

How old are you?

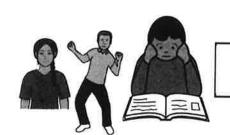




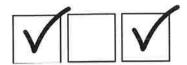
Under 12 years old



12 to 15 years old

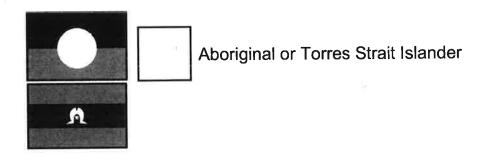


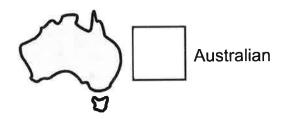
16 to 18 years old.



Tick as many boxes as you need to.

## You are









Write the name of the country.

Zambia



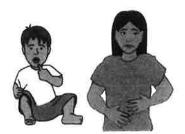
1. You may **not** get the good food you need.

What happens?

How do you feel?

Does it stop you going to school?

 2.



## 2. How many times is it like this for you?

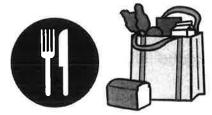
Sun	Mon	Tue	Wed	Thur	Fri	Sat		1
X	X	X	X	X	X	X		Most days
	X	X	X	X	X	X		
$\otimes$	X	X	X	~	Ş	X		

Sun	Mon	Tue	Wed	Thur	Fri	Sat
	X				X	
	V	-	X			

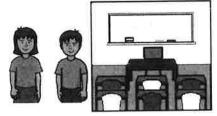
Sun	Mon	Tue	Wed	Thur	Fri	Sat	
			X				Not many days



- 3. What makes it hard to get good food? Like
  - there is **no** food in the house
  - no one can cook the food
  - the shops do **not** have any good food.



4. Do you go to other places to get free food?

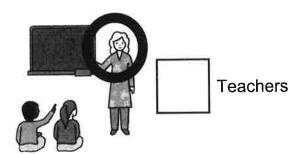


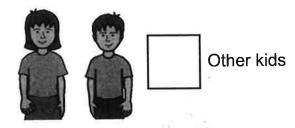
Like at school. You get food from





School breakfast club







Before school care

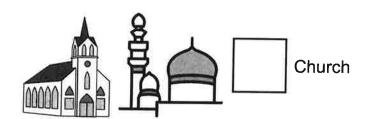
After school care.



Community group.

A place where people get help.

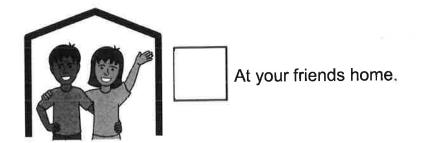
Like Food bank

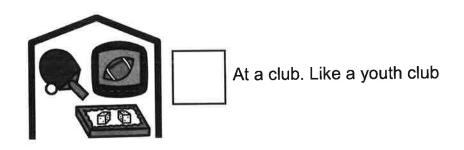


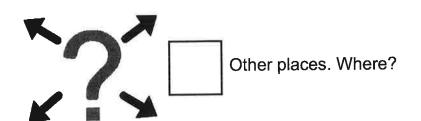


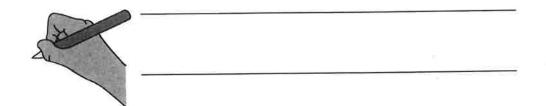
Other family. Like with

- your aunty
- your grandpa.









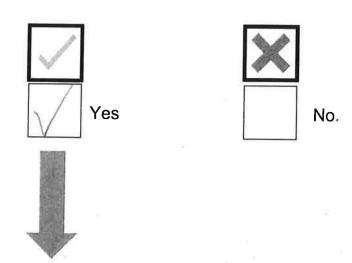


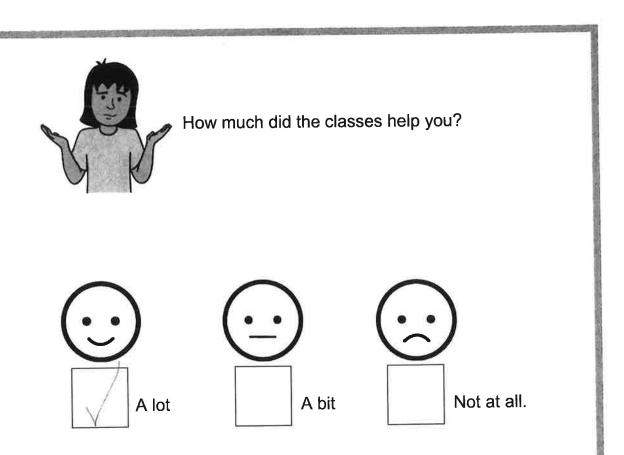
5. Do you need more help to get good food?

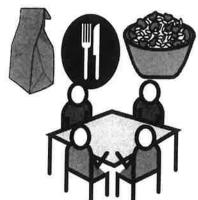




- 6. Have you learnt about good food
- at school
- other places?



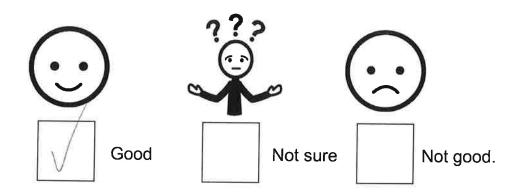




7. What do you think about this idea?

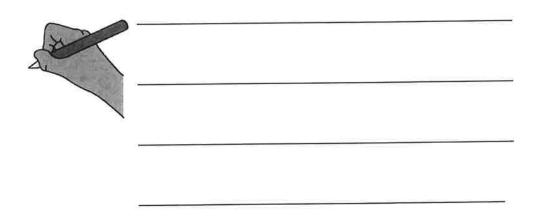
All children get a good lunch at school.

It is each day.





## 8. Do you have ideas to help?





Go to the next page.

It tells you how to send your story