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Addressing the Levels of Knowledge and Awareness on Human Rights and the Right to Food in a Group of Students at the University of Jordan

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Abstract: An international organization of human rights is continuously building, improving and implementing the goals of the basic HRs emphasizing more on the right to adequate food and the right to be free from hunger through the resolutions adopted by the General Assembly. The aim of this study was to explore the knowledge and awareness to the Right to Food (RTF) and selected Human Rights (HRs) among a group of students at the University of Jordan, Jordan. One thousand one hundred five graduands (39% males and 61% females) from different faculties of the University were interviewed. Issues on the RTF and basic HR were collected and a questionnaire was developed. More than a half of all graduands demonstrated a moderate level of awareness to the studied human rights. However, a high level of knowledge and awareness to the right to food as basic HR was observed, approximately the same in both genders females (79.8%) and males (77.7%). Awareness to right to food as essential right was considered satisfactory in graduands of medical (81.6%), Scientific (80.5%), Agriculture (81.5%) and Graduate Studies (82.1%), but was unsatisfactory in the graduands of the humanitarian faculty (68.5%). It is therefore concluded that participants in this study demonstrated a satisfactory level of knowledge and awareness on HRs, whereas, there were great concerns regarding the lack of awareness on the RTF as a basic HR. This could hinder the implementation and realization of the right to adequate food and the right to be free from hunger in the context of national food security. This is an important area for policy makers to building the capacity of people in order to support the realization of the RTF at all national levels.

Key words: Human right, food, hunger, poverty, knowledge, awareness, jordan

INTRODUCTION

When an individual reaches a point of having nothing to eat, it is because all the rest has been denied. According to Food and Agriculture Organization (Food and Agriculture Organization, 2007) this is a modern form of exile. Hunger is exclusion; it is death in life (Food and Agriculture Organization, 2007). The right to adequate food and the right to be free from hunger is a basic universal human right and alienable from other human rights. Human Rights (HRs) are universal legal guarantees protecting individuals and groups against actions that interfere with the basic human rights, hence the global population is entitled without discrimination and free to enjoy economic, social, cultural and political development in which HR and freedom are recognized (Food and Agriculture Organization, 2006; United Nations, 1948). As such, freedom from hunger and the right to adequate food are human rights-inherent entitlements that comes to every person by virtue of being a human, universal and essential to human dignity. They are enshrined in the International Covenant on Economic, Social and Cultural Rights (ICESCR). The Convention on the Rights of the Child also voices out the right of the child to the enjoyment of the highest attainable standard of health. In July, 20, 2007, 156 countries have ratified their constitution in view of the

voluntary guidelines. Countries that have ratified these treaties have the obligation to respect, protect and fulfill the rights of the people; provide recourse mechanisms when the rights are violated; and submit regular reports on the implementation of the rights to be reviewed by the United Nations (Food and Agriculture Organization, 2009).

Although HRs may not provide all the answers to the burning issues on food and poverty, many contributions highlights further development in advancing universal protection of the Right to Food (RTF) as a basic HR as well as other rights in respect with human development. Food and Agriculture Organization has estimated that a minimum of 852 million people were undernourished worldwide in 2000-2002; of them 815 million in the developing countries, 28 millions in countries with economic transition and surprisingly, nine millions in the industrialized countries (Food and Agriculture Organization, 2006). Moreover, World Food Program (WFP) has indicated that 300 million children aged 15 years old or less are currently with chronic hunger (World Food Program, 2007).

The need for the realization on the right to food is evident, showing the global upsurge in the prevalence of malnutrition and hunger. It was not until November 2004 that the progressive realization of the right to adequate

food in the context of national security was approved. The recognition of right to food as fundamental right acknowledges that hunger and malnutrition caused above all by poverty, income disparities and lack of access to health care, education, clean water and sanitary living conditions, points all to the strong links between the right to food and other human rights (Food and Agriculture Organization, 2009). The identification of the food security, vulnerable and marginalized groups is important in order to measure the extent to which this group is being reached and how they are affected by policy and program measures. Analysis of the underlying and root causes of undernourishment will reveal the best entry points for the implementation of measures and action to further realization of the right to adequate food (Food and Agriculture Organization, 2009).

The importance of this study lies in the fact that there is quite a lot of studies published concerning the role of hunger and poverty on nutritional status and health, whereas the connection between factors affecting knowledge and awareness on the human right to adequate food as a basic human right has received less attention. This research study was not intended to cover the subject of human rights comprehensively. It was, however limited to address the level of knowledge and awareness among a group of students at the University of Jordan in respect to right to food as a basic human right and to examine in part the factors that might influence the student's decisions to adopt the right to food as their main basic human right.

MATERIALS AND METHODS

Human participants: A cross-sectional study was conducted at the University of Jordan (UJ), Amman, during the graduation rehearsals for the academic year 2008-2009. According to the sampling formula of proportions provided by Oveson (2006) the population sample size of the current study consisted of 1,105 graduands (431 males and 674 females) recruited randomly from all faculties of the UJ. Graduands were categorized according to their faculties into five groups: (group 1) Faculty of Medicine (29%), (group 2) Faculty of Science (40.8%), (group 3) Humanitarian Faculty (16.7%), (group 4) Faculty of Agriculture (5.9%) and (group 5) Faculty of Graduate Studies (7.6%).

Tool of the study: The developed survey consisted of seven main groups of questions based on the following selected human rights: life liberty and personal security, equality before the law, privacy, movement, nationality, possession, belief and freedom of expression, work, social protection, food, housing and education (United Nations Human Right, 2011). Question types were: multiple choices, justifications, reasons and opinions with open short statements. Proportions of the

responses of graduands were calculated for each item and the levels of knowledge and awareness were determined by comparing the proportions with a 100-point reference scale. Levels of knowledge as well as awareness were determined as follows: poor (score <70), moderate (score 70-90) and high (score 90-100). Participants were informed briefly about the objectives of the study and a verbal consent to participate was obtained. The estimated value of internal consistency and reliability of the survey was 0.87.

Statistical analysis: Data were analyzed using the graduate pack SPSS 17.0 for windows 2007 (Chicago, IL, USA). Differences among participants were examined using Analysis of Variance (ANOVA) for continuous variables and chi-square tests for categorical variables. Data was presented as means \pm Standard Deviation (SD) and frequency distributions. The degree of internal consistency of ordinal scales was determined using Cronbach's alpha statistics. All p-values of less than 0.05 were considered statistically significant.

RESULTS

Figure 1 exemplifies that regardless of gender, more than a half of all participants indicated that humans should enjoy all of the twelve studied HRs. Of the twelve HRs that humans have the right to enjoy, only 1.9%, 3.5%, 4.1%, 5.5%, 5.7%, 5.6%, 4.2%, 4.3%, 4.3%, 2.0% and 4.6% of graduands selected one HR, two HRs, three HRs, four HRs, five HRs, six HRs, seven HRs, eight HRs, nine HRs, ten HRs and eleven HRs; respectively There was no significant difference between female and male participants in respect to the number of HRs that humans should enjoy the most ($p > 0.05$).

Figure 2 illustrates that the right to life liberty and personal security was the most important HR for the vast majority of female and male participants with no significant difference between groups ($p = 0.224$). Except for the right to education and the right to equality before the law, there was no significant difference ($p > 0.05$) between groups regarding human rights, which they assumed imperative to enjoy the most. Female graduands were more concerned with the right to education than males (87.2% and 83.1%, respectively; $p = 0.050$), whereas, male graduands were more alarmed with the right to equality before the law than females (86.8% and 77.7%, respectively; $p = 0.000$). Compared to male graduands who considered that the RTF was the sixth HR that humans should enjoy the most, females considered it the fourth ($p = 0.765$).

Figure 3 exemplifies that graduands from medical, scientific, humanitarian, agriculture and graduate studies faculty depict a significant variation in respect to their awareness on the importance of the studied twelve HRs ($p = 0.000$). About 90% of all graduands from various faculties pointed to the right to life liberty and

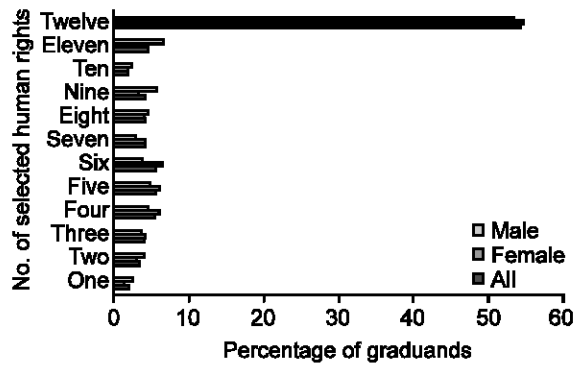


Fig. 1: Proportions of graduands who decided on studied human rights regarded essential for humans to enjoy the most

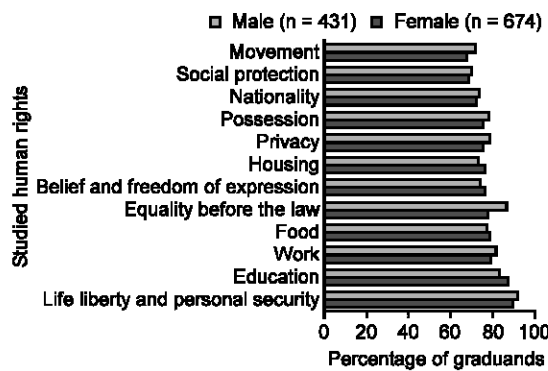


Fig. 2: Awareness of graduands on the studied twelve human rights assumed particularly important to enjoy the most by female and male participants. *Results do not tally to 100% due to multiple responses for these categories

personal security as a HR that should be enjoyed the most. Furthermore, more than half of them revealed that the right to life liberty and personal security was the most

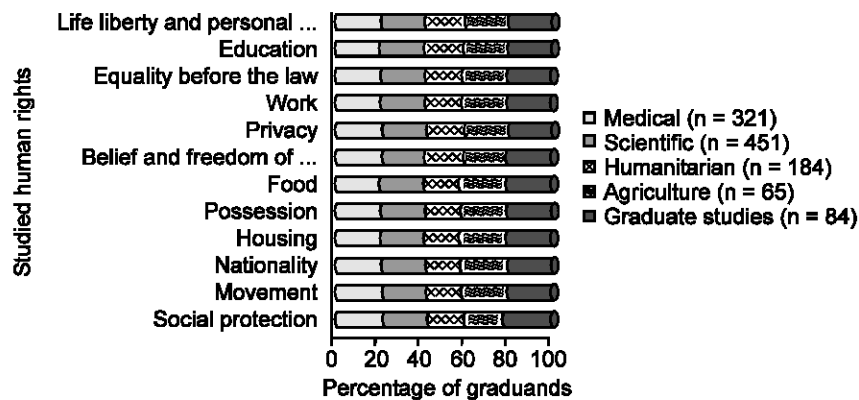


Fig. 3: Opinion of the graduands from different faculties on the studied twelve human rights assumed particularly important to enjoy

that they should enjoy. Compared to graduands from the faculty of agriculture who indicated that the RTF is the second most important HR humans should enjoy the most, graduands from medical and humanitarian faculties considered the RTF the seventh and graduands from scientific and graduate studies faculties considered RTF the fifth.

Figure 4 shows that there was significant variation in the levels of awareness between female and male graduands regarding the studied HRs. Male graduands assumed a higher level of awareness to HRs than females did (73.1% and 67.2% respectively; $p = 0.039$). While 11% of males and 17.8% of females scored a moderate level of awareness ($p = 0.007$), 15% of both female and male graduands scored a low level of awareness to HRs ($p = 0.965$).

There was a significant difference ($p < 0.05$) between various faculties with regard to the three levels of awareness. The proportion of graduands of the graduate studies faculty (78.6) and medical faculty (78.2%) who assumed the highest level of awareness was significantly higher than that in graduands from other faculties, with the lowest in faculty of agriculture (78.6%, 78.2% and 16.9%, respectively; $p = 0.008$). Compared to graduands from other participating faculties, about a 70% of the graduands from the faculty of agriculture assumed moderate level of awareness, whereas the lowest level of awareness was more common in graduands from the humanitarian faculty (24.5%, $p = 0.001$).

Table 1 shows that 79.8% females and 77.7% males ($p = 0.029$) knew that the RTF is an essential HR, which demonstrates a high level of knowledge in that regard. Whereas, a proportion of graduands who assumed low level of knowledge by acknowledging that the RTF is not even a HR was very limited (1.6% females and 4.4% males, $p = 0.029$). There was no significant difference) between graduands from various faculties with respect to the level of knowledge ($p = 0.073$). Unlike the majority

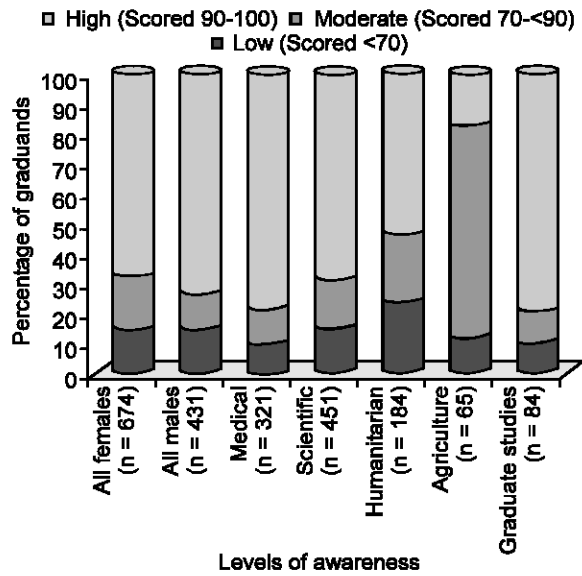


Fig. 4: Levels of awareness in graduands from different faculties on the studied twelve human rights

of the graduands from various faculties who assumed a high level of knowledge on the RTF, the proportion of the graduands from the faculty of the humanitarian who assumed high level of knowledge was the lowest and the proportion of those who assumed moderate level of knowledge was the highest.

Table 2 shows that while there was a significant difference ($p = 0.000$) between female and male graduands with regard to their level of awareness, similarly there was a significant difference ($p = 0.027$) between faculties in that respect except for graduands from the humanitarian faculty, about a half of female and male graduands from all other faculties assumed a high level of awareness on the RTF (46.9% and 53.6%, respectively; $p = 0.000$); they indicated that food is the main priority of their lives. The proportion of graduands who assumed low level of awareness was considered low (about 5%). Interestingly, more than one third of all participants from various faculties was not able to justify why they considered the RTF a basic HR. This was significantly higher in female graduands than that in males (47.8% and 35.5%, respectively; $p = 0.000$) and was the highest among graduands of the Humanitarian faculty (54.3%, $p = 0.027$).

Table 3 demonstrates that there was a significant difference between groups regarding issues that prompted them to endorse that the RTF is a basic HR. These differences were significant ($p < 0.05$) between female and male participants and between graduands from different faculties. The highest proportion of female and male graduands indicated that they believe RTF is a basic HR because it provides secured access to food (62.7% and 72.6%, respectively; $p = 0.001$); combating hunger was the second most concern in female and male graduands. Similar findings were observed in

Table 1: Levels of knowledge on the right to food as a basic human right among female and male graduands from various faculties. (M) Faculty of Medicine; (S) Faculty of Science; (H) Humanitarian Faculty; (A) Faculty of Agriculture; (GS) Faculty of Graduate Studies. Data is presented as frequency (%) and is considered statistically significant at $p < 0.05$

Item	Level of knowledge	Gender			Faculty					p-value
		Female (n = 674)	Male (n = 431)	p-value	M (n = 321)	S (n = 451)	H (n = 184)	A (n = 65)	GS (n = 84)	
Essential human right	High	538 (79.8)	335 (77.7)	0.029	262 (81.6)	363 (80.5)	126 (68.5)	53 (81.5)	69 (82.1)	0.073
Human right, but not essential	Moderate	120 (17.8)	71 (16.5)		50 (15.6)	73 (16.2)	46 (25.0)	10 (15.4)	12 (14.3)	
Not a human right	Low	11 (1.6)	19 (4.4)		8 (2.5)	11 (2.4)	7 (3.8)	2 (3.1)	2 (2.4)	
Do not know		5 (0.7)	6 (1.4)		1 (0.3)	4 (0.9)	5 (2.7)	0.00	1 (1.2)	

Table 2: Levels of awareness on the right to food as a basic human right among female and male graduands from various faculties. (M) Faculty of Medicine; (S) Faculty of Science; (H) Humanitarian Faculty; (A) Faculty of Agriculture; (GS) Faculty of Graduate Studies. Data is presented as frequency (%) and is considered statistically significant at $p < 0.05$

Item	Level of awareness	Gender			Faculty					p-value
		Female (n = 674)	Male (n = 431)	p-value	M (n = 321)	S (n = 451)	H (n = 184)	A (n = 65)	GS (n = 84)	
Food is the main priority of life	High	316 (46.9)	231 (53.6)	0.000	169 (52.6)	227 (50.3)	69 (37.5)	38 (58.5)	44 (52.4)	0.027
Other human rights are more important than food	Moderate	7 (1.0)	8 (1.9)		3 (0.9)	4 (0.9)	4 (2.2)	2 (3.1)	2 (2.4)	
Employment can secure food	Low	29 (4.3)	39 (9.1)		27 (8.4)	20 (4.4)	11 (6.0)	4 (6.1)	6 (7.2)	
Do not know		322 (47.8)	171 (35.5)		122 (38.0)	200 (44.3)	100 (54.3)	21 (32.3)	32 (38.1)	

Table 3: Issues that prompted graduands to endorse that the RTF is a basic human right. (M) Medical faculty; (S) Scientific faculty; (H) Humanitarian faculty; (A) Agriculture faculty; (GS) Graduate studies faculty. Data is presented as frequency (%) and is considered statistically significant at $p < 0.05^*$

Items	Gender		p-value	Faculty					p-value
	Female (n = 674)	Male (n = 431)		M (n = 321)	S (n = 451)	H (n = 184)	A (n = 65)	GS (n = 84)	
Secured availability of food	292(44.6)	261(62.1)	0.001	193(60.9)	213(48.2)	76(44.2)	27(42.9)	44(54.3)	0.001
Secured access to food	411(62.7)	304(72.6)		241(76.0)	291(65.8)	100(58.1)	40(63.5)	44(54.3)	
Availability of suitable foods in local market	316(48.2)	254(60.5)		182(57.4)	232(52.5)	82(47.7)	26(41.3)	48(59.3)	
Providing adequate nutritional	278(42.4)	203(48.3)		178(56.2)	166(37.6)	71(41.3)	25(39.7)	41(50.6)	
Combating hunger	388(59.2)	305(72.6)		235(74.4)	269(60.9)	101(58.7)	32(50.8)	56(69.1)	
Combating poverty	350(53.4)	288(68.6)		218(68.8)	239(54.1)	94(54.7)	32(50.8)	55(67.9)	

*Results do not tally to 100% due to multiple responses for these categories

graduands from different faculties. Except for graduands from the Faculty of Graduate Studies who considered that their selection of the RTF was influenced by combating hunger, combating poverty and food availability factors.

DISCUSSION

The Right to food, an everlasting birthright, addresses a wide range of activities that every state should ideally undertake in order to realize the human right to adequate food, which has been defined as one of the nine priorities of Food and Agriculture Organization (Food and Agriculture Organization, 2008). Accordingly, each individual has the right to have adequate food to meet recommended nutritional requirements for healthy and active life; consequently, it is a fundamental right to be free from hunger (United Nations Human Right, 2011). Food and Agriculture Organization's Strategic Framework 2000-2015 stipulates an expected full account progress made in further developing a rights-based approach to food security and helping to shape a food-secure world for existing and future generations. Following the adoption of the Voluntary Guidelines in November 2004, the FAO's Council called for adequate follow up to the guidelines by means of mainstreaming and the preparation of information, communication and training material (Food and Agriculture Organization, 2008). Generally, knowledge and awareness on the right to adequate food as a human right is necessary for reducing malnutrition and poverty as continuously been reported for decades (Food and Agriculture Organization, 2005). Thus, knowing the levels of knowledge and awareness on the right to adequate food will be of prime importance as to provide policy makers with information to building the capacity of Jordanians to support the initial implementation of the RTF at the national level. In addition, addressing the levels of knowledge and awareness among Jordanians might be of vital importance to food security and helping reducing poverty and malnutrition. Therefore, the present study addresses and determines the levels of knowledge and awareness on studied HRs including the right to adequate food among a group of graduands at the University of Jordan.

The majority of participants indicated that twelve HRs studied in this study including the right to adequate food were essential for humans to enjoy the most as summarized in Fig. 1. Nevertheless, the findings of a public opinion poll by the National Center for Human Rights and Center for Strategic Studies about HRs in Jordan conducted during 2011 and published while preparing this study have shown that about 40% of participants were familiar with national or international HRs covenants and treaties or organizations. The Polled people have indicated that the levels to which their HRs and public freedoms are warranted were moderate to high, (The National Center for Human Rights and Center for Strategic Studies, 2011) with variations among polled individuals.

The findings of this study indicate that the right to education is one of the HRs that humans have to enjoy the most, which appeared in accordance with the findings of the most recent public opinion poll. It revealed that the right to basic and higher education is guaranteed (80% and 68%; respectively) (The National Center for Human Rights and Center for Strategic Studies, 2011). These findings seem consistent with the fact that the illiteracy rate in Jordan was 7.2% in 2009, (Ministry of Education-Jordan, 2010) and that Jordan is ranking the third lowest illiteracy rate in the Arab world (Project Information Document, 2010).

Furthermore, Jordan has effectively achieved the second Millennium Development Goals (MDG2) with regard to universal basic education, ensuring that all children enroll in basic school of basic education opportunities to all school age children (Ministry of Planning and International Cooperation and United Nations in Jordan, 2010). The literacy rate among Jordanians aged 15 years or older was 92.2% (United Nations Development Programme, 2010). Furthermore, 57.6% females and 73.8% males aged 25 years or more had at least secondary education (United Nations Development Programme, 2010). Unlike many other developing countries such as Chad, Togo, Burkina Faso and Sierra Leone with more than 65% of their children that aged between 7 and 14 years old are working and more than half of them do not attend school (Balaban and Peixinho, 2008).

The findings of the present study show that among the studied HRs the participants indicate that the most human right that humans should enjoy was the right to life liberty and security. This could reflect considerable concerns of the participants with the degree of public freedom (Ekinçi, 2004; Tezcan *et al.*, 2004). These findings appear inconsistent with the human development index, which reported that Jordan has high Human Development Index (HDI) value of 0.681 with 0.92 average annual HDI growth rate (2000-2010) (United Nations Development Programme, 2010). Furthermore, the overall life satisfaction rate in Jordan was 5.7 (10, most satisfied) (United Nations Development Programme, 2010) It is also worth noting that compared to 467 per 100,000 people crime rate in USA (United State Census Bureau, 2010), the crime rate in Jordan has declined from 11.7% per 1000 population in 2000 to 7.5% in 2007 (Department of Statistics, 2000; 2007).

The findings of this study shows that the right to social protection and the right to movement are of the least concern of the participants symbolizing that the participants are enjoying their forever right for human. This is consistent with the Article 2 (I) of the constitution of Jordan, which provides that Jordanians shall be equal before the law. There shall be no discrimination between them with regard to their rights and duties on grounds of race, language, or religion (Official Gazette, 1952). As such, the Jordan government has not only proven to be very receptive to recommendations and reports issued by HRs watchdog but also considered the highest in recognizing HRs compared to other states in the Middle East countries (The Hashemite Kingdom of Jordan, 1997). Although only 14% of people voiced out their opinions to public officials, 75% of Jordanians are satisfied with freedom of choice (United Nations Development Programme, 2010). In addition, to ensure the transparency and accountability, Jordan has allowed both local and international HRs groups to investigate and publish allegations of human abuses (The Hashemite Kingdom of Jordan, 2010) and has established the National Center for HRs by 2003 (The National Center for Human Right, 2003). Human rights protect the right to freedom of movement within and out of the borders of each state (United Nations Human Right, 2011) Jordan is the only country in the Middle East and North Africa who became a member of the International Criminal Court (The Status of Democracy and HRs in the Middle East, 2009; International Criminal Court, 2003).

Of the twelve HRs studied in the present study, male graduands considered the right to adequate food the sixth most important human right to their lives, whereas females consider it the fourth human right. Captivatingly, while high proportion of graduands assume high level of knowledge and awareness on the right to adequate

food, 35% of males and 47.8% of female graduands ($p = 0.000$) are not aware of whether the RTF is an essential human right. These findings are not consistent with the fact that the literacy rate is high in Jordan. This lack of awareness could be explained by the high proportion of the participants in this study which shows that combating both hunger and poverty are among the main issues that prompted them to endorse that the RTF is a basic human right. Similarly, these findings are inconsistent with the findings of the most recent Jordan national poll. It has reported that 68% of the polled people have indicated that their right to have food is warranted (The National Center for Human rights and Center for strategic studies, 2011), whereas, the poll report failed to show whether the polled people are aware that the RTF should include the right to have adequate food. Nevertheless, there are more than fifty governmental and nongovernmental organizations in Jordan working on combating hunger and poverty (Zioud, 2010).

It is highly likely that Jordan will achieve the goal of eradicating extreme poverty and hunger by 2015 if certain measures are taken. Nevertheless, the percentage of people who lived below the abject poverty line was reduced by more than half, and has declined from 6.1% in 1992 and reach 1% in 2008, about 14% of the Jordan population lives below the national poverty line (United Nations Development Programme, 2010). Interestingly only 1.6% of Jordan population is at the risk of multidimensional poverty and only 0.2% of Jordanians are at the risk of multidimensional poverty index, compared to, less than 0.6% in the United Arab Emirates and 81% in Somalia. Furthermore, only 0.2% the Jordanians population are with severe deprivation of living standards (United Nations Development Programme, 2010), whereas, Jordan population with at least one severe deprivation in education, healthy and living standards was 10.6%, 11.9% and 0.2% respectively, compared to United Arab Emirates with 0.6%, 5.4% and 0.0%, respectively (United Nations Development Programme, 2010).

Despite the fact that certain Millennium Development Goals (MDGs) have been achieved, or are in the process of achievement, challenges remain particularly significant in light of the global financial and economic crisis on its impact on development (Ministry of Planning and International Cooperation and United Nations in Jordan, 2010). Food being produced is more than enough to feed the current world population that will require to be increased by 70% to feed the projected 9.1 billion people by 2050 (International Fund for Agricultural Development, 2010). Yet, about one billion people continue to live in either hunger or malnourishment. Today, about 1.5 billion people are living in extreme poverty, with about two thirds of them dwell in rural areas of developing countries (International Fund for

Agricultural Development, 2010). United Nations Human Rights Council stated that poor people are hungry and malnourished not because there is no food, but because they cannot afford to buy the food that is available (United Nations Human Rights Council, 2008). As such, drastic recent food prices spikes have led to increasing concerns about global food shortages and the obvious need to increase food production (Nellemann *et al.*, 2009; United Nations Education Program, 2009). This has forced more than 110 million poor people into hunger and 44 million people into the ranks of malnourishment (International Fund for Agricultural Development, 2010; Nellemann *et al.*, 2009; United Nations Education Program, 2009).

Following the success of the WFP in supporting the school feeding program since early 1970s and in an effort to combat malnutrition in school children, the Jordanian Ministry of Education and the WFP took the initiative to pilot faculty feeding program. In 1998, the government launched a national school feeding project (Global Child Nutrition Foundation, 2009). While this project has helped to bring proportion of malnourished children aged five years or less from 9% in 2002 to reach 6% in 2009 (Child Nutrition Foundation, 2009 and Jordanian Alliance against hunger, 2011), according to World Food Program about 50 million children worldwide remain with no access to any school nutrition program (Balaban and Peixinho, 2008). Furthermore, the Jordanian Alliance Against Hunger (JAAH) and Food Security was established in December 2004 (Jordanian Alliance Against Hunger, 2011). To provide access to food for each individual under poverty, JAAH in cooperation with Global Food Banking Network (GFN) has launched the first Jordanian food bank (Jordanian Alliance Against Hunger, 2011). Nevertheless, the findings of this study demonstrate that providing adequate nutrition was the least among the issues that prompted graduands to endorse that the right to food is a basic human right. The Special Rapporteur on the Right to Food, Olivier De Schutter has stated that solutions to food problems will only be sustainable if strategies are based on HRs. Improving education programs could be one of the most effective ways to reduce hunger, poverty and malnutrition (United Nations Human Rights Council, 2008). Providing food seems to be a valid suggests for school feeding projects and food bank programs could constitute a powerful ground to launch suitable education programs to educate school children on their right to adequate food. Similarly, tertiary education institutes are highly encouraged to adopt educating their students on human rights including the right to food.

The prevalence of underweight in pre-school children in South Asia has reached 47%, compared to 31% in sub-Saharan (Food and Agriculture Organization, 2006). Hence, over twenty countries have a mention on the RTF

in their constitutions. In Brazil, the president issued the government's commitment to realize the RTF using the voluntary guidelines. South Africa also specified the right to adequate food and the right to access sufficient food and water to promote the right of every child to basic nutrition. In Indonesia, the food law recognizes the right to adequate food for all its security and safety (Food and Agriculture Organization, 2006).

Human rights may not provide all the answers to the urgent issues on food and poverty, nevertheless many contributions highlights further development in progressing universal protection of the RTF, hence implementation requires a sincere effort and cooperation between the duty bearers and the right-based holders under its jurisdiction in a certain state (Eide and Kracht, 2007). Food and Agriculture Organization stated that food security at all levels including individual, household, national, regional and global can be achieved when people at all times have both physical and economic access to adequate, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life. Moreover, the ICESCR pointed out that the RTF is on implying the availability of food in quantity and quality sufficient to satisfy the dietary needs of individuals, free from adverse substance and acceptable within a given culture and that the accessibility of food do not interfere with the enjoyment of other human rights (Food and Agriculture Organization, 2009).

Conclusion: This research study concluded that participants demonstrated a satisfactory level of knowledge and awareness on HRs, Nonetheless, there were great concerns regarding the lack of awareness on the RTF as a basic HR. This could hinder the implementation and realization of the right to adequate food and the right to be free from hunger in the context of national food security. This is an important area for policy makers to building the capacity of people in order to support the realization of the RTF at all national levels. Further studies are required to identify emerging threats to the RTF and actions required for its realization. It is vital to adopt national laws to integrate HRs into the work of governmental and nongovernmental organizations; in addition, it is pivotal to develop suitable education programs to realize the delight of the RTF for the welfare of all sectors of the population.

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