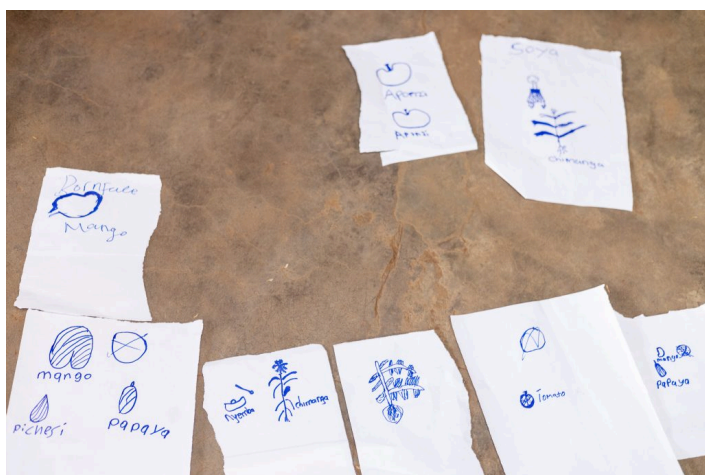


# OFFICIAL FEEDBACK FORM

<b>WORKSHOP TITLE</b>	Nourishing young minds: A conversation with Children with disabilities
<b>WORKSHOP DATE</b>	Monday, 16 December 2024 10:00 GMT +02:00
<b>CONVENED BY</b>	Felistus Dakamau-District Nutrition Officer and Pauline Chifika-Agriculture Extension Development Officer (AEDO) Event announced on behalf of the Convenor by: Gracium Mphande. Technical support Feedback published on behalf of Convenor by: Gracium Mphande. Technical support
<b>EVENT LANGUAGE</b>	Chichewa
<b>HOST CITY</b>	Mpamila, Malawi
<b>GEOGRAPHIC SCOPE</b>	Khuwi Village, Kalumo Traditonall Authority, Ntchisi, Malawi
<b>AFFILIATIONS</b>	World Vision
<b>WORKSHOP EVENT PAGE</b>	<a href="https://nutritiondialogues.org/dialogue/56489/">https://nutritiondialogues.org/dialogue/56489/</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

14

## PARTICIPATION BY AGE RANGE

10 12-15

4 16-18

## PARTICIPATION BY GENDER

8 Female

6 Male

0 Other/Prefer not to say

## ADDITIONAL DETAIL ON PARTICIPATION DIVERSITY

The workshop was attended by children of various disabilities drawn from the rural communities of the district.. These were in-school and out-of-school children.

## SECTION TWO: FRAMING

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During the introduction, children were asked to write names and their favorite food on a piece of paper and display them. Facilitators used a positive and empowering tone to make children feel welcomed. To help children understand, facilitators also gave personal examples which helped children respond comfortably. Some of the children gave examples of malnutrition issues as well as hunger issues which happened in their communities i.e. people dying of hunger and children dying of malnutrition.

# SECTION THREE: CHILDREN'S WORKSHOP OUTCOMES

## CHALLENGES

1. Limited access to health foods
2. Inadequate food at household level since parents prioritize selling than keeping enough food for the household
3. Low yields due to lack of farm inputs
4. Hunger which leads to increased school dropout
5. Poverty
6. Death and malnutrition due to undiversified diets.

## URGENT RECOMMENDATIONS FOR ACTION

1. Increase access to health foods options in the communities
2. Implement nutrition education programs and nutrition dialogues in schools to empower children with health eating habits
3. Raise awareness among communities to sensitize parents and caregivers on nutrition. Encourage parents and caregivers to provide balanced diets and encourage health eating habits among children at home.

## AREAS OF DIVERGENCE

1. Food choices: Some children said they like nsima with legumes while others said nsima with vegetables and another group nsima with animal products like eggs, meat and chicken.
2. Eating six food groups in a single day: Some said it is possible while the majority said it is not possible to eat six food groups.
3. Effects of malnutrition: Some said malnutrition can lead to death while others said it only leads to serious illness.

## OVERALL SUMMARY

The group discussed what food is, food groups and their examples. Children were able to mention all the six food groups but miss-allocated the examples e.g. beans as an example of staples.

Another area of focus was sources of the food children eat. They were able to mention sources like markets, farms, gardens, and shops. The dialogue also included children's eating patterns, food choices and preferences.

On nutrition, discussion was about what nutrition is, which they said is eating a diversified diet and staying health always. The dialogue also included a topic on malnutrition and its effects and how it can be prevented. Children were able to mention that a malnourished person looks very sick, wasted and unhealth as well as weak and can die.

Additionally, difference between hunger and malnutrition was also discussed and how hunger can be prevented at household, community and national levels.

Finally, the group discussed common nutrition challenges which they face and why they think it is important for them to participate in nutrition dialogues.

# SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

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## PRINCIPLES OF ENGAGEMENT

It was fun and interactive. Used simple and relatable language and games. Music, ice breakers and games were incorporated to make the session very lively. Activities that required participants draw images or pictures were also employed and made the workshop enjoyable.

## METHOD AND SETTING

The method used during the workshop were mainly question and answer as well as exploratory through the games. Children were allowed to provide feedback as much as they could.

## ADVICE FOR OTHER CONVENORS

1. Be approachable, empathetic and non-judgemental. 2. Use simple and clear language. 3. Encourage open-ended discussions. 4. Allow children to share experiences and express their feelings. 5. Provide support to children that needs special support

# FEEDBACK FORM: ADDITIONAL INFORMATION

## ACKNOWLEDGEMENTS

We acknowledge the presence of World Vision staff and volunteers from the community as well as World Vision for their financial support. The nutrition team from government i.e. District Nutrition Coordinating Committee (DNCC) for convening the workshops, the children and school authorities for hosting the function.

## RELEVANT LINKS

- **World Vision Champions Inclusive nutrition in Ntchisi**  
<https://www.facebook.com/100069098034320/posts/pfbid02jKYAQod36DQStspzfZdvJ8LdMqDxehvYt1hgPomLHovt3JGmKfCLwhxFJYVGLnLul/?app=fbl>

## ATTACHMENTS

- **Children participating in a dialogue**  
<https://nutritiondialogues.org/wp-content/uploads/2024/12/LW-4.jpg>
- **Children participating in a dialogue**  
<https://nutritiondialogues.org/wp-content/uploads/2024/12/LW-2-2.jpg>
- **Children participating in a dialogue**  
<https://nutritiondialogues.org/wp-content/uploads/2024/12/LW-5.jpg>
- **Children participating in a dialogue**  
<https://nutritiondialogues.org/wp-content/uploads/2024/12/LW-8.jpg>
- **Children participating in a dialogue**  
<https://nutritiondialogues.org/wp-content/uploads/2024/12/LW-13.jpg>
- **Food names/types**  
<https://nutritiondialogues.org/wp-content/uploads/2024/12/LW-25.jpg>
- **Food names/types**  
<https://nutritiondialogues.org/wp-content/uploads/2024/12/LW-26.jpg>
- **Food names/types**  
<https://nutritiondialogues.org/wp-content/uploads/2024/12/LW-28.jpg>
- **Children participating in a dialogue**  
<https://nutritiondialogues.org/wp-content/uploads/2024/12/LW.jpg>
- **Facilitation of Children's workshop**  
<https://nutritiondialogues.org/wp-content/uploads/2024/12/LW-6.jpg>