

OFFICIAL FEEDBACK FORM

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| WORKSHOP TITLE | Learning & Reflecting about Nutrition |
| WORKSHOP DATE | Friday, 20 December 2024 11:00 GMT +01:00 |
| CONVENED BY | World Vision Angola Event announced on behalf of the Convenor by: Nidia Klein. Technical Support Feedback published on behalf of Convenor by: Nidia Klein. Technical Support |
| EVENT LANGUAGE | Portuguese |
| HOST CITY | Zangolli, Angola |
| GEOGRAPHIC SCOPE | Community level |
| WORKSHOP EVENT PAGE | https://nutritiondialogues.org/dialogue/56717/ |



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

11 12-15

9 16-18

PARTICIPATION BY GENDER

11 Female

8 Male

0 Other/Prefer not to say

ADDITIONAL DETAIL ON PARTICIPATION DIVERSITY

The workshop was attended by 20 participants, aged between 12 and 18 years; among them were children from different academic levels, ranging from the 10th to the 11th grade. The participants are residents of different neighborhoods and come from various families and socioeconomic backgrounds.

SECTION TWO: FRAMING

The meeting began at 11:30 AM on December 20, 2024, in the Ilha Seca neighborhood, Zango (3) district, Viana municipality, at an educational institution (Instituto Técnico Privado Radlín Taira). It was facilitated by Felisberto Chivinda, assisted by the writing guardian, Cesaltina dos Santos, who started by explaining the objectives of the meeting. This was followed by an icebreaker activity, and then the dialogue began with questions about nutrition and malnutrition. Among the various concepts presented, the following were highlighted: 1- Balanced diet; 2- The science that studies food; 3- A wheel of healthy foods; 4- Ingestion of foods that promote the well-being of the body; 5- Physical development as a result of a regulated diet; 6- Nutrients in the body; 7- Controlling the vitamins that foods contain; some understood that only legumes were nutritious foods. Among the various activities developed, Activity 1 stood out, which involved interpreting nutrition through images. It highlighted the importance of a source of potable water, dietary balance, the consequences of drought on nutrition, the existence of school meals to maintain the diet in the school environment, eating enough but not too much or too little except in times of scarcity, which contributes to malnutrition, cultivating the land to empower families, and reducing the consumption of processed products. Although there were many contributions, the issue of balancing a healthy plate with limited economic power caught the attention of the attendees and prolonged the discussion.

SECTION THREE: CHILDREN'S WORKSHOP OUTCOMES

CHALLENGES

The main challenges identified and highlighted by the children and young people were as follows:

- The lack of nutritional and dietary education was pointed out as the main challenge;
- Being part of a socioeconomic group with low purchasing power;
- The unstable inflation of formal and informal markets, especially for products with higher nutritional quality, making it difficult to include them in the daily diet of families;
- The lack of social equity, as some families live in abundance while others have only one meal a day;
- The lack of community centers or spaces to help the most needy;
- The absence of nutrition professionals to monitor children with malnutrition cases, as well as healthy children, to prevent them from falling into nutritional disorders;
- Lack of basic sanitation in our communities, especially in markets, which are the sources of food acquisition;
- Having a lot of food but not knowing how to select or identify the necessary foods at the moment.

URGENT RECOMMENDATIONS FOR ACTION

Through drawings, the children and young people described some urgent recommendations to solve the problems of child malnutrition:

- Promote more knowledge about Nutrition through lectures in schools, communities, churches, and other places, an action to be developed by nutritionists and community intervention activists;
- The government should help families increase their purchasing power by lowering the prices of main food products in the markets, improving roads for transporting products from rural areas, and providing agricultural materials;
- Improve medical assistance so that people can include healthy foods containing elements like iron, calcium, vitamins, etc., in their diet;
- Improve access to potable water and basic sanitation;
- Create community centers or spaces for solidarity activities, such as community kitchens;
- Provide proper monitoring of malnourished children and others to prevent extreme cases of malnutrition;
- Ensure that agencies responsible for inspecting commercialized food are more active to prevent degraded food from reaching our tables;
- Revisit the issue of school meals, as they have helped with the applicability and assimilation of children.

AREAS OF DIVERGENCE

In general, the participants' opinions did not differ much, as they agreed on most of the points discussed. However, it is worth highlighting that many families, according to them, still believe that the most important thing is to keep their children's stomachs full, regardless of the diversity or quality of the food.

OVERALL SUMMARY

The workshop was attended by 20 children and lasted two hours. It began with a solemn moment where the Pedagogical Director gave some comforting and welcoming words to the boys and girls. We then took the floor, conducting an icebreaker before starting the dialogue, allowing the children to get to know each other. The children presented their ideas and/or concepts about Nutrition, an important topic for their lives, as maintaining life is not possible without the intake of food, especially healthy food, which develops not only the body but also the mind.

It was a very sensitive session, as many children were very shy, not because they had nothing to say, but because the dialogue reminded them of the harsh reality their families were experiencing. Many highlighted that they only had two meals a day, and others mentioned having days with only one meal at home. The issue of food scarcity worried them, as did the fact that even when there is plenty of food, they do not know how to select the essential items for each meal. This highlighted the need for a resident nutritionist or activist to continuously provide information to the community about balanced diets.

The photo activity was almost shocking and very emotional, as the children explained different realities seen in the images, reminding them of the difficult situations faced by low-income families, who often lack the minimum necessities and need solidarity actions to develop some subsistence activity.

The workshop with the children identified about 8 challenges, including low income, inflation, lack of community centers, nutrition professionals, basic sanitation, knowledge, and social equity. Through drawings and collages, the participants presented their urgent suggestions to solve child malnutrition problems: promoting more knowledge about Nutrition, government assistance to increase families' purchasing power, improving access to potable water and basic sanitation, creating community centers or spaces for solidarity activities like community kitchens, providing proper monitoring of malnourished children to prevent extreme cases of malnutrition, ensuring that food inspection agencies are more active to prevent degraded food from reaching our tables, and revisiting the issue of school meals, as they have helped with children's learning and assimilation.

At the end of the meeting, the children mentioned in their thank-you comments the need for more meetings like this with other groups, emphasizing the idea of sharing such knowledge with more people and consequently reaching more communities and populations. The workshop ended at around 1:30 PM, and the children were treated to a snack.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

The workshop was conducted in a way that allowed all members to participate. Each participant had their moment to speak and express their opinions to avoid conflicts, under the moderation of the facilitator and the convener, following the rules of coexistence presented at the beginning of the workshop.

METHOD AND SETTING

Based on the principle that everyone should participate, methods such as question-and-answer, dialogue, and independent work were used to achieve the desired objectives. The chairs were arranged in a semi-circle or arc format to allow all participants to see each other, interact more easily, and hear each other's opinions.

ADVICE FOR OTHER CONVENORS

For future meetings, it is important to create a discreet dynamic for almost concrete identification of socioeconomic groups. This will improve communication and ensure careful approaches to avoid hurting any child. There was a recognized need to promote more meetings focused on dietetics. In other words, the children expressed a desire for more sessions to learn concretely about nutrients, grams, quantities, and not just have a meeting for gathering information.

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS

Extended thanks to WM for the initiative in contributing to these dialogues, thus listening to the existing problems in this community firsthand; to the Directorate of the Radlín Taira Institute; and to the parents of the boys and girls for allowing their children to participate in the meeting.