Summarise five reasons why, according to the text, we should support Fairtrade. [5]

Text C is taken from a webpage written to promote Fairtrade Fortnight.

Sit down for breakfast, stand up for farmers!

Fairtrade is not just about making sure food is ethically produced and safe to eat. It's about standing up for the people who produce our food. As Martin Luther King said, "Before you finish eating breakfast in the morning, you've depended on more than half the world." Even though farmers and workers produce the foods, drinks and products that we love, they are amongst the 795 million people who are undernourished globally.

It's a scandal that the people who grow the food we take for granted can't always feed their own families. By changing to a Fairtrade breakfast, we can help farmers and workers to put food on the table for their own families.

When people are paid a fairer price, they can have more control over their lives when times are hard, and worry less about how they will feed their families. Whether it's the extra cash in their pockets or being able to expand their farms to grow more food to eat, Fairtrade means many farmers and workers are able to fulfil a basic human need – to put enough food on the table for the people they care about, all year round.

Fairtrade products give us better tasting, environmentally-friendly food. Will you help us get as many people as possible to eat a Fairtrade breakfast in your community during Fairtrade Fortnight?