

# Introduction to Food Security Video Reflection Questionnaire



Name: \_\_\_\_\_

**Instructions:** Watch Meal Exchange's [Introduction to Food Security](#) and answer the questions below.

1. What is food insecurity?

---

---

---

2. What is the main/root cause of food insecurity?

---

3. What are two (2) other factors that threaten food security (and can lead to food insecurity)?

i. \_\_\_\_\_

ii. \_\_\_\_\_

4. What type of food is usually most accessible to people in communities?

---

5. What are two (2) things you can do to help fight food insecurity in your community?

i. \_\_\_\_\_

ii. \_\_\_\_\_