

4BD GOES HEALTH



4

delicious
RECIPES

EATING DISORDERS:
SPREADING AWARENESS

WHERE TO GET THE
BEST PIZZA IN
GÄNSERNDORF

**FITNESS TIPPS
AND TRICKS**

**GET IN SHAPE:
HOW TO TRAIN AND
BECOME FIT!**



03 Editor's note

04 Health care and sports

07 Healthy food

09 Spaghetti Carbonara

11 Chocolate cookies

13 Broccoli & Potato Casserole

15 Cinnamon Rolls

18 Who serves the better pizza?

27



4 B D G O E S H E A L T H

T A B L E O F C O N T E N T



70

20 Celebrity Diets

27 Diet when lifting weights

28 Football Training

29 Anorexia nervosa

30 Bulimia

31 Binge Eating

33 Diabetes

35 World hunger

Welcome to our magazine "4bd goes health". My name is Wolfgang Schaller, I am the English teacher of the 4bd AHS group and I am proud to be able publish these fantastic pieces of work from my students.

Editor's Note



Our topic during the English lessons over the last weeks has been health with all the different nuances - how to live a healthy life, diets, sports, unhealthy food, training programs and also eating disorders. My students chose a topic on their own, did their own research and wrote articles about their topics.

It was amazingly interesting to see the different approaches to health and to see the range of the articles - from light-hearted to serious themes, from delicious recipes to training plans, fitness tips and social issues in our world. Enjoy these incredible thoughts from my students and have fun with the first issue of "4bd goes health"!

Visit our homepage:



Wolfgang Schaller

Editor-in-Chief
&
Teacher

***4bd goes
health***

HEALTH CARE AND SPORTS

by Andzhela Stancheva



Today I going to tell you about why it's good to do sports!
It's very important to do sports 3-5 times a week. Each program should be 40-60 minutes a day.

Why Sport is good for you:
Sport makes you strong: When you move, you build muscles and bones. This brings you strength and endurance.

Sport makes you attractive: Thanks to the good blood circulation, your skin will be fresher and smoother. Your brain will be smart and work better.

Don't be on your smartphone all the time. Take care of yourself.

Your health is the most important thing in your life.





...get started!

When you start to do your sports activity at first you must stretch and warm up.

It's good when you start with your head to your toes.

When you aren't stretched enough you can easily hurt yourself and your legs, arms, fingers everything needs to stop cracking and then you can start to do your sport.

I have started fitness 2 months ago and since then I have felt very motivated. I eat in the morning, at noon and in the evening and between noon and evening I eat some snacks.

Do sports with your family or friends, it gives you more motivation and is more fun and like that you spend time together but if you want to be alone take your headphones and listen to music - that is also good.



DIET WITH SPORTS

Many of the people do sports to lose weight, that means that they go on a diet.

To lose weight you must lose calories. It's good to go to fitness and do cardio training.

That means you can work on the treadmill, or you can go for a run - however you feel good!

There is also an Ergometer - that's like a bike without wheels and a cross trainer without a seat and wheels.

Most fitness studios have stairs that move. There you can lose calories quickly.

Why is cardio training good for your body?

Psyche:

Stress-relieving and calming effect.

Brain:

The ability to concentrate is increased. The brain is better supplied with blood.

Musculature:

Strengthens the muscles.

You mustn't eat a lot of junk food because the fitness wouldn't help that way.

Some example meals:

In the morning: cereals with milk

At the noon and evening don't eat lots of food, just don't be full after you ate.

Just never give up and believe in yourself!

You can do anything if you want it!

Take your family or friends to do sports and have lots of fun!

Healthy Food

by Selin Ahmed

Hello! I am Selin and today I will tell you something about healthy eating/food.

Healthy eating is the key to a long life!

What do we have to eat to be healthy?

We have to eat many fruits and vegetables.

A good diet is not only eating healthy but also drinking enough. Teenagers should drink 1,5l water a day. Water is very healthy for your body! Adults should drink 2l water a day and when it's hot you should drink a lot more.

We often eat fast food every week but fast food is very unhealthy.



Here is a healthy meal plan for the whole day:

3 portions vegetables

2 portions fruit

1,5l water

250-310g milk, cheese, yogurt

1-2 times fish per week

About 260g carbohydrates potatoes, whole wheat, cereals

Little salt

Little sugar

Why is a healthy diet so important?

A healthy diet can ensure that you get sick less often.

If you eat wrong then you can become obese.

With a healthy diet the blood pressure remains stable and the heart is healthy. Hair, skin and nails are stronger.



Spaghetti Carbonara

by Vanessa Svab

Hello, my name is Vanessa Svab and I am 13 years old and I will tell you about Spaghetti Carbonara. I chose this dish because it is easy and quick to prepare. I often cook this dish because it is my favourite food.



Recipe for 5 people

600 g Ham
1 small onion
500 ml whipped cream
250 ml Rama Cream fine
150 g cream fraiche
500 g Spaghetti
Pinch of salt and pepper
A shot of oil

Step by step

At first you boil water with salt and oil. Then you put the spaghetti into the water and cook them for 8 minutes.



Now you cut the ham and the onion. After that you roast the onion and the ham.

Then you must put the whipped cream, the Rama cream fine and the crème fraiche into the pot. Now spice the mix with salt and pepper and cook it up.

At last, put the sauce of the cooked noodles. Enjoy the meal!





Chocolate cookies

by Janine Drabek

Something sweet to bake?

With this recipe you can make these chocolate cookies easily by yourself, because these cookies taste good for every chocolate fan.

My name is Janine and now I will tell you something about the cookies.

I make these cookies often for my family and my friends. I made them very often around Christmas time.

They are the best rated chocolate cookies I have ever made.

Everyone loves them, the young and the old people.

They taste intensely like chocolate and that's why everyone wants to eat them.

If you want to eat the best rated cookies too, then you are here in the right place.

IF you read on a little bit, you will find the ingredients, the necessary kitchenware and the whole recipe explained in steps so that it's easy to follow and it doesn't take long.

Have fun and enjoy it!!!



picture from www.foodtempel.de

Guide:

Beat the butter frothy with the sugar and the vanilla sugar.

Add egg and scramble it again.

Add baking powder, cacao and flour.

Knead everything into a dough.

Keep it cool for 30 minutes.

Form small balls with the dough and then press it down on the work surface.

Bake the chocolate cookies in the preheated oven at 180°C for around 15 minutes.

Kitchenware:

Hand mixer

Bowl

Rolling pin

Ingredients:

350g flour

200g butter

150g sugar

3 spoons cacao

1 egg

2 tea spoons vanilla sugar

1 tea spoon baking powder



by Larissa Kugler



That is what you need to buy for the recipe:

- 1x Broccoli
- 1x Cauliflower
- 4x ham
- 2x cheese
- Potatoes
- 2x Crème fraiche

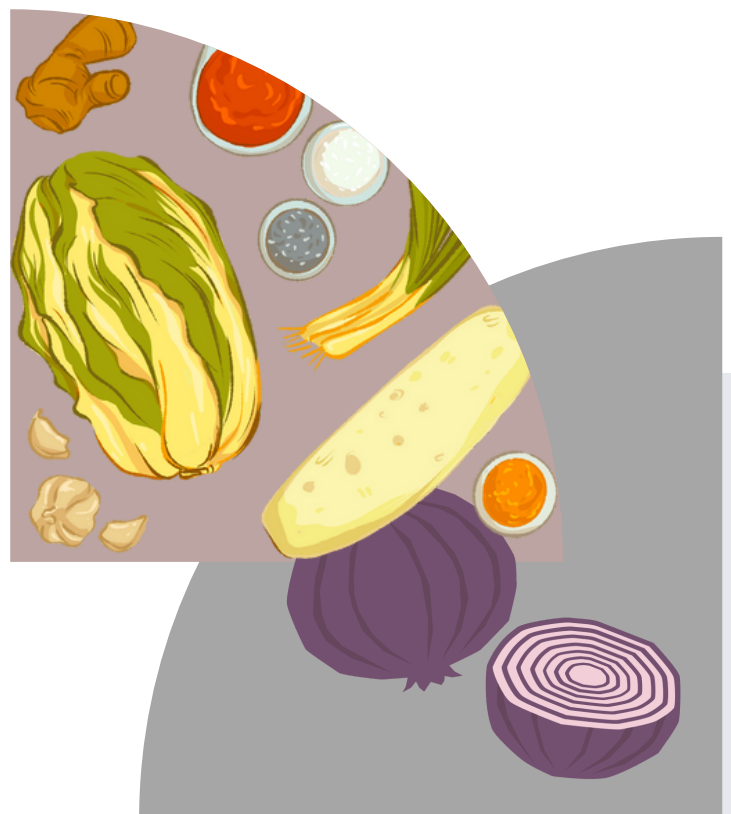
Broccoli & Potato Casserole

Hello, my name is **Larissa** and here is some information about this recipe.

It is incredibly famous in my family, and everyone loves it. It's a healthy but tasty dish.

We all think that this recipe is our favourite lunch.

It's filling and delicious - even though I'm a picky eater I really love it.



Step by step:



First you need to cook the vegetables in boiling salt water.

After that they should be soft and quite easy to cut.

Now you need to cut all the vegetables and the ham in a glassware.

Now put two cup of Crème fraiche to it and spice it up with salt and pepper.

Now you need to mix it up.

After you mixed it, you put some cheese on top if you like you can put some inside too. Then you bake it in the oven until the cheese is melted.

Then get it out of the oven and serve it warm on the table.



Recipe via *Stylish-living*:
www.stylish-living.de/kartoffel-brokkoli-auflauf-mit-schinken-und-kaese-gewinner/

*Let's make some
sweet cinnamon
rolls!*



*Cinnamon Rolls
by
Eylem Yildirim*

Hello, my name is Eylem Su and I will show you how to make a delicious dessert. I chose this recipe because it is easy and fun to make. Also, I just love cinnamon rolls and I can assure you your kitchen will smell good after you bake them.

Ingredients

Dough:

200g	Milk
50g	Butter
450g	Flour
½ tsp	Salt
70g	Sugar
1	Egg
1 cube	Yeast

Filling:

Your choice	Butter
Your choice	Sugar
Your choice	Cinnamon



Frosting:

100g	Cream cheese
100g	Powdered sugar
30g	Butter
1 tsp	Vanilla extract

Dough:

Get a bowl and pour the milk and the butter in there. Put it in the microwave for a while.

Meanwhile get another bowl and put flour, salt, sugar and an egg in there. Also put yeast in and the milk/butter mixture in.

Now let the dough sit in a warm place for an hour.

Now sprinkle flour on your table and roll out the dough.

Filling:

Get some butter and spread it on the rolled-out dough.

Mix a bit of sugar and cinnamon and sprinkle it on top.

Now roll up the dough from the longer side.

Subsequently cut the roll into multiple tiny rolls. The best way to do it is with dental floss.

Put the pieces in a greased baking pan.

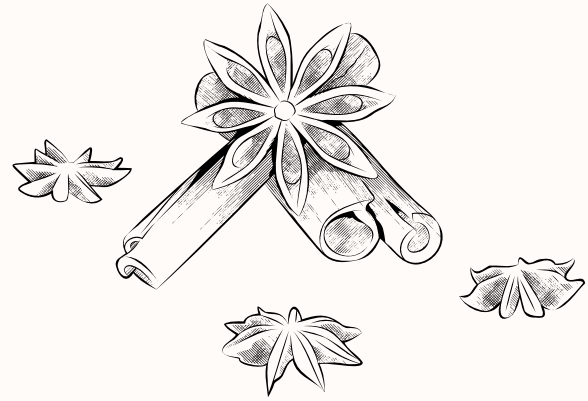
Let it sit for another 30 minutes

Afterwards put it in the oven on 180C for about 20 minutes.

Frosting:

Now put the cream cheese, the powdered sugar, the butter and the vanilla extract in a bowl and mix it.

And now get the cinnamon rolls out of the oven and put the frosting on top.



There you go!

*Enjoy your sweet
cinnamon rolls.*





WHO SERVES THE BETTER PIZZA?

A restaurant review on
where to get the best
pizza in Gänserndorf

I checked a pizza “Provenziale” from the pizzeria “Al Forno” and from the pizzeria “SEVEN”.

What about the costs?

- Both pizzas cost € 8,20.

What about the size?

- Al Forno's pizza was 33cm, SEVEN's was 32cm.

What about the toppings?

- Both pizzas had as toppings cheese and corn whereas Al Forno's pizza had peppers and ham, too and SEVEN's had onions and bacon, too. Both pizzas had garlic as a special topping. Peppers were the original topping from a pizza “Provenziale”.

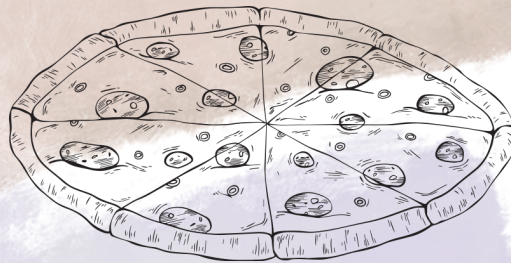
What about the dough?

- Al Forno's dough was thicker and lighter than SEVEN's which was thin and chewy. SEVEN's pizza was hard to bite and chew whereas Al Forno's had a pleasant feeling in the mouth.

What about the taste?

- I preferred Al Forno's pizza “Provenziale”. It tasted better and had a more intensive flavour. Both pizzas were salted okay.

pizzeria	Al Forno	SEVEN
prize	€ 8,20	€ 8,20
size	33cm	32cm
toppings	+	-
dough	+	-
taste	+	-
constistency	+	-
Salt	+	+



Al forno



Seven

Al Forno's pizza is
the clear winner in
the pizza
challenge!

Bileen Khello

CELEBRITY DIETS

Today, I would like to tell you about celebrity diets. There are so many diets all over the world, and many guides how to lose a lot of weight in the short term, but some of those guides are not true. We are looking for the easiest way to lose weight, but there is no easy way. You must work for everything to get what you want. I'm going to tell you that there will be a training session that you must do. I'll show you three celebrity diets that will do their job if you put yourself in the work.



1. FIVE FACTOR DIET

WHAT IS THE FIVE FACTOR DIET?

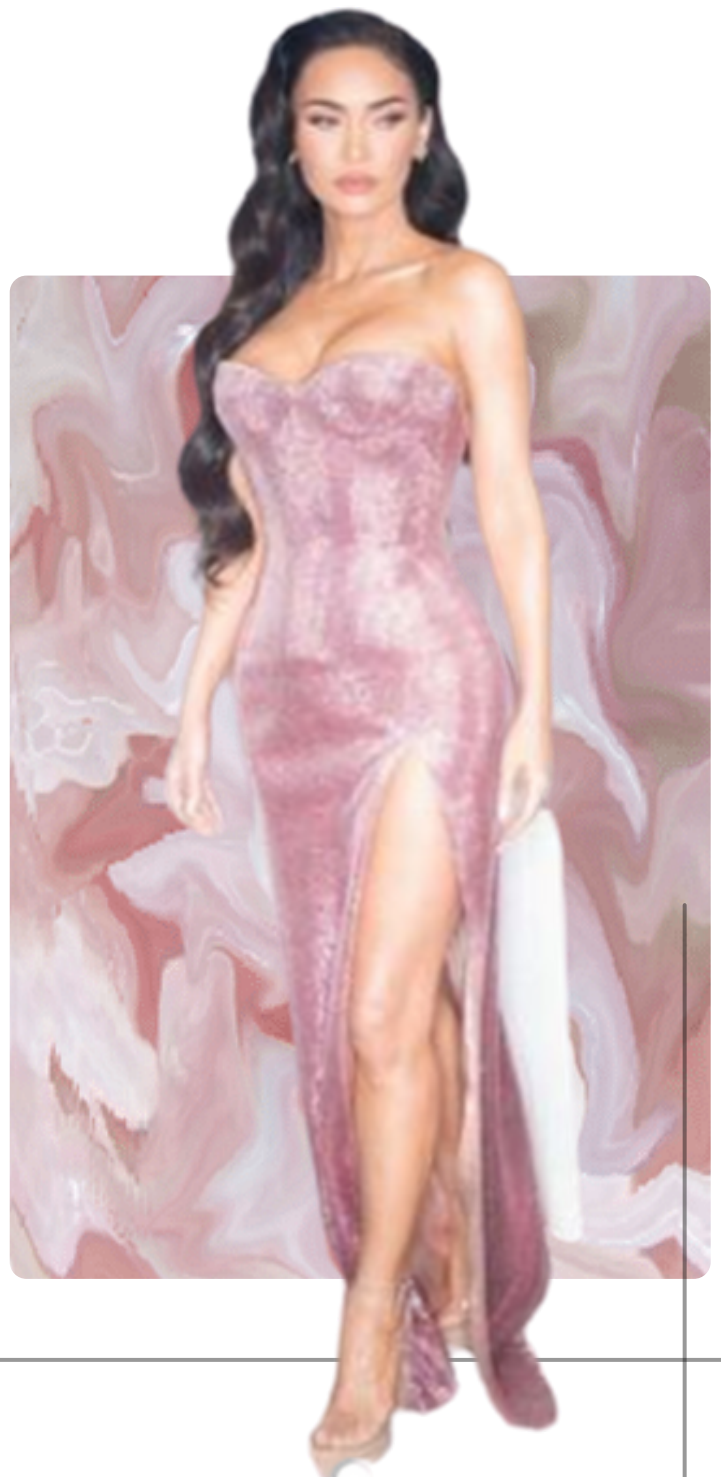
It's a high fiber diet plan. The diet is a Five-Week plan that involves consuming five meals per day, each with five ingredients. There is also a day where she can eat whatever she wants which is the cheat day of the diet.

WHAT ARE THE FIVE INGREDIENTS?

Each 5-Factor five-ingredient meal must include all five must-have food groups:

1. Protein (egg whites, fish, lean meats/poultry, fat-free dairy)
2. Complex carbohydrates (vegetables, sweet potato, wild rice, beans, lentils, oatmeal, quinoa)
3. Fiber (whole-grain cereal, beans, wild rice, flourless wheat bread, fruits and vegetables with edible skins and seeds)
4. Healthy fat (from fish such as salmon, tuna, mackerel, sardines, rainbow trout, or peanut oil, olive oil, canola oil and sunflower oil)
5. Sugar-free drinks (water, sugar-free soda, coffee, tea or an unsweetened energy drink)

With one of the most desirable figures in Hollywood, Megan Fox turns to the 5 Factor Diet, developed by the famous coach Harley Pasternak.

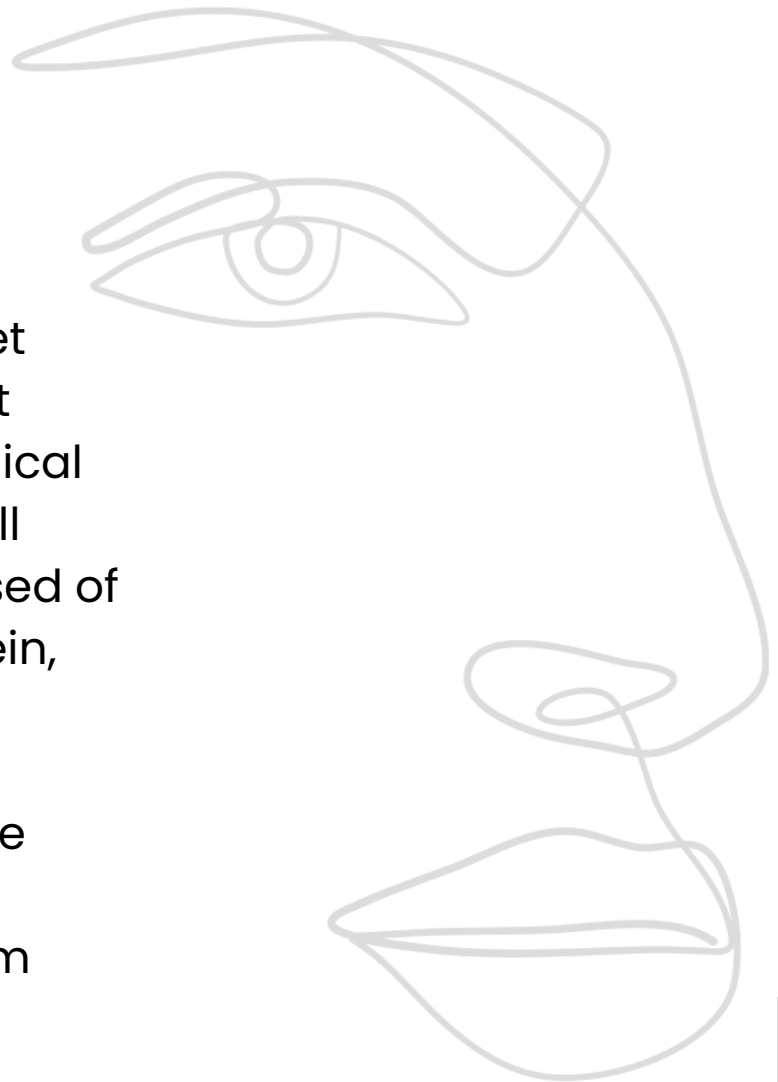


EXERCISE:

- o 25 minutes of exercise - 5 days a week
- o Only dumbbells needed for weight training

**SUMMARY:**

The 5 Factor Diet is a diet and exercise program. It focuses on regular physical activity and eating small frequent meals composed of foods high in fiber, protein, healthy fats and low gastrointestinal carbohydrates. For some people, the plan can be effective for a short-term weight loss.



2. KETOGENIC DIET

WHAT IS THE KETO DIET?

The Keto Diet is a diet high in fat and low in carbohydrates (sugars) that causes the body to break down fat into molecules called ketones.

WHAT FOODS DO YOU CONSUME ON THE KETO DIET?

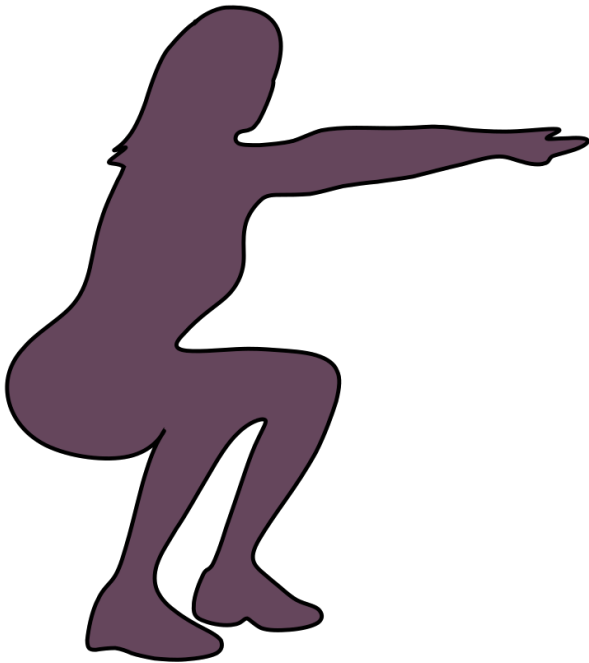
Foods you can eat on a keto diet include fish and seafood, meat and poultry, non-starchy vegetables like bell peppers, broccoli, and zucchini, avocados, berries, nuts and seeds, eggs, high-fat dairy products, olive oil and other oils, and high-cocoa chocolate.

Wondering how Kim Kardashian shed her post-baby weight so quickly? Calling it the "greatest challenge" of her life, Kim lost around 25 kilos in 11 months leading up to her wedding



LIST OF FOODS YOU CAN'T EAT ON THE KETO DIET:

- Grains.
- Starchy vegetables and high-sugar fruits.
- Sweetened yogurt.
- Juices.
- Honey, syrup, or sugar in any form.
- Chips and crackers.
- Baked goods including gluten-free baked goods.



BEST EXERCISES ON THE KETOGENIC DIET

Jogging, biking, rowing, and doing yoga are just a few examples of physical activities that may be especially beneficial on keto.

While you can also include any other activities that you enjoy as part of your workout routine, you may find some high intensity exercises a bit more difficult on the ketogenic diet.

SUMMARY:

The ketogen diet generally reduces total carb intake to less than 50 grams per day.

3. PALEO DIET

WHAT IS THE PALEO DIET?

The Paleo diet is basically a completely gluten-free diet that focuses on high quality animal-based proteins, non-starchy vegetables, and healthy fats.

ALLOWED PALEO FOODS:

- o Meat
- o Fish
- o Vegetables
- o Eggs
- o Nuts and seeds
- o Honey and maple syrup
- o Cold-pressed, unheated oils (e.g. ghee, coconut oil, olive oil, nut oils, palm oil, lard)

LIST OF ITEMS YOU SHOULD COMPLETELY CUT OUT IN THIS DIET:

1. Sugar
2. Dairy
3. Alcohol
4. Processed foods

The actress Jessica Biel is known to take her fitness regimen very seriously. But did you know she is also a strict follower of the Paleo diet?



WORKOUT:

Doctors say that you also need to exercise with this diet, you can choose the workout plan you want.



Paleo is not a diet for weight loss per se, but you can definitely lose weight with this diet.

Other benefits are:

- Improved sleep.
- Strong immune system.
- Healthy hair.
- Good complexion.
- Improving the ability to concentrate.
- Improvement of blood values.

Here is some advice if you want to keep a healthy "diet". You just must change the way you eat. When you feel like eating, maybe you're thirsty. Instead of junk food, vegetables, and fruits. Pretty soon, that's gonna be a habit. Walk or cycle in the morning. You should all be fine, because if you simply adjust to your eating habits, your life will change completely. For most people, 'eating healthy' doesn't seem difficult, but when it comes to exercising, it's a mental breakdown.

Diet when lifting weights

by Daniel Pop

When you are lifting weights, you should have a balanced diet. But if you want to grow bigger muscles you must eat more than you need, that is called a bulk. When you want to lose weight, you must eat less than you need, that is called a cut. But you must have enough protein and carbohydrates, doesn't matter if you bulking or cutting.



Bulk:

When you are bulking you must eat as much as you can and more. It is especially important that you get enough protein so you can build up more muscles. You do a clean bulk or a dirty bulk. If you do a dirty bulk, then you will gain more fat than if you would a clean one. After a bulk you should do a cut.

Things you can eat for a bulk are:

- Eggs
- Whey-Protein
- Chicken
- Tuna
- Salmon
- Beef
- Low fat quark
- Rice

Cut:

When you are cutting than you must eat less than you need. But you should get enough protein if you do not get enough then you will lose muscles. You can cut when you want to just lose weight or if you did a bulk. You do a cut after a bulk because you gained fat when you bulk so after that you do a cut.

Things you can eat for a cut are:

- Rice waffles
- Chicken
- Rice
- Low fat cheese
- Tuna
- Beans and pulses

FOOTBALL TRAINING

by Mustafa Beyazit

Hello, my name is Mustafa I go to NöMS Gänserndorf and I am in class 4B. I will tell you some football training tips that you can use to train.

1. You need more stamina

Start running regularly, if you only go jogging sporadically once a week to your hearts content it will be difficult to learn to walk faster. Start running 3 times a week to improve your stamina. But never start without a training plan.

2. You want to be faster

Run regularly for 1 hour a day and try to run fast and don't stop until you have run 30 minutes. then take a break after 30 minutes. Make a training plan too.

Tips on how to run:

1. Meanwhile, your arm movement should be even and relaxed.
2. Focus on taking steady, soft steps that raise your knees.
3. Keep your head relaxed and in a natural position.
4. Slowly jog or run back to the starting point when you're done sprinting.
5. Repeat this exercise two to four times.

3. Hit the ball right into the goal or shoot well

If you are bad at shooting then always try to shoot goals from different distances. It is best to start shooting from a closer distance and then shoot from a further distance. Practice, then you are mastering shooting goals.

4. Give good passes

You must learn to pass well from different distances. Find a friend to learn to pass with him. Then try to pass with your friends from further away and try to pass from above.

5. You also must be able to dribble

Dribbling is important so that you can get by other players. Take a quick hurry straight ahead at a distance of 1 meter, then run a slalom with the ball. Then you will also learn tricks that could also help you in football games. It might take a little while for you to learn the tricks, but don't give up!



EATING DISORDERS

→ Dictionary

Anorexia nervosa:
(Greek origin) an=negation; orexis=appetite
A loss of appetite

Eating disorder:
Mental condition that effects eating behavior

Laxatives:
A medicine with laxative effects

Diet aids:
A dietary supplement is a manufactured product intended to supplement one's diet

Diuretics:
A drug leading to increased urination

Enemas:
The injection of a liquid or gas into the rectum



→ Facts

Causes:
Unknown

Prognosis:
5% risk of death over 10 years

Treatment:
Hospitalization to restore weight

Symptoms:
Low weight and fear of gaining weight

→ Recommended Movies

If you want a different view on this illness, you can watch these recommended movies:

To the bone 2017
Thin 2006
Girl, Interrupted 1999

Starving in Suburbia 2014
Dying to dance 2001
Heathers 1988

ANOREXIA NERVOSA

By Eylem Yildirim

Hello, my name is Eylem Su and I want to talk about a serious illness called anorexia.

Anorexia nervosa, also known as anorexia, is an eating disorder in which one desires to be thinner. Patients suffering from anorexia have a fear of being overweight although they are severely underweight. They have in fact a very distorted image of their body.

Over exercising is mostly on the schedule. Also, people with anorexia nervosa tend to not eat at all or they are misusing laxatives, diet aids, diuretics or enemas. This eating disorder isn't always about food sometimes affected people also try to cope with their emotions that way.

Anorexia is more common among the girls and women than boys and men. Most girls develop anorexia at a young age because they are used to seeing those unnatural ideals of beauty. Many people learned that they must fit those beauty standards. And the older we get we see how toxic society really is. 1-4% of people around the world are suffering from anorexia. That's nearly 320 000 000 people and keep in mind there are other eating disorders in the world. From 2018 to 2019 2680 people died because of anorexia nervosa just in the USA.

Always remember if you suffer from an eating disorder or know someone who is suffering, you can find help and resources at: www.wig.or.at

BULIMIA

BY GIDA ALHAGE HUSSEIN



Hello, my name is Gida and I will tell you about Bulimia.

Bulimia nervosa is a harmful eating disorder characterized by binge eating. Also followed by purging (=reinigend) and fasting, concern with body shape and weight. Purging refers the attempts to get rid of the food that you consumed and may be done by vomiting or taking laxatives. Laxatives are used to treat and prevent constipation (=Verstopfung). This activity is to expel (=ausweisen) the calories eaten from the binging phase. Bulimia is associated with other mental disorders like depression, anxiety, personality disorder and problems with drugs or alcohol. There is also a very high risk of self-harm and suicide.

Other risks are psychological stress, cultural pressure to a certain body type, poor self-esteem (=schlechtes Selbstwertgefühl) and obesity. Other efforts to lose weight may include the use of diuretics (increases the production of urine), simulants (is a term that covers many drugs), water fasting or exercise.

There are some signs and symptoms of Bulimia. Eating a large amount of food in a short period of time are one of the signs. It is also followed by vomiting and taking laxatives.

The complications of Bulimia are breakdown of teeth, depression, anxiety, the use of drugs and suicide.

There are medications that are being used as antidepressants. As an example, selective serotonin reuptake inhibitors and tricyclic antidepressant.

The onset of bulimia is often during between 13 and 20 years of age and many causes have experienced obesity with many relapsing in adulthood into purging even after successful treatment.

There are two types of treatment. These are called psychopharmacological and psychosocial treatments. Cognitive behavioral therapy (CBT) is the primary treatment for bulimia. CBT is psychosocial intervention that aims to reduce symptoms of various mental health conditions, primarily depression and anxiety disorders. The only psychopharmacological treatment for eating disorders with approve include fluoxetine (is taken to treat depression) for Bulimia. Fluoxetine 60 mg/day reduces depression, cravings, eating attitudes and behaviors.

Did you know that the term Bulimia comes from the Greek? Bulimia nervosa translates to nervous ravenous hunger.

As you can read, Bulimia is a serious matter that you shouldn't be made fun of. No human being deserves to suffer from something like this just because of your body shape and weight. If you ever see someone suffering from Bulimia, try offering help.



Binge Eating

My name is Diana and I am 14 years old. I decided to write a small article about Binge eating because I find this topic interesting and I want to spread awareness about this eating disorder.

By Diana Stojanovic

Binge Eating (also known as BED.) is an eating disorder where you eat A LOT of food to make you feel good. Basically eating your feelings away. Overeating makes people satisfied for a while, but when that feeling goes away, they will feel guilty and regret eating that much. So to feel better they eat again, forming a neverending cycle.

Common causes for binge eating

Stress: Many people are stressed with some issues and can't cope with those problems so they eat food to help them forget about the issue for a while.

Emotional trauma: For example, some people who got bullied as a kid, got abused or somebody went through a divorce are at a higher risk of getting this eating disorder.

Genetics: If someone of your family has had a Binge Eating Disorder you are at higher risk of suffering this.

Skipping meals/unhealthy diets

Of course there are some things that could go along with BED like...

- Obesity
- Depression
- Type 2 diabetes: High bloodsugar
- Coronary heart diseases

This eating disorder is often found in women from 18 to 35 years, but this does not mean that other people cannot get this disorder. Thankfully you can get cured.

Treatments

Since binge eating can be so entwined with shame and other negative emotions treatment could also address these and other mental health issues.

For example depression. If you get help, you can learn how to cope with that issue and how to stop.

Psychotherapy

Cognitive behavioral therapy (CBT): You will learn how to cope with the triggers of Binge eating, and how to find a different way to deal with it. It
Interpersonal psychotherapy: The goal of this therapy is improving your interpersonal skills. It focuses on the relationships you have with other people. This may reduce binge eating attacks.

Dialectical behavior therapy: This type of therapy will help you control the unhealthy eating habit.

Medications

Topiramate (Topamax): Normally used as a medicine for controlling seizures but it has been found that it also reduces eating attacks.

Antidepressants: Normally these aren't used for stopping Binge eating but it also works. It's not clear how these can reduce binge eating

There are more medications that could help with stopping this disorder, but these don't work for weight reduction. You need a prescription to get the medications.

Behavioral weight-loss programs

Weight loss programs aren't recommended if you still are suffering under this disorder, since it can happen that the stress of losing weight could trigger your disorder and you overeat again. When it's safe to start the weight-loss programs, you will be under medical supervision, to ensure that your nutritional requirements are met.

Eating disorders are no joke. If you think you suffer from this, talk to a trusted person and get help. Eating disorders can end deadly. Stay safe!

Diabetes

BY SEBASTIAN KNAPPITSCH

In this document I am going to tell you about a serious health issue, today it is about diabetes! Diabetes is a collective term for various diseases of the metabolism. What they all have in common is that they lead to increased blood sugar levels because the patients have a lack of the hormone insulin and/or the insulin effect is reduced.



Unfortunately, an estimated tens of millions of people have diabetes, making the lives of certain individuals worse. However, most diabetics live in China, more than 114 million people are ill there. It is followed by India with almost 73 million diabetics.

Causes of Diabetes are heritage, too much eating and little exercise. However, diabetes can be healed if you do a strict diet with a lot of exercise and healthy food, and in rare cases it can be healed with medications which can be extremely hard and stressful.



World hunger



by Sara Akman

Hello! My Name is Sara and I'm 14 years old. I decided to write this article about World hunger, because I think it is very important to talk about this.

There is enough food on this planet. Then why are still over 828 million people still go hungry?

One in nine people around the world suffer from world hunger.

Burundi, Somalia, South Sudan, and Syria are some of the Countries with the highest rate of Hunger.

In total there are 870 million people affected by The World Hunger. Most of the time the reasons why people hunger is because they can't afford the food. Families are stuck in a cycle of poverty which leaves them no choice than to sell their belongings in order to feed them and their families.

Food shortages, which happen before harvest season are also one of the many causes, and food waste also plays a big role in this. For example, 1.3 billion food gets produced and one-third of it doesn't even get consumed! Producing this wasted food requires just as much as water as the annual flow of Russia's Volga River – and adds 3.3 billion tons of greenhouse gases to the atmosphere.

World Hunger can cause mental/physical health problems because of the lack of nutrition in the human body. When you don't eat something for a long time, you get mad and tired and just don't feel like eating anymore. Now imagine how you would feel if you felt like that for a very long time.

The body can get sick when it doesn't get the nutrition it needs. People who suffer from World Hunger often have no choice but to intake dirty water which can be filled with a lot of bacteria which then can lead to death when untreated. It's also common that they must eat harmful, moldy food which is not good for you.

Some celebrities that fight World Hunger:

- Curtis "50 Cent" Jackson

He has been fighting against World Hunger since 2013 and released an energy drink called Street Drink. With every purchase of the energy drink, he donated 10 cents of the money spent on the drink which is one free meal for people who go hungry.

- Karlie Kloss

Karlie works with the company FEED which fights against world hunger by selling accessories and using some of the sale money to feed people suffering from starvation. Karlie herself released her own cookie brand named "Karlie's Kookies" which she also uses to give people in need a meal.

- George Clooney

George Clooney fights this issue together with his wife Amal by starting a foundation called "the Clooney Foundation for Justice". He himself also donates to people in need of a meal.



Sources and more info:

<https://www.actionagainsthunger.org/the-hunger-crisis/world-hunger-facts>

<https://www.concernusa.org/story/world-hunger-facts>

<https://www.borgenmagazine.com/five-celebrities-fighting-world-hunger/>



Don't stay silent about this. World Hunger is a real thing happening right now. You can help by spreading awareness about it and donating.



A project from classes 4b and 4d during school year 2022/2023. Coordination and design of the project by Wolfgang Schaller, BEd.

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