

派發緊急糧食 Distribution of emergency food supplies

遇上糧荒或突如其來的天災，即時派發緊急糧食幫助飢餓的人。
Distributes emergency food supplies to help the people affected in the wake of food shortage or natural disasters.

兒童及婦女營養補助 Supplementary food for children and mothers

為貧困地區的兒童和婦女提供營養補助食物，幫助他們改善營養不良的情況。
Provide supplementary food for malnourished children and mothers to help improve their health conditions.

學校供餐計劃 School Feeding Programme

提供營養餐以改善貧困兒童的營養情況，又可避免他們因尋找食物而錯失求學機會。
Offer nutritious meals to the disadvantaged children to improve their health conditions and prevent them from dropping out of school due to the lack of food.

改善農耕技術 Improvement in agricultural technologies

派發改良種子及提供培訓，改善農耕技術，讓農民擁有更穩定的糧食供應。
Provide improved seeds and agricultural training for farmers to enhance their farming skills. This would allow them to have a more stable food supply.



改變世界 我可以
Change the World, Yes I Can!



立即行動 營救兒童

Save children from malnutrition NOW!



詳情 Visit: www.worldvision.org.hk/learn/nutrition

查詢 Enquiry: edu@worldvision.org.hk

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變營任務
MISSION
NUTRITION

每天，22,000名五歲以下兒童死於多種可預防疾病，由營養不良導致的更佔三分之一，嚴重剝削孩子的基本生存權利。

Every day, 22,000 children under five die of preventable causes. One-third of these deaths are related to malnutrition. This is a serious violation against a child's right to survive.

執行任務 Your Mission:

立即加入變營行列，幫助營養不良的孩子變得有「營」。Be one of our team helping to save children from malnutrition.

- 行動1 - 仔細閱讀此密函，了解營養不良如何禍害五歲以下兒童；
- 行動2 - 剪下「營養狀況量度尺」，向親友展示並解說；
- 行動3 - 自發地在校內舉辦「學界饑饉」活動*，籌款幫助營養不良兒童。

- Action 1: Read this confidential letter. Get to know the impact of malnutrition on children under five;
- Action 2: Use the "MUAC" (formally known as "Mid-Upper Arm Circumference") and share the information about this health crisis with your friends and relatives;
- Action 3: Organise "School Famine" activities* in your school and raise funds to help malnourished children.

* 詳情請參考 For details, please refer to www.worldvision.org.hk/sf

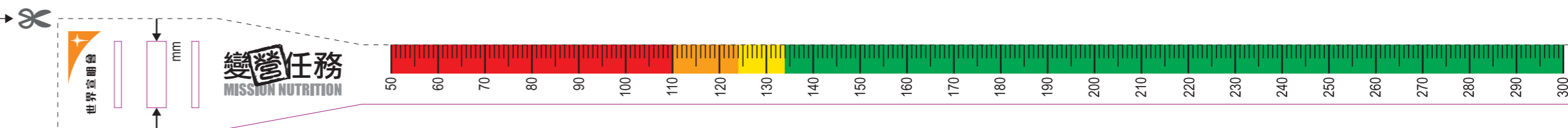


「營養狀況量度尺」是一件簡單的工具，常被使用為五歲以下兒童量度營養狀況。只需把孩子的手垂直向下，找出肩膀與手肘之間的中央位置，用尺圍着慢慢拉緊，上面指示的顏色正代表孩子的營養情況：

"MUAC" is a simple tool commonly used worldwide to reveal the level of malnutrition in a child under five. Relax the child's arm, put the MUAC around midway between the shoulder and elbow, and gradually tighten it up. From the different colours shown, you can tell the level of malnutrition of a child under five.

- 紅色 (Red)** 嚴重營養不良 Severe malnutrition
- 橙色 (Orange)** 中度營養不良 Moderate malnutrition
- 黃色 (Yellow)** 出現營養不良危機 At risk of malnutrition
- 綠色 (Green)** 沒有明顯營養不良 No apparent risk of malnutrition

(請沿虛線剪下 Please cut along dotted line)



非洲尼日爾，逾六成人口每天倚靠不足港幣10元過活，莎美的爸爸就是其中之一。由於爸爸收入微薄，不足以購買糧食，一家經常挨餓。

莎美已經三歲了，仍不能站起來，也不懂得走路；身體瘦弱，還病得很嚴重。媽媽千辛萬苦地帶她去求醫，發現她的手臂圍不足11厘米，患上了嚴重營養不良，恐怕對她的身體已造成永久損害。如再不及時治療，莎美將無法踏出人生第一步。

In Niger, about 60% of the population lives on less than HK\$10 a day. Jamila's father is one of those. His meager income does not allow him to buy adequate food, so the whole family is always starving.

Jamila is now 3 years old but she is still unable to stand and walk. She is very ill and feeble. Her mum eventually takes her to a doctor and finds that her mid-upper arm circumference is below 11cm. The result indicates that she is suffering from severe acute malnutrition and it may have caused irreversible damages to her growth and development. Without timely interventions, Jamila will have little chance of reaching the next stage of her life.

你願意接受任務嗎？
Are you willing to take up the mission?

