**Example Speech 2: Food is Life**

Hi, my name’s \_\_\_\_\_\_\_\_\_\_\_\_ and I will talk about the importance of food. There are several sustainable development goals about food. Today I will focus on goal numbers 2, 3, and 12.

First, SDG 2 - Zero Hunger. Hunger is when someone doesn’t have enough food. Many countries suffer from hunger. There is enough food in the world for everyone, so why is hunger such a big issue? The answer is that food is not shared equally. We can help. For example, we can donate food, stop wasting food, and support local farms and markets.

Next, let’s talk about SDG number 3. To be healthy we must eat healthy food. Healthy food keeps us strong and gives us energy. An example of a healthy meal is protein and vegetables. Protein comes from food like chicken or fish. There are many kinds of vegetable. My favourite vegetable is , what’s yours? Remember, it is important to eat a large range of foods.

Finally, I want to talk about goal 12. Sustainable production means we should think about how we grow our food. Farming is the biggest water user in the world. Making food also produces 22% of the world’s greenhouse gas. Food waste is also a problem. 1.3 billion tonnes of food are wasted every year, because of failed crops, poor transportation, and people throwing it away. This needs to change.

Food is extremely important. Today I talked about goals 2, 3, and 12, but food use affects all of them. You can make a difference starting with your food choices. Help to educate others on the importance of food, and work together to reduce, reuse and recycle. It’s more than just a basic need, it can change the world. Thank you for listening.