

# OFFICIAL FEEDBACK FORM

<b>WORKSHOP TITLE</b>	Nutrition Club Children's workshop
<b>WORKSHOP DATE</b>	Monday, 11 November 2024 12:00 GMT +10:00
<b>CONVENED BY</b>	Brenda Tagune, World Vision PNG
<b>EVENT LANGUAGE</b>	ToK Pidgin
<b>HOST CITY</b>	Port Moresby, Papua New Guinea
<b>GEOGRAPHIC SCOPE</b>	Middle Fly District-Western Province
<b>AFFILIATIONS</b>	Delta Fly Nutrition Club
<b>WORKSHOP EVENT PAGE</b>	<a href="https://nutritiondialogues.org/dialogue/54266/">https://nutritiondialogues.org/dialogue/54266/</a>



The outcomes from Children's workshops will contribute to developing and identifying the most urgent and powerful ways to improve nutrition for all, with a focus on children and young people. Each Workshop contributes in four distinct ways:

- Published as publicly available PDFs on the Nutrition Dialogues Portal
- Available as public data on the Nutrition Dialogues Portal "Explore Feedback" page
- Available publicly within a .xls file alongside all Feedback Form data for advanced analysis
- Synthesised into reports that cover which nutrition challenges are faced, what actions are urgently needed and how should these be taken forward - particular, in advance of the Nutrition for Growth Summit in Paris, March 2025.

# SECTION ONE: PARTICIPATION

## TOTAL NUMBER OF PARTICIPANTS

20

## PARTICIPATION BY AGE RANGE

8 12-15

12 16-18

## PARTICIPATION BY GENDER

9 Female

11 Male

0 Other/Prefer not to say

## ADDITIONAL DETAIL ON PARTICIPATION DIVERSITY

We hosted a diverse group of children for the nutritional dialogue workshop. These students include a child with special needs, representing various grade levels, shared unique perspectives and understanding of nutrition based on their age, family backgrounds, and communities. The activities were designed to be child-friendly, effectively highlighting the importance of nutrition and promoting healthy lifestyles. The children belong to a rural community.

# SECTION TWO: FRAMING

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The Children's Dialogue began with a warm welcome by the National Director for World Vision PNG Chris Jensen, he greeted the students and wished them a Happy World Children's Day as the day coincided with International Children's Day. After this World Vision Health Lead Specialist welcomed all the students and explained to them the purpose of the children's dialogue and the different activities that they would be doing for the day. Two facilitators were assigned and the group was divided into two. The children did the following activities throughout the 2 hours sessions. • Balanced Meal Plate Activity: Helping children identify food groups and understand how to create balanced meals. • Cue Card Game: Exploring the functions of nutrients in a fun and educational way. • Blind Taste Test: Encouraging children to distinguish between healthy and unhealthy foods through a playful challenge. • Mind Mapping: Sparking conversations about practical ways to improve nutrition in families, schools, and communities. • Balanced Meal Lunch: A hands-on activity where children prepared and enjoyed their own balanced meals while practicing proper hand hygiene. "I'm excited to participate in this activity. Now I know how to prepare a balanced meal!" shared by an 11 year old child with special needs. Coinciding with World Children's Day, this event was a powerful celebration of learning, collaboration, and inclusivity. It highlighted the importance of fostering healthier future for children by equipping them with the tools to make better nutritional choices.

# SECTION THREE: CHILDREN'S WORKSHOP OUTCOMES

## CHALLENGES

- Lack of food gardens in the school contributing to poor nutrition and awareness of nutrition
- Overeating junk food and candies contributing to tooth decay and unhealthy bodies
- Always eating fried food as a cheaper option
- Too much oil used in food contributing to sickness in children
- Early child marriage contributing to undernourished mothers and unhealthy babies

## URGENT RECOMMENDATIONS FOR ACTION

- Substituting fizzy drinks for water and coconut water
- Ensuring to stop eating a lot of fried food, and resort to eating boiled or creamed fish
- To include more fruits in their diets
- More awareness to be done on child marriage and early pregnancy
- Planting small garden plots in the school to promote nutrition

## AREAS OF DIVERGENCE

The discussions showed that the children had a good understanding of nutritious food and why it is important. This was clear from how they answered questions about different types of food and their bodily functions. They knew about the food groups and how they help keep them healthy. However, even though the children understood the importance of a balanced diet, this knowledge wasn't used in their homes. Many families don't grow or eat nutritious food, even though some could be grown in their households/communities. Instead, they often rely on store-bought goods and junk food because it's easier to access. This highlights a big challenge in the community: while there is knowledge about healthy eating, it's hard to practice due to a lack of locally grown food and other difficulties. Families need more support to grow a variety of crops and understand how important it is for their health. The Nutrition Impact Clubs are one way to help by teaching children and their families about the importance of growing and eating healthy food. By learning together, the community can make changes that help everyone have access to better, more nutritious meals.

## OVERALL SUMMARY

The discussion was eye-opening for the children, with one participant sharing that she had learned something new and was excited to apply her knowledge at home. She also expressed her eagerness to share what she learned with her family and put it into practice.

However, challenges within the communities, such as limited access to nutritious food and the difficulty of maintaining balanced diets, pose significant setbacks. The children's participation in the activities was a valuable learning experience, as they gained a clear understanding of the importance of eating the right food and their right to access nutritious meals. Despite the availability of ample land, geographical barriers, lack of community awareness about food hygiene and rationing, and the adverse effects of climate change have significantly impacted food security. Many families struggle to maintain food gardens large enough to feed their children.

To address these challenges, World Vision's Better and Enhanced Agriculture for Nutrition (BEAN) project is being implemented in the community. The project has already established Nutrition Impact Clubs in schools, where students are learning about nutrition, healthy eating habits, and proper handwashing practices.

As part of this session, we also distributed brochures on teenage pregnancy, specifically designed for the children's dialogue. This initiative aimed to advocate against teenage pregnancy, which has become increasingly prevalent in the community.

Overall, the dialogue was highly engaging and meaningful. The children not only learned a lot but also had fun interacting and learning from one another. Moving forward, the BEAN project will continue utilizing the Nutrition Impact Clubs in schools to involve students and teachers in more nutritional discussions and initiatives.

# SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

## PRINCIPLES OF ENGAGEMENT

Before the children workshop, we conducted a trial run with the World Vision staff in Balimo to ensure that our facilitators, recorders, and timekeepers were fully prepared to deliver an engaging, effective, and enjoyable session for the children. Since the event coincided with Children's Day, we aimed to make the day as fun, interactive, and educational as possible. The two-hour event was carefully designed to include discussions and quiz questions between two groups. Icebreakers were incorporated into the discussions to keep the children engaged and interested. The children were given opportunities to share their thoughts on nutrition, discuss challenges, and propose solutions, which they then presented to the group. A practical session on healthy food preparation was also included, with the meals created during the session served as lunch for everyone. This meticulous planning ensured a seamless and impactful experience for all participants.

## METHOD AND SETTING

The workshop took place in a well-appointed conference room, providing a comfortable setting for all children. The team that could not be on the ground joined through a video call making it more inclusive. This was done by setting up a projector to guide the facilitators through the discussion, eliminating the need for paper materials. The space between the two groups was carefully arranged to ensure optimal engagement. Child-friendly stationery was provided to get the children more engaged.

## ADVICE FOR OTHER CONVENORS

If there is internet access, use it to your advantage, especially if you are unable to travel.

# FEEDBACK FORM: ADDITIONAL INFORMATION

## ACKNOWLEDGEMENTS

A huge thank you to Ainda Piako Kepon for coming up with different activities for the day and Brenda Tagune for support on this. Salome Norman and her BEAN project team, Sonale Alibi, Kameda Kauka, Wadson Sinba John Kiwa, and Judy Ukat who acted as facilitators, record keepers, and timekeepers and support staff. Ainda Piako Kepon and Brenda Tagune were unable to attend but joined online

## ATTACHMENTS

- **Image 1**  
[https://nutritiondialogues.org/wp-content/uploads/2024/11/IMG\\_0836-PNG.jpg](https://nutritiondialogues.org/wp-content/uploads/2024/11/IMG_0836-PNG.jpg)
- **Image 2**  
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- **Image 3**  
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- **Image 4**  
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- **Image 5**  
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- **Image 6**  
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- **Image 8**  
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