

# OFFICIAL FEEDBACK FORM

<b>WORKSHOP TITLE</b>	Children's Workshop to Strengthen Nutrition among Children
<b>WORKSHOP DATE</b>	Monday, 2 December 2024 13:30 GMT +05:45
<b>CONVENED BY</b>	Shyam Adhikari Event announced on behalf of the Convenor by: Priscilla Dhakal. Facilitator Feedback published on behalf of Convenor by: Priscilla Dhakal. Facilitator
<b>EVENT LANGUAGE</b>	Nepali
<b>HOST CITY</b>	Mahottari, Nepal
<b>GEOGRAPHIC SCOPE</b>	Rural Municipality
<b>WORKSHOP EVENT PAGE</b>	<a href="https://nutritiondialogues.org/dialogue/55790/">https://nutritiondialogues.org/dialogue/55790/</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

28

## PARTICIPATION BY AGE RANGE

12 12-15

16 16-18

## PARTICIPATION BY GENDER

17 Female

11 Male

0 Other/Prefer not to say

## ADDITIONAL DETAIL ON PARTICIPATION DIVERSITY

Children of different age groups, gender, ethnicities, and religions were invited to the workshop. All of the children belonged to rural municipalities. Their socioeconomic status was quite similar.

# SECTION TWO: FRAMING

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We started with a physical stretching session to get the children comfortable in the space we were conducting the workshop. We communicated that we were there to listen to their opinion without judgement and that there would be no right or wrong answer. We asked them to fill out the consent forms. Then we asked them to introduce themselves with a mention of their favorite food. Then it was followed with a question about hunger. We asked them to recall a moment when they had experienced hunger and how they felt emotionally, mentally, and physically. After the children had shared the experience, we moved on to know what they usually eat. We asked them if they think the food they eat generally are nutritious. After getting a mixed answer, we asked them what nutrition meant to them. They had a vague understanding of nutrition; thus, we added in a session on explaining what a nutritious plate looks like. Then we asked them to share the challenges that obstruct them from having such nutritious food. After hearing their perception on challenges, we divided groups and asked them to draw painting of the nutritious community they envision having.

# SECTION THREE: CHILDREN'S WORKSHOP OUTCOMES

## CHALLENGES

1. Lack of awareness of nutrition and nutritious food.
2. Sociocultural aspect and existing lifestyle
3. Weak financial situation of parents
4. Unemployment of guardians
5. Parents lacking knowledge on nutrition and thus not being able to provide it to children
6. Working parents are unable to take proper care of their children.
7. Sanitation of utensils used to serve food in school meals and lack of personal hygiene.

A child shared, "As both of our parents go to fields to work, they are not able to take care of us and pay attention to what we eat."

## URGENT RECOMMENDATIONS FOR ACTION

1. Provide agricultural training on different crops and modern agriculture methods.
2. The government should supply good-quality seeds to the farmers.
3. Create awareness on nutrition in the community and in schools.
4. Include discussion on nutrition in child clubs.
5. Make school authorities accountable for having proper sanitation ensured for school meal preparation and serving through the child club's advocacy.

## AREAS OF DIVERGENCE

The views and opinions didn't diverge, as their understanding of nutrition was limited but similar.

## OVERALL SUMMARY

1. As this workshop was conducted in the plain terrain of Nepal, which is also known for its fertile land and agricultural diversity, we assumed that children would be consuming locally available seasonal nutritious food. However, we observed that the eating pattern is unbalanced due to dominant cooking styles and the high inclusion of carbs. We felt that having resources is not enough; it is important that people know how to utilise those resources to get the best out of them.
2. Children have limited knowledge on nutrition in this community; thus, it is important we intensify intentional awareness generation among people here on nutrition.
3. Rupantaran has been an effective model in child protection; thus, inclusion of nutrition in these classes is highly recommended.
4. WASH is considered an issue in this province, which is also affecting nutrition. One of the child participant, Prem Kumar Sahani commented, "Our school gives school meals to children studying up to grade 5. We have seen those children don't wash the plates properly, but the school authority does not rewash them and serve food on the same plate the next day."

# SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

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## PRINCIPLES OF ENGAGEMENT

We adhered to the principles of engagement. First of all, we ensured that every child was willing to participate voluntarily before the workshop started and got consent from them. We assured them that we were there to hear their opinions and perspectives and that no one would evaluate them or offer feedback on anything they said either during or after the workshop. It was a bit challenging with this group as the children were not very expressive. However, we made various attempts to make them feel safe to speak and asked follow-up questions to deepen the discussion and broaden the exchanges. We were also mindful not to influence them. The team did not use any specific product brand names in order to adhere to the principle of keeping the event free from marketing and promotion.

## METHOD AND SETTING

The hall in the ward office was selected as a venue for the children's dialogue. We started off with physical stretching, then had them seated comfortably in a U-setting. We explained to them all that was written in the consent form and had them fill out the form. We made sure only the facilitators were present at the hall for them to express their opinions without any external fear of judgement.

## ADVICE FOR OTHER CONVENORS

Children's workshops can get unpredictable, as children might or might not express themselves the way we expect. We should always have backup plans ready with us, such as giving them different mediums to express through writing and pictures along with verbal expression. Also, the incorporation of such methodology could elongate the duration so it is always good to have some healthy snacks for children, as they might get hungry during or after the session.

# FEEDBACK FORM: ADDITIONAL INFORMATION

## COLLAGE PHOTOS



## ACKNOWLEDGEMENTS

We would like to appreciate IRDS for supporting World Vision International Nepal with gathering the children and making all arrangements.