

Hunger is horrible.

I'm not talking missing dinner hungry, I'm talking about starving to death hungry.

No energy to get up and move about hungry. You can't concentrate, can't study. All you can do is just lie there. It's like being trapped.

Work and school, there is no chance. You get ill because you aren't strong enough to fight disease.

If mother and father cannot feed their children, how do they feel?

But hunger is not just an African problem. There are children in Scotland who will go to bed hungry tonight. And why? There is enough food to go around.

There are many reasons why people cannot get the food that they need.

Wherever there is poverty there is always hunger, and poor people are always the most at risk when something goes wrong.

But there is hope, because hunger is not inevitable. If we stop climate change, we can stop millions of people from going hungry.

My mother used to say to me when I was little 'an orphaned calf must lick its own back.' I did not understand at first, but now I know she was teaching me to be self-sufficient.

Now where I'm from, the people are not hungry anymore. They use local resources to grow enough food.

Seeds from crops, natural fertilisers like manure and ash. This is called subsistence farming. It sounds easy, but it is not. It takes a big effort, skills, tools, knowledge, coordination.

Sometimes people just need a little bit help to get started.

I think, in the UK, we can learn something too. It would not hurt to grow a few things for ourselves!

And when we buy food, to make sure it is from a source that gives farmers a fair deal. Because the choices we make decide whether somebody else can eat.

And if we all make the right choices, no one has to go hungry again.