

OFFICIAL FEEDBACK FORM

WORKSHOP TITLE	Dialogue with Children on Nutrition, Sekyere Afram Plains AP
WORKSHOP DATE	Thursday, 23 April 2026 16:43 GMT +00:00
CONVENED BY	Godsway Dzahini Event announced on behalf of the Convenor by: Joshua Okomongye. Local Level advocacy/Acting Campaigns Coordinator Feedback published on behalf of Convenor by: Joshua Okomongye. Local Level Advocacy Coordinator/Acting Campaigns
EVENT LANGUAGE	English and Twi
HOST CITY	Drabonso, Ghana
GEOGRAPHIC SCOPE	Dagomba is a community within the Sekyere Afram Plains District of the Ashanti Region of Ghana. It is predominantly a farming area with a section of the people engaging in fishing in the Volta lake.
AFFILIATIONS	It was part of World Vision's phase 2 dialogue for 8 Area Programs
WORKSHOP EVENT PAGE	https://nutritiondialogues.org/dialogue/60383/



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

0 12-15

0 16-18

PARTICIPATION BY GENDER

10 Female

10 Male

0 Other/Prefer not to say

ADDITIONAL DETAIL ON PARTICIPATION DIVERSITY

The workshop reflected diversity across gender, ethnicity, language, and geography. Participants comprised 20 children (10 girls, 10 boys) from the rural Dagomba community in Sekyere Afram Plains. Minority ethnic groups were deliberately included during participant selection to ensure cultural representation, acknowledging the strong link between cultural identity and nutrition practices. Discussions were facilitated in Twi and English to ensure linguistic inclusivity and equitable participation

SECTION TWO: FRAMING

The workshop in Sekyere Afram Plains was framed within the broader development challenges of rural communities, where poverty, climate vulnerability, and limited nutrition education converge to create persistent food insecurity. Households rely heavily on rain-fed subsistence farming, making food availability highly sensitive to seasonal fluctuations and increasingly unpredictable weather patterns driven by climate change. During lean seasons, food stocks diminish and dietary diversity narrows, placing children at risk of malnutrition and micronutrient deficiencies. Despite strong cultural ties, the Dagomba community faces nutrition-specific challenges rooted in economic constraints and entrenched food practices. Diets are dominated by starchy staples, with insufficient intake of proteins, vitamins, and minerals. Limited caregiver knowledge and low incomes restrict families' ability to provide balanced meals, contributing to hidden hunger where caloric intake may be adequate but micronutrient needs remain unmet. Community anxieties around child nutrition were acknowledged, including irregular feeding, denial of food as punishment, reliance on artificial spices, poor hygiene during cooking, and lack of structured meal planning. These practices, often driven by resource constraints, have measurable impacts on children's health, immunity, and cognitive development. Children themselves are actively involved in household food preparation, giving them firsthand insight into nutritional quality. Framing the dialogue around their lived experiences positioned them as credible voices capable of identifying problems, proposing solutions, and advocating for change. This contextual framing ensured the dialogue was firmly anchored in the socio-economic, cultural, and environmental realities shaping child nutrition in Sekyere Afram Plains.

SECTION THREE: CHILDREN'S WORKSHOP OUTCOMES

CHALLENGES

Children in the Dagomba community workshop highlighted several nutrition challenges rooted in their daily household experiences. A major concern was lack of dietary diversity, with meals dominated by starchy staples such as banku, often repeated multiple times a week. This over-reliance on carbohydrates limited their intake of essential proteins, vitamins, and minerals, leaving them vulnerable to malnutrition.

They also noted limited access to protein-rich foods like eggs, meat, and fish, which they associated with energy, strength, and healthy growth. Fruits and vegetables, though recognized as important, were not consistently included in meals due to affordability and availability constraints.

Poor food hygiene during preparation was another challenge, with children observing that caregivers sometimes cooked without proper handwashing or relied on artificial spices and low-quality ingredients, raising risks of illness.

Feeding patterns were irregular, with some children denied food as punishment or not receiving the recommended three meals daily. Late-night eating was also flagged as unhealthy. Additionally, poor meal planning led to food wastage and unbalanced diets, especially in larger households with limited resources.

Underlying these challenges was limited nutrition knowledge among caregivers, who often lacked awareness of balanced diets, appropriate food combinations, and safe cooking practices.

Together, these issues reveal a community where the desire to nourish children exists but poverty, cultural habits, and knowledge gaps create persistent barriers to achieving adequate nutrition.

URGENT RECOMMENDATIONS FOR ACTION

Children in the Dagomba nutrition dialogue identified several urgent actions to improve nourishment. At the household level, they stressed the need for parents to provide dietary variety, ensuring meals are not repetitive and include proteins, vegetables, and fruits. They urged caregivers to feed children three times daily, avoid denying food as punishment, and reduce reliance on artificial spices. Hygiene was emphasized, with children proposing that parents wash hands before cooking and encourage children to wash fruits before eating.

They also suggested nutrition education for parents, so caregivers can learn about balanced diets, safe food preparation, and proper meal planning to reduce wastage. Children highlighted the importance of consuming protein-rich foods for growth and strength, eating fruits after meals, and avoiding late-night eating to prevent illness.

To take these actions forward, children proposed a collaborative approach: parents should adopt better practices at home, communities should organize awareness sessions, and schools could reinforce nutrition education. Children themselves committed to avoiding food wastage, practicing hygiene, and supporting their parents in food-related activities.

Together, these proposals reflect a strong desire for shared responsibility—between children, caregivers, and the wider community—to ensure improved nourishment and healthier growth.

AREAS OF DIVERGENCE

In the Dagomba children's nutrition dialogue, views and opinions converged strongly on the importance of balanced diets, hygiene, and regular feeding, but there were areas of divergence in emphasis and interpretation. Most children agreed that good nourishment meant eating healthy, well-cooked meals with proteins, vegetables, and fruits, while avoiding repetitive diets and contaminated food. Yet, differences appeared in how they defined nourishment: some emphasized dietary variety and balance, while others focused on specific practices such as drinking water after meals, avoiding late-night eating, or exercising after dinner.

Children also diverged in their perspectives on harmful practices. While many criticized the use of artificial spices, others placed greater weight on hygiene lapses or food denial as punishment. Similarly, some highlighted the need for parents to plan menus and reduce wastage, while others prioritized affordability and access to protein-rich foods.

These divergences reflected the diversity of household experiences, cultural practices, and personal observations. For example, children from households with more limited resources emphasized scarcity and affordability, while others focused on food safety and preparation methods. Despite these differences, all participants shared a common concern about inadequate nutrition and expressed a collective desire for improvement.

Ultimately, the dialogue revealed that while children's positions varied in detail, they aligned on the broader recognition that nourishment is multidimensional and requires action at household, community, and caregiver levels.

OVERALL SUMMARY

The Nutrition Dialogue with Children in Sekyere Afram Plains was a deeply engaging and insightful workshop that highlighted both the challenges and aspirations of young participants in the Dagomba community. Held on April 23, 2026, the session brought together 20 children—equally divided between girls and boys—in a safe, informal outdoor space. This setting allowed them to feel relaxed, respected, and free to express their views, while safeguarding standards such as the two-adult rule and the presence of a trusted adult ensured their protection throughout.

From the outset, the atmosphere was vibrant and participatory. Children connected strongly with the discussions, drawing on their lived experiences of food preparation and daily meals at home and school. Their understanding of nourishment was practical and rooted in everyday realities: eating warm, well-cooked meals, avoiding repetitive diets, drinking water for digestion, and including vegetables and proteins. Their voices revealed both knowledge and cultural perceptions, with some emphasizing local staples while others associated “special” foods with better nutrition. This diversity of perspectives enriched the dialogue and underscored the influence of culture, affordability, and household practices on nutrition.

The challenges they identified were candid and sobering. Repetitive meals dominated by starchy staples, limited access to protein-rich foods, poor food hygiene, irregular feeding patterns, and food denial as punishment were all raised as concerns. Children also noted the harmful use of artificial spices, late-night eating, and food wastage due to poor meal planning. These reflections painted a clear picture of the nutritional anxieties faced by households in the community, where poverty, cultural habits, and limited caregiver knowledge intersect to undermine adequate nourishment.

Yet, the dialogue was not only about challenges—it was also about solutions. Children proposed practical actions: parents should vary meals, ensure three daily feedings, wash fruits before eating, avoid artificial spices, and include protein-rich foods for growth. They also emphasized hygiene, balanced diets, and even exercise after meals to aid digestion. Importantly, they recognized their own role, committing to avoid food wastage, practice hygiene, and support parents in food-related activities. This sense of shared responsibility created a collaborative spirit throughout the session.

From a facilitator's perspective, the workshop felt hopeful and empowering. Children spoke with confidence, seriousness, and creativity, but also with joy at being included. Their voices carried both urgency and optimism, reminding us that they are not passive recipients of nutrition interventions but active contributors with valuable insights. The event demonstrated the importance of listening to children's perspectives, not only to understand their nutritional realities but also to harness their ideas for shaping child-centered nutrition programming.

Overall, the workshop was a powerful reminder of the resilience and agency of children in rural communities. It captured their lived experiences, highlighted systemic challenges, and showcased their constructive recommendations. The atmosphere was inclusive and respectful, with every opinion valued. Beyond the content of what was discussed, the event felt like a genuine partnership—children, facilitators, and community members working together to envision healthier futures. This dialogue provides a strong foundation for the upcoming Nutrition for Growth discussions, ensuring that children's voices are heard and integrated into broader strategies to combat malnutrition.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

The workshop embodied the Principles of Engagement in several meaningful ways. Child participation was central, with each child encouraged to share their views individually, and their contributions respected and documented as valuable insights into nutrition challenges and solutions. Inclusivity and diversity were prioritized through equal gender representation and the inclusion of children from minor ethnic groups, ensuring cultural perspectives were reflected. Safeguarding was rigorously applied, with the two-adult rule observed and a trusted adult chosen by the children present throughout, creating a safe environment for dialogue. The principle of respect and dignity was evident in the way children's ideas were taken seriously, reinforcing their role as active agents rather than passive recipients. Transparency and accountability were demonstrated by recording their recommendations and linking them to actionable steps for caregivers and communities. The workshop promoted empowerment.

METHOD AND SETTING

Child-centered approach was used to engage the children. Selection of participants based on gender equality and inclusivity of minor ethnic groups reflecting diversity. Informal outdoor after school settings used to carry out the sessions. Child safeguarding and safety measures were employed. The two adult rules rigorously applied. The facilitators were selected by the children based on their trust for them. The sessions were done in a child friendly environment making it very effective session.

ADVICE FOR OTHER CONVENORS

Integrate practical activities and discussions rooted in children's daily experiences, as this makes the dialogue more relatable and impactful.

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS

We would like to acknowledge the invaluable support that made the Nutrition Dialogue with Children possible. Special appreciation goes to the Dagomba kids' club facilitators, whose dedication ensured the smooth running of the workshop and upheld child safeguarding standards throughout. We are grateful to the community leaders and parents who encouraged children's participation and created a supportive environment for open dialogue.

RELEVANT LINKS

- **photos**
https://wvi365-my.sharepoint.com/:f/g/personal/joshua_okomongye_wvi_org/lgD1aXUci5OHS6pHr_huckYAbuosEzSvY7BejJpBTQoMeE?e=1UaLJP

ATTACHMENTS

- https://nutritiondialogues.org/wp-content/uploads/2026/06/Feedback-from-children-Nutrition-Dialogue-2_Sekyere-Afram-Plains-AP.pdf