

# OFFICIAL FEEDBACK FORM

<b>WORKSHOP TITLE</b>	Children's Workshop on Nutrition
<b>WORKSHOP DATE</b>	Saturday, 7 December 2024 09:00 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>GEOGRAPHIC SCOPE</b>	Metropolitan
<b>WORKSHOP EVENT PAGE</b>	<a href="https://nutritiondialogues.org/dialogue/56043/">https://nutritiondialogues.org/dialogue/56043/</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

22

## PARTICIPATION BY AGE RANGE

18 12-15

4 16-18

## PARTICIPATION BY GENDER

16 Female

6 Male

0 Other/Prefer not to say

## ADDITIONAL DETAIL ON PARTICIPATION DIVERSITY

The participating children were from different age groups, varying from 12 to 17 years old. As this urban settlement was a Newar (indigenous group) community concentrated settlement, most of the children were from the Newar community except a very few, thus having similar social values and norms. Proportionately, the participation of boys was less than that of girls, but we had active participation of the ones who participated.

# SECTION TWO: FRAMING

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The workshop was started with an icebreaker where children made to do some physical stretching by standing in an U shape. The children were then communicated about the objective of the gathering in brief, and consent forms were filled out. Then we started the event by introducing all the participants, where we asked them to add the name of their favorite food while introducing themselves. We asked them questions to gain an insight on the level of understanding they have on nutrition. To get effective engagement, we did a few group works. We mainly focused on two questions: the challenges they are facing to have nutritious food and the potential solutions for everyone to have access to nutrition in the community. The group discussions were then shared by the children in the larger group among their peers. The children also made art to share their view on nutrition.

# SECTION THREE: CHILDREN'S WORKSHOP OUTCOMES

## CHALLENGES

1. Commercialization of agriculture and high usage of pesticides and fertilizers in the farms are robbing the nutrition off the produces
2. Recurring disasters like flood and landslides are eroding the soil quality and affecting the fertility of the soil
3. People lack knowledge on the proper cooking methodology, due to which they tend to undercook or overcook the food that causes loss of nutrition
4. The raw foods purchased are not washed properly, causing more harm to the body
5. People not paying attention to the expiration date of packaged food and purchase stale food from market
6. Inadequate farming land to grow own food in urban areas
7. Parents are occupied, due to which they are not able to provide nurture and care to children
8. High tendency to consume packaged food due to easy accessibility. They are tasty and ready to eat, requiring minimal to no effort.
9. Poverty is forcing people to satisfy hunger rather than having a nutritious meal
10. Inadequate knowledge about how to consume nutritious food and when. There is no schedule for eating meals, which leads to undereating and overeating.
11. Shops use the same oil more than once for cooking, which causes harm to the body.
12. People are getting lazy to cook food at home thus buy readily available food without considering nutrition
13. Advertisements and marketing activities influence people to purchase packaged food
14. Busy lifestyles of people and inadequate skills to prepare food in the name of modernization
15. Lack of options to have nutritious and organic food in the market
16. Global issues like global warming, war, conflict, and pollution
17. Addictive ingredients in junk food
18. Lack of necessary tools and schemes for farmers is discouraging them to continue the profession
19. Increasing interest in service than farming

One child said, "It has become easier for parents to give money to their children and tell them to buy whatever they want to eat instead of cooking nutritious food at home."

## URGENT RECOMMENDATIONS FOR ACTION

1. Families should have timetable for meals
2. Learn proper method to cook to avoid eating under cooked or over cooked food
3. Proper labelling on food packets stating ingredients, manufacturing and expiration dates
4. Parents should not provide money to children to purchase food but rather cook at home
5. Job opportunities should be provided to reduce poverty and increase ability of people to purchase nutritious food
6. Government interventions to encourage farming as a profession by providing necessary support. Encouraging youths to get involved in farming and provide training on modern agriculture.
7. Awareness campaigns on the need for having nutrition for all people in the community
8. Limiting import from other countries to encourage agriculture in our own country
9. Eliminate easy accessibility of junk food and have strict regulations
10. Promoting organic fertilizers and training farmers on the usage of right amount of pesticides
11. Plan urbanization
12. Discourage manufacturing of junk food and government interventions should be made to ban ultra-processed foods
13. Schools should ban bringing and selling packaged or unhealthy food in school premises and allow only homemade food
14. Marketing and awareness programs of organic foods
15. Promote utilizing barren agricultural land for cultivation and also encourage everyone to grow their own food in available spaces as a leisure activity
16. Business houses to be oriented to have a change in mindset and be responsible towards society

## AREAS OF DIVERGENCE

The children stayed on the topic, and the area of divergence was next to none. They did present different perspectives and showed deeper understanding on the subject matter. Since, it the the dialogue organized in urban setting the children shared the opinions related to global war (Ukraine-Russia) and climate change impact.

## OVERALL SUMMARY

This dialogue was held in an urban setting. Prior to this, we had our dialogues in two rural settings. The challenges of the two areas were different, and so was the level of understanding. Children in the urban setting presented a wider scope and were able to get to the core of the issue. The gravity of the children's understanding was commendable. The children here highlighted various relevant issues such as the consumption of processed and packaged food, commercialization of farming, working parents being unable to pay proper attention to children, and even the effects of global warming and climate change.

One child shared, "Parents these days are busy with their mobile phones. The ones who work say they are tired, do not cook on time, and prefer to spend time on their mobile phones, which is affecting our eating schedule."

In addition to this, group discussion proved to be an effective medium among children for them to open up. Working with their friends helped them discuss more and express themselves, which got us to understand their perspective more clearly.

A 16-year-old girl shared, "The farmers these days are only focused on increasing their production, for which they use a lot of chemicals. We buy them thinking we are eating healthy food but are eating a lot of harmful chemicals instead, which adversely affects our health."

The children also directed the conversation toward the role of authorities and business owners. The labelling of food is not monitored, due to which people are purchasing a lot of expired products. She further added, "People should be aware that we need to check the expiration date before buying any kind of packaged food. If a shop is selling expired items, the community should be united to take action against them."

# SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

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## PRINCIPLES OF ENGAGEMENT

We ensured sure that every child was willing to participate voluntarily before the workshop started and gave them the assurance that we were there to hear their ideas and perspectives and that no one would evaluate them or offer feedback on anything they said either during or after the workshop. By posing pertinent open-ended questions, we deepened the discussion and broadened the exchanges. One facilitator was assigned to each group to help the children get to the depths of the ideas they generated. The convenors and facilitators carefully established a secure space for the children to express themselves, 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 event was held in the hall of the ward office. The consent of children was taken during the initiation of the event. The participants were ensured that they would not be judged or labelled as right or wrong, and it made them feel safe to express their opinions on the subject matter. The facilitators were addressed as brothers and sisters rather than Sir and Madam to get them at ease. We encouraged everyone to speak up and closely observed and facilitated each group during group discussion.

## ADVICE FOR OTHER CONVENORS

It is advised to have alternative ways of hosting events when it comes to children, based on the personality type of the majority of children in the group. For instance, we did two group discussions among children, one with their own friends and another with new children in the gorup. Children opened up more when we used this method over collecting individual responses.



# FEEDBACK FORM: ADDITIONAL INFORMATION

## COLLAGE PHOTOS



## ACKNOWLEDGEMENTS

We would like to acknowledge our partner CDS and urban field office team for making necessary arrangements for the dialogue