Task 1

**Explain why hunger is “not just a stomach thing ?” – what are the wider implications of hunger?**

Task 2

Use the table on the website - <http://chartsbin.com/view/1150>

This shows the global distribution of calorific intake by nation. This is shown as kcal which represents 1000 ‘small calories’.

According to the National Health Service of the United Kingdom the average man should consume around 2500 kcal per day to maintain his weight, and the average woman should consume around 2000 kcal. These figures are guidelines, and would need to be adapted according to the age, and physical activity of the person, but they give a sense for what would be a reasonable consumption of food. Of course the distribution of access to calories is not equal, and even within countries that would be considered to be economically developed not everyone is always well fed.

**a) Describe the pattern in calorie consumption (3)**

**b) Identify three countries that are amongst the highest in terms of their calorific intake and three that are amongst the lowest.**

**c) Given the recommended calorie intake, what is likely to be the current state of health of the average person in those countries that you identified in the first task. What impact does calorie intake have on health, and why?**

Task 3 - Key vocabulary

Malnutrition

Temporary hunger

Chronic hunger

Starvation

Famine