

OFFICIAL FEEDBACK FORM

WORKSHOP TITLE	Learning & Reflecting about Nutrition
WORKSHOP DATE	Wednesday, 18 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	Lubango, Angola
GEOGRAPHIC SCOPE	Community level
WORKSHOP EVENT PAGE	https://nutritiondialogues.org/dialogue/56801/



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

36

PARTICIPATION BY AGE RANGE

36 12-15

0 16-18

PARTICIPATION BY GENDER

25 Female

11 Male

0 Other/Prefer not to say

ADDITIONAL DETAIL ON PARTICIPATION DIVERSITY

SECTION TWO: FRAMING

The theme of the activity was related to the concept of Learning and Thinking about Nutrition. The activity began with introductions and greetings among the participants, followed by the introduction of the topic, starting with a reflection on what each person understood by Nutrition. The children showed some understanding of the subject, with the girls appearing more informed and interested than some of the boys. Throughout the activity, the children raised their hands whenever they wanted to share their ideas. During the workshop, we had the opportunity to learn and reflect together on nutrition. The moderator defined key terms related to child hunger and malnutrition, sharing national statistics and highlighting the exacerbating impact of El Niño-induced drought on both rural and urban communities. Participants learned about the far-reaching consequences of hunger and malnutrition on children's growth and development, health, education, and future income potential. Specifically, we examined the rising cases of stunting and wasting in our region, which have compromised the health and well-being of young children. The moderator ensured a safe and respectful space, encouraging open and honest sharing of views, active listening, and polite expression of differing opinions.

SECTION THREE: CHILDREN'S WORKSHOP OUTCOMES

CHALLENGES

The children deepened their knowledge about good nutrition, also learning about the importance of hydration for the transport of nutrients in the body. The relevance of maintaining three daily meals whenever possible was discussed, although it was recognized that for many families, this reality is not always feasible because parents or guardians earn very little. The children highlighted that parents or guardians have been constantly complaining about food prices and have noticed that the amount of food available at home has decreased. Even though they still have at least three meals a day, the quantity in their plates is less than they used to have.

Another issue raised by the children is related to water; not all of them have free access to water at home or even at school, where water shortages are frequent, specially at the drought season. Some reported suffering from diarrheal diseases when questioned but did not seem to make the connection with possibly contaminated water.

The children, living in an urban area, reported eating more processed foods, especially for snacks, such as cookies and ready-made juices. They identified that they eat little protein, especially meat and fish, as they recognize that their parents do not have enough money to buy these foods frequently.

URGENT RECOMMENDATIONS FOR ACTION

The children ask for lower food prices so that parents or guardians can purchase a greater variety of items. They also mentioned that it would be good to have access to healthier snacks, despite their fondness for processed products.

The children themselves recognize and recommend that those children living in rural areas are the most vulnerable and need more support regarding nutrition knowledge and highlighted the drought with huge impact to have access to food in this areas, very next to them, at the urban perimeter. They also highlighted the importance of teaching rural mothers how to diversify the use of food produced in the fields, promoting a more varied cuisine in rural areas.

The children also emphasized the importance of access to potable water, especially for handwashing as an essential part of good nutrition, and stressed the importance of keeping the body hydrated to ensure the proper distribution of nutrients in the body.

AREAS OF DIVERGENCE

Some children expressed that school meals could help them better assimilate the content during classes and would be a supplement to their daily meals, reducing food costs at home (the school they attend is not covered by the National School Feeding Program).

On the other hand, others stated that they are used to studying without eating and consider the school meal just a supplement, without a direct impact on learning assimilation during school hours.

Other children said they do not believe the government could maintain a school feeding program for all students in the country and that, in the end, parents or guardians would again have to bear the cost of food so that their children could have a snack when they need to eat the school meal.

OVERALL SUMMARY

The activity focused on Learning and Thinking about Nutrition, starting with introductions and reflections on the concept of nutrition. The children, particularly the girls, showed some understanding of the topic and actively participated by sharing their ideas. The moderator explained key terms related to child hunger and malnutrition, highlighting the impact of El Niño-induced drought and the consequences of malnutrition on children's growth, health, education, and future income.

The children learned about the importance of good nutrition and hydration, discussing the challenges of maintaining three daily meals due to financial constraints. They noted the high food prices and decreased food availability at home. Water access issues and the consumption of processed foods were also raised, with children recognizing the lack of protein in their diets due to financial limitations.

The children requested lower food prices and healthier snacks, emphasizing the vulnerability of those in rural areas and the need for better nutrition education. They highlighted the importance of potable water and handwashing for good nutrition. Some children saw school meals as beneficial for learning and reducing food costs at home, while others viewed them as mere supplements. There was skepticism about the government's ability to sustain a nationwide school feeding program.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

The workshop was designed to embody the principles of engagement, creating a safe space: the moderator created a supportive environment, encouraging open sharing and guaranteeing a safe space for discussions on child hunger and malnutrition. Encouraging the active listening: Participants were encouraged to share thoughts and opinions freely, fostering an environment of active listening and respect.

METHOD AND SETTING

The children remained in their classroom at the school where they study, sitting in a semi-circle. This way, they could listen to the nutrition information and then, during the activities, interact and create a fluid debate. The highlight of the meeting was sharing the perceptions and feelings that the provided photos evoked in them. Words like happiness, sadness, and hunger appeared in many of the accounts. During the break, the children received a snack consisting of fruits & vegetable pie.

ADVICE FOR OTHER CONVENORS

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS

Thanks to the Principal of the Primary Lubango School, and the colleagues from PAT-II and ANGEL projects who helped us to organise the dialogue.