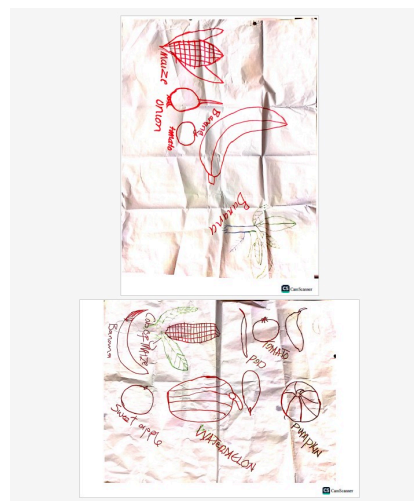


OFFICIAL FEEDBACK FORM

WORKSHOP TITLE	Healthy Eating from Our Gardens
WORKSHOP DATE	Monday, 14 September 2026 10:30 GMT +02:00
CONVENED BY	Enzo Mpundu-DF Livelihood-World Vision Zambia
EVENT LANGUAGE	English
HOST CITY	Munyika, Zambia
GEOGRAPHIC SCOPE	Zambia, Muchinga Province, Isoka District, -Sansamwenje Secondary School.
AFFILIATIONS	World Visio Initiative.
WORKSHOP EVENT PAGE	https://nutritiondialogues.org/dialogue/60412/



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	1
------------------------------	---

PARTICIPATION BY AGE RANGE

12	12-15	8	16-18
----	-------	---	-------

PARTICIPATION BY GENDER

10	Female	10	Male	0	Other/Prefer not to say
----	--------	----	------	---	-------------------------

ADDITIONAL DETAIL ON PARTICIPATION DIVERSITY

Participants were drawn from a rural secondary school community and represented different socio-economic backgrounds. Many of the learners come from farming households that engage in crop production and livestock keeping. The workshop ensured balanced participation of boys and girls and enabled children with varying levels of nutrition knowledge to contribute equally. The diversity of experiences enriched discussions on food production, healthy diets, climate-resilient agriculture and household

SECTION TWO: FRAMING

The workshop was framed around the theme “Healthy Eating from Our Gardens”, recognising the important contribution of locally produced foods to child nutrition and household food security. Participants explored the relationship between agriculture, nutrition, and health within the context of rural Isoka communities, where many households rely on agriculture for their livelihoods. Discussions highlighted how climate variability, seasonal food shortages, and limited dietary diversity can affect children's nutrition and wellbeing. Learners were encouraged to reflect on foods grown through school and household gardens and to analyse their nutritional value. Through nutrition mapping exercises, children identified crops commonly grown within the Climate Resilient Agroecological Hub and discussed how these foods can contribute to balanced diets. The workshop emphasised that healthy nutrition does not always require expensive foods but can be achieved through effective utilisation of locally available fruits, vegetables, legumes, and cereals. Children also discussed how school gardens and household food production can improve access to nutritious foods, strengthen resilience against food shortages, and contribute to better academic performance and health outcomes. The workshop encouraged participants to become nutrition ambassadors within their homes and communities by promoting healthy eating habits and sharing nutrition messages with family members.

SECTION THREE: CHILDREN'S WORKSHOP OUTCOMES

CHALLENGES

Participants identified several nutrition-related challenges affecting children and families within their communities:

- Limited consumption of fruits and vegetables despite their availability during some seasons.
- Inadequate knowledge among some households regarding balanced diets and nutritional requirements.
- Dependence on a narrow range of staple foods, particularly maize-based diets.
- Seasonal food shortages that reduce dietary diversity.
- Limited household garden production in some families.
- Low appreciation of the nutritional value of locally available foods.
- Challenges associated with climate variability affecting food production.
- Poor utilisation of nutrient-rich foods grown locally.

Children observed that many nutritious foods produced locally are sometimes sold for income while households continue to consume less diverse foods. They expressed concern that some families do not maximise opportunities presented by gardens and climate-smart agriculture initiatives.

URGENT RECOMMENDATIONS FOR ACTION

Participants recommended the following actions:

- Encourage every household to establish and maintain nutrition gardens.
- Strengthen school garden programmes to provide practical nutrition learning opportunities.
- Increase community sensitisation on balanced diets and healthy eating practices.
- Promote consumption of fruits and vegetables throughout the year.
- Encourage families to diversify crop production and diets.
- Expand climate-resilient agricultural practices among households.
- Integrate nutrition education into school activities and community gatherings.
- Support children to share nutrition messages with parents and guardians.
- Promote greater utilisation of locally available foods when preparing meals.

Participants emphasised that practical demonstrations and school garden activities should continue as effective approaches for improving nutrition knowledge among children and families.

AREAS OF DIVERGENCE

There was broad agreement on the importance of consuming nutritious foods from gardens and increasing dietary diversity. However, some participants felt that improving nutrition depends primarily on increasing food production, while others stressed that knowledge and behaviour change are equally important. A few participants prioritised expanded crop production and irrigation, whereas others believed nutrition education and utilisation of existing garden produce should receive greater attention. Despite these differences, all participants agreed that locally grown foods have significant potential to improve household nutrition.

OVERALL SUMMARY

The workshop successfully engaged children in exploring the connection between agriculture, nutrition, and health through practical and participatory learning approaches. Participants demonstrated strong awareness of foods produced through school and community gardens and recognised their nutritional benefits. Through nutrition mapping exercises, learners identified crops such as maize, tomatoes, onions, bananas, pumpkin, watermelon, and apples as valuable components of healthy diets.

The discussions revealed that while locally produced nutritious foods are available, challenges remain regarding dietary diversity, nutrition knowledge, and utilisation of available food resources. Participants highlighted the need for continued promotion of school and household gardens, increased nutrition education, and stronger family engagement in healthy eating practices.

The workshop also reinforced the role of children as nutrition ambassadors capable of influencing food choices within their households and communities. Participants committed to sharing lessons learned with family members, supporting school garden activities, consuming more fruits and vegetables, and encouraging healthy nutrition practices among peers. Overall, the workshop strengthened children's understanding of healthy diets, climate-resilient food production, and the importance of utilising locally available foods to improve nutrition outcomes.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

The workshop was inclusive, participatory and child-centred. Boys and girls were given equal opportunities to contribute to discussions, group work and presentations. Creative learning approaches enabled participants to express their views freely and link nutrition concepts to their everyday experiences. The activities promoted respect, collaboration, active participation and shared learning. Children were encouraged to identify local solutions to nutrition challenges and to reflect on their own roles in improving household nutrition.

METHOD AND SETTING

The workshop was conducted in a school setting using participatory methods such as nutrition mapping, group discussions, storytelling, brainstorming, and presentations. Learners worked in groups to identify locally grown crops and their nutritional benefits, enhancing their understanding of healthy diets. The activity was implemented in a safe and supportive environment, with facilitators ensuring adherence to child safeguarding principles.

ADVICE FOR OTHER CONVENORS

Practical and interactive methods allow children to learn through experience. School gardens, nutrition mapping exercises, group discussions, and storytelling are effective approaches for helping children connect food production with nutrition outcomes. Encourage children to identify solutions relevant to their own communities and create opportunities for them to share lessons learned with their families. Linking nutrition education to local food systems significantly improves understanding.

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS

Special appreciation is extended to: • Cecilia N. Mfula, ADP Manager • Jacqueline Chisanga, ZREAD DF • Florence Nkhoma, RMNCAHN DF • Mickson Phiri, WASH DF for their support and contribution towards the successful implementation of the workshop. Appreciation is also extended to the school administration, teachers, and all participating learners for their active engagement and valuable contributions

ATTACHMENTS

- <https://nutritiondialogues.org/wp-content/uploads/2026/05/shared-image-12.jpg>
- https://nutritiondialogues.org/wp-content/uploads/2026/05/Att_Childrens-Nutrition-Dialogue_Sansamwenje.pdf