



get active.  
save lives.®



**MISSION:  
HOW RUTF IS MADE**

## Mission Briefing Video

### Objectives

#### Students will:

- Identify what RUTF is, how it's made and why it's needed.
- Understand what sort of factors play into the production of RUTF and how it helps local communities.

#### Set-Up

- Queue the Mission Video [How RUTF is Made](#).
- Gather the supplies listed under Materials.

**Time:** 20-30 minutes

#### Materials

- Copies of **RUTF's Job Description** (See below and distribute one copy per 4-6 students)
- Map of the world
- Computer and Internet access
- Interactive whiteboard or projector/screen
- Notebooks and pencils

## Directions

1. Post a map of the world, and ask a volunteer to identify the three destinations for this global mission – Niger, Guatemala and Indonesia. Highlight how each country is in a different continent, and how students will be able to travel through three continents through this mission.

**Note:** A more accurate way to pronounce Niger is by its French pronunciation: nee-ZHER (rhymes with share or Pierre). For reference, listen to the pronunciation [here](#).

2. Divide students into groups of four to six people. Show the video [How RUTF is Made](#). After viewing the video, pass out one copy of **RUTF's Job Description** (see below) to each group.

3. Pose the following questions and ask students to list their answers as a group:

- After reading **RUTF's Job Description**, discuss in your groups why each required qualification is needed. As a group, add any preferred qualifications you feel like are important. In other words, what other criteria could be considered to make sure Ready-to-Use Therapeutic Food (RUTF) can do its job? (Suggested preferred qualifications you can hint at: taste good, smell good, be culturally acceptable, have instructions in multiple languages, have a 'best before' date on the package, not require water to use as water can be contaminated or difficult to access.)



get active.  
save lives.®



**MISSION:  
HOW RUTF IS MADE**

- In the video, Ime Reuben, a UNICEF Campus Club President, explains that UNICEF Campus Clubs support UNICEF projects around the world. You are also a part of this effort because learning about malnutrition and sharing what you've learned initiates change -- knowledge is power! In pairs, explain in a few sentences what you've learned about RUTF.

**4.** Dive deeper into RUTF, Ime Reuben and Hassan Nomao's narrative. Help your students write their own global narrative by using [\*\*Lesson: I Am A Global Citizen\*\*](#).

**Teacher Tip:** Now that you've learned about RUTF, help your students recognize their role in the global community through [\*\*I Am A Global Citizen\*\*](#).



get active.  
save lives.®



**MISSION:  
HOW RUTF IS MADE**



## RUTF's Job Description

### What RUTF Does:

Ready-to-Use Therapeutic Food's (RUTF) job is to help save children around the world. Often called a miracle food, RUTF is a tasty paste made from ingredients such as peanuts, oil, sugar, milk powder, vitamin and mineral supplements. RUTF is used by UNICEF to treat severe malnutrition, which threatens around 16 million children every year.

RUTF is easy to ship to those who need it. It doesn't require refrigeration and stays fresh for up to two years. Because RUTF does not require any water to be mixed into it, there is a low risk of bacteria growing in it.

Each 100-gram single-serving packet comes ready-to-eat. All parents have to do is open the packet, squeeze out the peanut butter-like paste, feed their children and watch them grow healthy and strong!

UNICEF is the number one buyer and distributor of RUTF. UNICEF often partners with local manufacturers to increase the supply and keep prices down. This means RUTF factories are being built close to where RUTF is most needed.

### Required Qualifications

- Have enough calories and nutritional value
- Be ready to use with no cooking required
- Not require refrigeration
- Have smooth texture with no lumps
- Be easy to squeeze out of individual packets
- Be portioned into packets that are single-sized servings
- Have clear and easy labels
- List out ingredients on package
- Be affordable
- Be easy to ship

### Preferred Qualifications

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_