of/to food are not given, an individual/ household/ nation is considered to be food insecure.

12. Care practices, such as childcare, feeding practices, nutrition education, food preparation, eating habits, and intra-household food distribution have significant impact on food utilization.
 - True
 - False

13. Food consumption and food utilization determine the nutritional status of an individual.
 - True
 - False