



WORLD FOOD PRIZE FOUNDATION
UNITED KINGDOM
YOUTH INSTITUTE

Global Challenge



Mentor Guide



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For any additional inquiries, reach out to global.challenge@cumbria.ac.uk. We are happy to collaborate in a way that is best for you.

For more information



What is the UK Youth Institute?

The **UK Youth Institute** (UKYI) is an essay and presentation competition delivered by the University of Cumbria in partnership with the World Food Prize Foundation.

Eligibility

The UKYI invites young people aged 15-18 to participate. Participants must be UK residents and not yet attending university.



Global Challenge Essay

Prior to the Institute day, participants will write and submit a Global Challenge Essay focusing on one country and proposing evidence-based solutions to a pressing issue related to a global challenge.

Roundtable Discussion

On the day of the UKYI, participants will convene at the University of Cumbria, Ambleside to present their findings to industry experts during a Roundtable Discussion. Participants will give a three-minute presentation with five-minutes for feedback, comments, and questions from the experts and their peers.

Scoring

The two top scoring scholars will advance to the Global Youth Institute in the USA in October. Participants are evaluated on their Global Challenge Essay and Roundtable Discussion, each contributing 50% to the total score.

Benefits of Participating

- Each participant is recognised as a Borlaug Scholar.
- The two top scoring scholars will win an all-expenses-paid trip to the USA to present their research at the **Global Youth Institute (GYI)**.
- GYI participants will be eligible for one of 10 Global Challenge Awards. The World Food Prize Foundation will provide two top awards of USD \$1,000 for exceptional solutions to addressing global food insecurity.



- Participants will be eligible for additional World Food Prize Foundation programmes, such as the Borlaug-Ruan International Internship (see page 18).
- Participants enhance their global awareness and their research, writing, critical thinking and public speaking skills.
- Global Challenge Essays can be enhanced to meet the standards of an EPQ, and participation demonstrates students' preparedness for higher education.
- Participants may be eligible for scholarships from higher education institutions that co-host Youth Institutes.

About the World Food Prize Foundation



The **World Food Prize Foundation** is an internationally recognised organisation established to address critical global challenges in food security, sustainability, and agriculture. It works to inspire and develop the next generation of leaders in tackling issues such as hunger, climate change and global inequality.

The UK Youth Institute forms part of the World Food Prize Foundation's global network of Youth Institute initiatives, which collectively engage over 2,000 students annually.

The World Food Prize Foundation's mission is to elevate innovations and inspire action to sustainably increase the quality, quantity and availability of food for all.

Norman E. Borlaug

Dr. Norman E. Borlaug was awarded the Nobel Peace Prize in 1970 for a lifetime of work to address global food insecurity. Dr. Borlaug believed that “food is the moral right of all who are born into this world.” He is credited with saving over a billion people from famine and starvation. In 1986, he founded the World Food Prize®, an annual USD \$500,000 award that he hoped would both highlight and inspire breakthrough achievements in improving the quality, quantity and availability of food in the world.



What is Food Security?

According to the United Nations 1996 Food Summit, food security is reached “when all people, at all times, have physical and economic access to sufficient safe and nutritious food that meets their dietary needs and food preferences for an active and healthy life.”

The four essential pillars of food security:



Availability:

Food has to be physically present in adequate quantities within communities.



Access:

People have the ability and resources (income) to obtain food.



Utilisation:

Food is prepared safely and effectively to provide nutritional value.



Stability:

Food is present at all times without disruptions.

The global impact of food insecurity:

It is estimated that there are more than 733 million people in the world facing chronic food insecurity. By 2050, there will be at least 9 billion people on the planet, and humans will need to produce 60% more food to meet the growing population's needs. We also know that:

- 1 in 10 people don't have enough safe and nutritious food.
- A child dies from hunger-related causes every 15 seconds.
- $\frac{1}{3}$ of all food on the planet is wasted.
- 1 out of 3 schools does not have safe water and sanitation.

➔ **Mentor Opportunity:**

- Define food security as above. Ask what comes to mind when you hear the definition?
- Identify where food insecurity is seen in your community and in the U.K.
- Friendly debate: Consider examples where each pillar poses the biggest issues.
- Discussion of global hunger statistics and their implications. (i.e. If we need to produce 60% more food by 2050, what would need to change? What would you do first?)

Over 15,000 Borlaug Scholars have completed the Global Challenge worldwide to be a catalyst for sustainable change!

8 Simple Steps to Guiding Students Through The Global Challenge Essay

Step	Student Task	Mentor Guidance
1	Choose a country	Encourage a diversity of regions
2	Describe daily life of chosen country	Encourage comparison to students' own lives
3	Select a focus topic	Offer structure
4	Analyse impact of topic	Help develop analytical thinking
5	Explore solutions	Guide students to compare solutions
6	Propose own recommendation	Support a structured proposal
7	Write the essay	Teach academic writing
8	Submit essay	Lead presentation practice

Each step of the Mentor Guide accompanies the Global Challenge Instructions, the student guide, which can be found at www.worldfoodprize.org/unitedkingdom



Student task: Choose a country other than their own.

Mentor guidance: Encourage a diversity of regions.



STEP 1

→ Mentor Tip:

Point students toward the Global Challenge Instructions for leading questions to help with country selection.

If students are having trouble selecting a country, they can choose a country they would like to learn more about or even a country they have never heard of. Students can also choose their topic first, then select a country that is relevant to that topic.



STEP 2



Student task: Describe what life is like for a typical family in their chosen country.

Mentor guidance: Encourage comparison to students' own lives.

Deeper Thinking

- What does a typical day look like for a family in your chosen country?
- Who is responsible for earning income?
- Is income reliable year-round?
- Does work depend on seasons, weather, or markets?
- Is their diet balanced or limited?
- Are nutritious foods affordable or available?

Comparison Task

Ask students:

1. How is this family's life different than yours?
2. What advantages and disadvantages exist?

Suggest videos or articles to build a connection and deepen understanding. Search for videos about food, cooking, and agriculture in that country.

→ Mentor Tip:

Point students toward the Global Challenge Instructions for leading questions to help with country research.

Remind students to be noting their sources as they research.

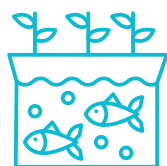
STEP 3



Student task: Select a focus topic relevant to their chosen country.

Mentor guidance: Offer structured categories.

- Animal Agriculture
- Animal Health
- Climate Change
- Conflict
- Dietary Diseases
- Education
- Fisheries and Aquaculture
- Food Loss and Waste
- Foreign Aid
- Human Rights
- Infectious Diseases
- Infrastructure
- International Trade
- Malnutrition
- Plants
- Policy and Governance
- Populations
- Poverty
- Public health
- Renewable Energy
- Sustainable Agriculture
- Spoilage and waste
- Water and Sanitation
- Water Scarcity



→ Mentor Tip:

Point students toward the Global Challenge Instructions for topic definitions to help with topic selection.

Have students justify why the topic matters and why it fits their chosen country.

STEP 4



Student task: Analyse how this topic impacts food security in their chosen country.

Mentor guidance: Help develop analytical thinking.

Focus on cause-and-effect thinking. Consider different groups, not just “the population”.

Prompt students to explain:

- What are the trends? Are they improving, worsening, staying the same? Why?
- What are the causes or contributing factors? How do these lead to food insecurity?
- What is the impact on:
 - Rural vs urban populations?
 - Vulnerable groups?
 - The environment?

Link thinking to the Four Pillars (availability, access, utilisation, stability)

Use writing prompts:

- This topic affects food security by...
- The current situation of this topic is... but in the past it was...
- The main cause(s) of this issue is/are...
- The group most impacted by this issue is...

→ Mentor Tip:

Point students toward the Global Challenge Instructions for prompts to help with analysis.

Remind students to be noting their sources as they research.

STEP 5



Student task: Explore solutions.

Mentor guidance: Guide comparison of solutions.

Guide students to:

- Compare 2-3 solutions that are relevant to the country and topic
- Evaluate effectiveness
 - How does this reduce food insecurity?
 - What changed because of this solution?
- Consider real-world feasibility
 - Solutions don't have to be implemented right away, but should be realistic.

Use the table below to help students organise their thoughts.

Solution	Who runs it	What works	What fails	Source

Students are not being asked “what would you do?”

Instead, guide thinking by asking:

- What has already been tried?
- What worked? What failed?
- Could another country's solution apply? Why or why not?

→ Mentor Tip:

Point students toward the Global Challenge Instructions for prompts to help with solution exploration.

Remind students to be noting their sources as they research.

STEP 6



Student task: Propose own recommendation.

Mentor guidance: Support a structured proposal.

Encourage a structured academic proposal. Students should:

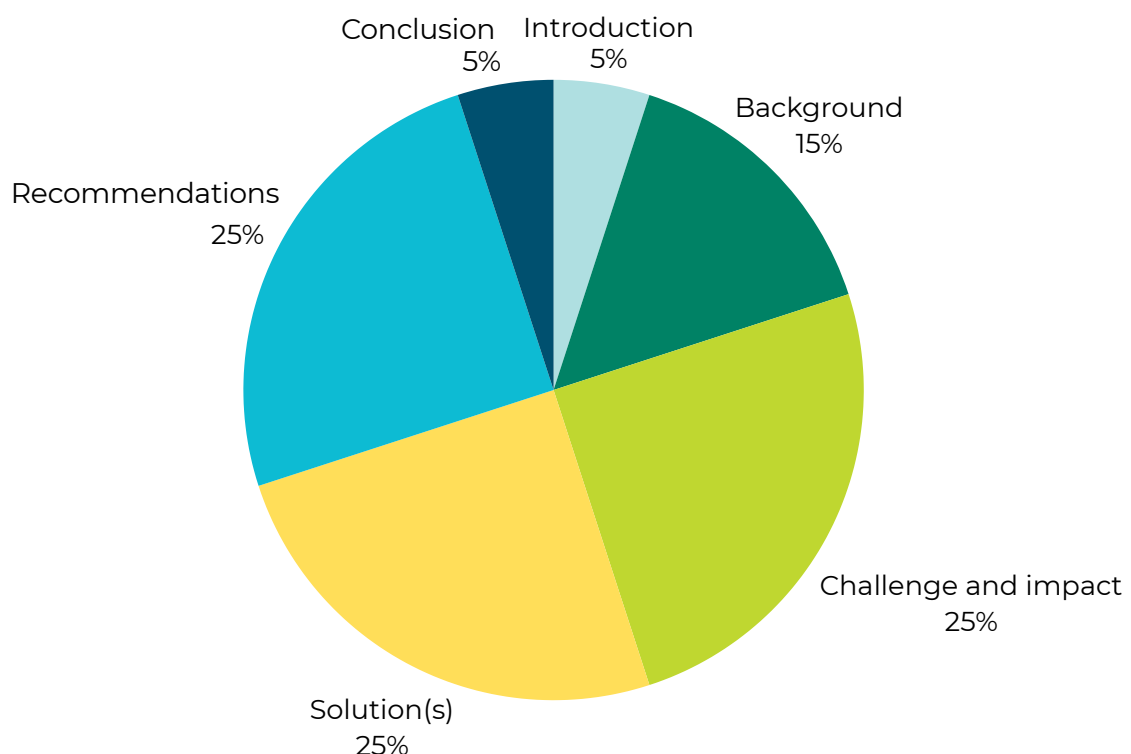
- Have a clear plan of action
- Identify stakeholders involved
- Include costs and resources
- Think of cultural and societal considerations
- Consider sustainability features

→ Mentor Tip:

Point students toward the Global Challenge Instructions for prompts to help with recommendation proposal.

Remind students to be noting their sources as they research.

Global Challenge Essay Composition



STEP 7



Student task: Write Global Challenge Essay.

Mentor guidance: Teach academic writing.

Key Teaching Points

- Referencing (MLA or APA)
 - In-text citations
 - Bibliography
- Avoiding plagiarism
- Effectively using evidence

Essay Structure:

- 1,500-2,500 words, excluding the bibliography
- One-inch page margins
- Eleven-point font, Calibri or Times New Roman
- Single space, no indentations
- Double space between paragraphs
- At least five sources with in-text citations
- MLA or APA, used consistently throughout
- Student information provided in the upper left-hand corner of the first page (see “Example student information formatting”)

Example student information formatting

Sarah Jackson
Manchester High School
Manchester, CT USA
Bangladesh, Malnutrition
May 4, 2024

Bangladesh: Improving Nutrition for Rural Populations

→ Mentor Tip:

Pair students with a mentor to provide feedback as they draft their essays. Reach out to global.challenge@cumbria.ac.uk if you need help finding mentors.

Point students toward the Global Challenge Instructions for helpful resources on formatting and bibliography requirements.

STEP 8



Student task: Submit their Global Challenge Essay.

Mentor guidance: Presentation practice.

How to submit:

Global Challenge Essays can be submitted at www.worldfoodprize.org/unitedkingdom by selecting “Submit Your Paper”.

Mentor Support

- Run mock presentations
- Provide speaking feedback
- Pose mock questions

Mock Questions:

- Why did you choose this country?
- What challenged you when writing this essay?
- What did you enjoy about your topic?
- Could you elaborate on...
- What did you mean by...
- Have you considered...

The best questions are related to their specific topic.

→ Mentor Tip:

Students should deeply research and understand their topic in a broader context to prepare for answering unpredicted questions.

Reach out to UK Youth Institute Programme Coordinator at global.challenge@cumbria.ac.uk with any questions.

When are the UK Youth Institute deadlines?

Deadlines vary by year. Check out www.worldfoodprize.org/unitedkingdom for the latest updates and current deadlines.

Who registers the students?

Students are responsible for booking their own place. Submitting their Global Challenge Essay does not mean their place is booked.

How do students book their place for the UK Youth Institute?

Visit www.worldfoodprize.org/unitedkingdom and select “Book Your Place”. Students can book their place for the UK Youth Institute at any time regardless of whether they have submitted their essay. However, they must ensure that their essay is submitted by the deadline to participate on the event day.

How do mentors/teachers/parents/others book their place?

Mentors and teachers are also required to book their own place. The bus driver is welcome to attend, but must book their own place as well. Contact global.challenge@cumbria.ac.uk for the appropriate booking form.

How are Roundtable Discussions structured?

- Each scholar has 3 minutes to present their research ideas. The moderator will keep track of their time and hold up the necessary time reminders.
- Scholars may use notes, but we ask that they not read directly from notes or use any type of visuals.
- After each presentation, there will be 5 minutes for feedback, comments, and questions from the experts and other guests in the room.

What is the dress code for students?

Smart Casual

Choose something neat and comfortable. The list below is for guidance. Please feel free to wear equivalent smart-casual clothing of your own culture.

Tops: Shirts, sweaters, blouses, plain tees, blazers. Avoid hoodies, vest tops.

Bottoms: Smart trousers, smart skirts, dark wash jeans. Avoid ripped jeans, leggings, short skirts.

Footwear: Flats, clean trainers, loafers, brogues. Avoid heels due to outdoor activities.

Outerwear: Bring a coat suitable for the weather.

Where can I find additional resources?

The Global Challenge Instructions for participants and an example essay can be found at www.worldfoodprize.org/unitedkingdom.

Who manages the consent forms?

Liaise with global.challenge@cumbria.ac.uk about your school's consent process to gain joint consent from students' parents.

Where can I find a referencing guide?

The University of Cumbria has a quick referencing guide that is available for students to use, found here: [Referencing Guide - University of Cumbria](#)

Please send all additional questions to
global.challenge@cumbria.ac.uk



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Follow us on Instagram @UK.YouthInstitute

Opportunities for Borlaug Scholars

The University of Cumbria

The University of Cumbria is headquartered in Carlisle, with campuses in Lancaster, Ambleside, Barrow-in-Furness, and London. Each campus has something different to offer, particularly known for programmes such as education, nursing, healthcare, sports, the arts, science, and outdoor studies. The UK Youth Institute is held at the Ambleside campus, the only university campus in the UK situated within a UNESCO World Heritage Site.

For more information on courses, campuses, and student life, please visit <https://www.cumbria.ac.uk/> or contact enquirycentre@cumbria.ac.uk

The Global Youth Institute

The Global Youth Institute is a week-long academic conference held in Des Moines, Iowa, during October. The conference is focused on youth efforts to address global food security issues. During the Global Youth Institute, student delegates selected from Youth Institutes will share key findings and recommendations from their research with international experts and their peers in Roundtable Discussions. Students will have the opportunity to connect with other global leaders to discuss challenges, share ideas and develop solutions for a more sustainable and food-secure world.

The two top scholars of the UK Youth Institute will be student delegates to represent the UK in the United States at the Global Youth Institute. Visit www.worldfoodprize.org/globalchallenge for more information.

The Borlaug-Ruan International Internship

The Borlaug-Ruan International Internship provides students a unique professional experience working alongside world-renowned scientists and policymakers at international research and development organisations. Since 1998, the Foundation has placed over 400 students at leading research organisations around the globe, providing transformative learning experiences aimed at addressing critical food security challenges.

Interested in learning about the Borlaug-Ruan International Internship? Visit www.worldfoodprize.org/BR for more information.

**Learn more and register
your interest by scanning
the QR code!**



We look forward to welcoming
you to the UK Youth Institute!