**Basic Needs**

**TEACHER’S NOTES**

In this section we are going to look at basic needs and how those needs are met at home. We will also consider the differences between needs and wants.

<table>
<thead>
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<th>BASIC NEEDS</th>
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<tbody>
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<td>Food</td>
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<tr>
<td>Water</td>
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<tr>
<td>Shelter</td>
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<tr>
<td>Clothing</td>
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**WATER**

Water is a basic need because we must consume water to survive. In the UK we have a readily available supply of clean water which is piped into our homes. We can access this at any time and use water for drinking and many other activities. It is worth noting that historically Britain has not always had a good water supply this has only come about in the last 150 years. Previous to having water piped into homes people would gather water from town pumps or wells or from lakes, rivers and streams.

**FOOD**

Similar to water, food is an essential requirement for survival. Today we buy food from shops, supermarkets, restaurants and fast food outlets. Food available in supermarkets comes from all over the world. Previous to the availability of food in shops people would survive off the land. They would grow crops and breed animals to provide food. This is why harvest season is celebrated today because during this time crops and animals would be collected for food over the harsh winter.

**CLOTHING**

We need clothes to keep warm and be protected from the elements. Usually today we buy clothes from shops but in the past people made their own clothes from available materials e.g. wool, cotton, linen, leather etc.

**SHELTER**

We need shelter as protection from the elements and as a place to live, eat and sleep. In the past people lived in caves and as time progressed houses evolved to provide the comfortable accommodation we know today.
**EXTENDED BASIC NEEDS**

Some charities and organisations believe that the list of basic human needs should include healthcare, sanitation and education.

**EDUCATION**

Education can be seen as a basic need because it helps people to progress in life. In the UK it is compulsory to attend education between the ages of 4/5 and 16. The intention is to provide children with the tools required to lead successful lives.

**SANITATION**

Sanitation is necessary for us to live in a clean and healthy environment. Today we have flushing toilets, baths and showers and regular rubbish collection.

**HEALTHCARE**

From time to time people can become ill. Illness can be on many different levels from minor ailments to serious diseases. In this country we have a free healthcare system called the NHS which allows you to visit the doctor or be treated in hospital whenever you are sick. All UK citizens are entitled to free treatment on the NHS. This service is paid for by taxation. The NHS began in 1947 and previous to this people had to pay the doctor a fee. This was sometimes difficult for people who didn’t earn very much money.

**STRUGGLING TO MEET BASIC NEEDS**

Not everyone can easily meet their basic needs. In the UK there are charities which work to help those who find themselves in difficulties.

**THE DIFFERENCE BETWEEN NEEDS AND WANTS**

There is a clear difference between things we need and things we want. As we have explained people have basic needs that are integral to survival. Wants are things that are desired but are not necessary. Sometimes the line between needs and wants can become blurred but it is important to remember that needs are things that we can’t live without.

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<tr>
<th>EXAMPLES OF WANTS</th>
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<tr>
<td>Internet</td>
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<td>Trainers</td>
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Developing Countries

In less well-off areas of the world some people struggle to meet their basic needs. The reasons for this are many including, climate, political situations, war and corruption. In this section we will consider what is done to help people live a healthy life.

Providing Aid
Many organisations work to help people in developing countries, such as the UN, Water Aid, Oxfam and many more. Today the aim of these organisations is to help people learn to become self-sufficient which enables them to earn money to support their families and ensure they have their basic needs.

Microfinance
This is a worldwide scheme where a small amount of money is borrowed to help start a business or buy land, tools and animals. The intention is to encourage people to become self-sufficient and able to provide food for their family.

Fair Trade
Fair Trade is a movement which ensures that farmers and traders get a fair price for their goods. The aim is to achieve better trading conditions which helps people who supply the goods to make enough money to meet their basic needs. There are many fair trade items for sale in supermarkets, shops and on the internet.

Fair Trade Goods
- Bananas
- Flowers
- Cocoa
- Gold
- Coffee
- Sugar
- Cotton
- Tea

You can find out more about Fair Trade and what your school can do by looking at the website.

What Happens When Basic Needs Are Not Met?
Famine happens when crops fail. It is a serious problem in some African countries where there are no supermarkets and people are totally reliant on local crops. In some of the more serious famine thousands of people have died from starvation.