

## Lessons from Famines

1. Which of the following measures is not part of the definition of famines?
  - Acute malnutrition rates exceed 30%.
  - Crop production is either significantly reduced and/or food exports are high.
  - At least 20% of households in an area face extreme food shortages with limited ability to cope.
  - The death rate exceeds two persons per day per 10,000 persons.
  
2. The main causes of famines are natural disasters, political ideology, and conflict.
  - True.
  - False.
  
3. The Irish Potato Famine is an example for political ideology.
  - True.
  - False
  
4. Mao's Great Leap Forward is an example for political ideology.
  - True.
  - False
  
5. Ukraine's Holodomor is an example for natural disaster.
  - True.
  - False
  
6. The coping strategy "Dietary Change" is best described by:
  - Postpone marriage; postpone having children; give children away (abortion, adoption, prostitution); neglect health care for the elderly (in fact, the elderly may "sacrifice themselves")
  - Substitute regular foods by less preferred, less expensive, and less safe food
  - Limit portion size at mealtimes; restrict consumption by adults for small children to eat; feed working members of households at the expense of non-working members; reduce number of meals eaten in a day; skip entire days without eating
  - Borrow food, or rely on help from a friend or relative; deplete stocks; purchase food on credit; gather wild food, hunt, or harvest immature crops; consume seed stock held for next season

## Self-Assessment

7. The coping strategy “Increase Short-term Household Food Availability” is best described by:
  - Postpone marriage; postpone having children; give children away (abortion, adoption, prostitution); neglect health care for the elderly (in fact, the elderly may “sacrifice themselves”)
  - Substitute regular foods by less preferred, less expensive, and less safe food
  - Limit portion size at mealtimes; restrict consumption by adults for small children to eat; feed working members of households at the expense of non-working members; reduce number of meals eaten in a day; skip entire days without eating
  - Borrow food, or rely on help from a friend or relative; deplete stocks; purchase food on credit; gather wild food, hunt, or harvest immature crops; consume seed stock held for next season
  
8. The coping strategy “Decrease Number of People” is best described by:
  - Postpone marriage; postpone having children; give children away (abortion, adoption, prostitution); neglect health care for the elderly (in fact, the elderly may “sacrifice themselves”)
  - Substitute regular foods by less preferred, less expensive, and less safe food
  - Limit portion size at mealtimes; restrict consumption by adults for small children to eat; feed working members of households at the expense of non-working members; reduce number of meals eaten in a day; skip entire days without eating
  - Borrow food, or rely on help from a friend or relative; deplete stocks; purchase food on credit; gather wild food, hunt, or harvest immature crops; consume seed stock held for next season
  
9. The coping strategy “Rationing” is best described by:
  - Postpone marriage; postpone having children; give children away (abortion, adoption, prostitution); neglect health care for the elderly (in fact, the elderly may “sacrifice themselves”)
  - Substitute regular foods by less preferred, less expensive, and less safe food
  - Limit portion size at mealtimes; restrict consumption by adults for small children to eat; feed working members of households at the expense of non-working members; reduce number of meals eaten in a day; skip entire days without eating
  - Borrow food, or rely on help from a friend or relative; deplete stocks; purchase food on credit; gather wild food, hunt, or harvest immature crops; consume seed stock held for next season
  
10. Which of the following is not an adverse consequence of food insecurity and famines?
  - Overexploitation of natural resources
  - Increase of social tensions
  - Political stability
  - Reduced economic productivity