



Example Speech 2: Food is Life

Hi, my name's _____ and I will talk about the importance of food. Humans love food, but did you know it is also important to many of the sustainable development goals? Today I will focus on three. Goal number 2, zero hunger; goal number 3, good health and wellbeing; and goal number 12, responsible consumption and production.

First, let's talk about Zero Hunger. Hunger is when someone doesn't have enough food. People in many countries suffer hunger. Of course, food is the best solution to this problem. 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 to charity, stop wasting food, and support local farms and markets.

Next, let's talk about SDG number 3. Having lots of food isn't enough. To be healthy we must eat healthy food. Healthy foods keep us strong and give us energy. I like to play baseball, so I should eat healthy food. 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 broccoli, what's yours? Remember, food like rice, corn, soy, bread and noodles are delicious, but do not have enough nutrition to keep us healthy. 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 need to change. Plastic packaging should also stop. Plastic can only be used once, and it's bad for the environment. Companies should use materials like metal, glass, and paper, because these can be recycled.

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.