

OFFICIAL FEEDBACK FORM

WORKSHOP TITLE	Nutrition Dialogue for School Children
WORKSHOP DATE	Monday, 18 May 2026 10:36 GMT +00:00
CONVENED BY	Stephen Matey Event announced on behalf of the Convenor by: Joshua Okomongye. Local Level Advocacy Coordinator, WVG Feedback published on behalf of Convenor by: Joshua Okomongye. Local Level Advocacy Coordinator
EVENT LANGUAGE	Twi and English
HOST CITY	Bodi, Ghana
GEOGRAPHIC SCOPE	The geographic scope of the Nutrition Dialogue was community-level, focused on Attaboka and Denchemoasue in Ghana. The workshop engaged children from these rural communities.
AFFILIATIONS	The Nutrition Dialogue in Attaboka and Denchemoasue was convened as part of the wider work of World Vision Ghana, specifically under the Bodi Area Program. This affiliation ensured that the workshop was aligned with World Vision's broader mission of promoting child well-being, food security, and community development. By situating the dialogue within this organizational framework, the event benefited from established expertise, safeguarding standards, and participatory methodologies recommended by World Vision. It also connected local children's voices to national and global nutrition initiatives, including preparations for the Nutrition for Growth Summit 2025, ensuring that insights from Attaboka and Denchemoasue contribute meaningfully to wider advocacy and programming efforts.
WORKSHOP EVENT PAGE	https://nutritiondialogues.org/dialogue/60463/



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
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PARTICIPATION BY AGE RANGE

10	12-15	10	16-18
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PARTICIPATION BY GENDER

10	Female	10	Male	0	Other/Prefer not to say
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ADDITIONAL DETAIL ON PARTICIPATION DIVERSITY

The workshop included children from two rural communities, Attaboka and Denchemoasue, representing diverse socio-economic backgrounds, mainly from farming households. Participants included both boys and girls aged 6-18 years, ensuring gender and age inclusiveness. Children came from different ethnic and religious backgrounds and were encouraged to share their views openly and respectfully. Teachers and community health volunteers also participated to promote inclusion and learning.

SECTION TWO: FRAMING

The workshop was framed within the context of improving child nutrition and reducing malnutrition among school children in the Bodi District. Facilitators highlighted that many households in the area are rural farming communities where access to nutritious and diverse foods can be affected by seasonal food availability, household income levels, food handling practices, and nutrition knowledge. The dialogue emphasized concerns about poor dietary diversity, inadequate consumption of nutrient-rich foods, poor hygiene and sanitation practices, anaemia, malaria, and food contamination, all of which can negatively affect children's growth, health, and learning outcomes. Participants discussed the importance of safe food preparation, handwashing, community sanitation, and balanced diets as practical measures to improve nutritional status. The workshop also recognized adolescence as a critical period of rapid growth and development, requiring increased intake of essential nutrients such as iron, vitamin A, calcium, folate, and zinc. Children were encouraged to share their experiences, perceptions of good nourishment, and ideas for addressing nutrition challenges within their homes, schools, and communities. The session was further framed as part of the global Nutrition Dialogue initiative, which seeks to amplify community voices, especially those of children and vulnerable populations, and connect their experiences and recommendations to local and national decision-makers. This approach helped participants understand that improving nutrition requires collective action from families, schools, health services, community leaders, and government institutions.

SECTION THREE: CHILDREN'S WORKSHOP OUTCOMES

CHALLENGES

Participants identified several nutrition-related challenges affecting children in their communities. A major concern was the inadequate consumption of balanced and nutritious meals. Although staple foods such as fufu, banku, rice, and ampesi are widely consumed, these meals are often not complemented with adequate fruits, vegetables, legumes, and animal-source foods required for healthy growth and development. This may increase the risk of micronutrient deficiencies and poor nutrition outcomes among children.

Poor food hygiene and handling practices were also highlighted. Participants noted that food is sometimes exposed to flies, prepared in unhygienic environments, or handled without proper handwashing. Such practices can lead to food contamination, illness, and reduced nutrient absorption, negatively affecting children's health and wellbeing.

Another challenge identified was limited nutrition knowledge among some parents, caregivers, and community members. Children emphasized the need for increased education on healthy food choices, proper food preparation and preservation, and the importance of providing adequate and nutritious meals for children. Regular community awareness campaigns were suggested to promote positive nutrition behaviours and reduce malnutrition.

Food security and agricultural challenges were also discussed. Participants indicated that farmers often need improved farming methods, technical support, and access to farm inputs to increase food production and ensure a consistent supply of nutritious foods throughout the year. Limited access to safe water was additionally identified as a challenge affecting hygiene, food preparation, and nutrition.

Overall, the discussions revealed that poor dietary diversity, inadequate hygiene practices, limited nutrition awareness, food insecurity, and food safety concerns remain significant barriers to improved nutrition among children in the participating communities.

URGENT RECOMMENDATIONS FOR ACTION

Participants emphasized the need for immediate and sustained nutrition education in schools and communities to improve knowledge on healthy eating, food hygiene, food preservation, and malnutrition prevention. They recommended that World Vision Ghana, Ghana Health Service, Ghana Education Service, and community leaders collaborate to deliver regular awareness campaigns using child-friendly methods such as drama, role plays, demonstrations, and community sensitization activities.

Children also called for greater support to farmers through farm inputs, improved farming practices, and technical extension services to increase food production and ensure the year-round availability of nutritious foods. They further stressed the importance of promoting proper hygiene, sanitation, safe food handling, and handwashing practices to reduce food contamination and nutrition-related illnesses.

Participants recommended improving access to safe drinking water in schools and communities and strengthening monitoring of food vendors to ensure food safety and quality. To sustain progress, they proposed continued collaboration among schools, parents, health workers, community leaders, and development partners, as well as the expansion of nutrition dialogues to additional schools and communities. They further urged that children's feedback be shared with relevant authorities to inform nutrition policies and interventions.

AREAS OF DIVERGENCE

There was generally strong consensus among participants on the importance of good nutrition, personal hygiene, safe food handling, and healthy eating practices. Most children agreed that consuming healthy foods, washing hands with soap, keeping food covered, and maintaining clean cooking environments are essential for preventing illness and promoting healthy growth and development.

Some differences, however, emerged in participants' understanding of good nutrition and the actions required to improve it. While some children viewed good nutrition mainly as eating enough food and avoiding spoiled or contaminated foods, others demonstrated a broader understanding that good nutrition involves consuming a balanced diet made up of fruits, vegetables, legumes, and animal-source foods. Differences were also observed in knowledge of food preparation, hygiene, and nutrient-rich foods, reflecting varying levels of exposure to nutrition education.

Participants also expressed differing priorities regarding solutions to nutrition challenges. Some emphasized the need for increased community education and awareness creation on healthy eating and malnutrition prevention. Others focused on improving agricultural production through support to farmers, access to farm inputs, and better food preservation practices. Additional suggestions included improving access to safe drinking water, strengthening hygiene and sanitation practices, and enhancing monitoring of food vendors to ensure food safety.

Despite these differences, the discussions remained positive, respectful, and constructive. Participants listened to one another, shared experiences openly, and collectively identified practical actions to improve nutrition within their households, schools, and communities. Rather than creating disagreement, the differing perspectives enriched the dialogue by highlighting various factors that influence nutrition and the diverse approaches needed to address them.

OVERALL SUMMARY

The Nutrition Dialogue for School Children, themed “Eat Well, Grow Well,” successfully brought together 40 school children (20 boys and 20 girls) and 7 teachers from Attaboka and Denchemoasue communities in the Bodi District. Organized by World Vision Ghana in collaboration with the Ghana Health Service and Ghana Education Service, the dialogue created a safe and inclusive platform for children to share their experiences, perspectives, and recommendations on nutrition and healthy living.

The workshop was highly participatory and child-centered. Through interactive discussions, group work, demonstrations, brainstorming sessions, and practical learning activities, children freely expressed their understanding of good nutrition and the challenges affecting their ability to access and consume nutritious foods. Participants demonstrated awareness of the importance of eating healthy foods, maintaining personal hygiene, washing hands with soap, keeping food safe from contamination, and consuming meals that promote healthy growth and development. They also shared common household foods and discussed ways of preparing meals safely and hygienically.

A major theme that emerged from the discussions was the need for increased nutrition education. Children recognized that many nutrition challenges are linked not only to food availability but also to limited knowledge on balanced diets, food hygiene, food preservation, and appropriate feeding practices. Participants emphasized that children, parents, caregivers, teachers, and community members all have a role to play in improving nutrition outcomes. The dialogue highlighted the importance of consuming diverse foods from the different food groups, including fruits, vegetables, legumes, animal-source foods, and staple foods.

Participants identified several barriers to good nutrition, including poor dietary diversity, unsafe food handling practices, inadequate hygiene and sanitation, limited access to safe water, food contamination, and challenges faced by farmers in producing sufficient food throughout the year. Concerns were also raised about the quality and safety of foods sold by vendors and the need for stronger monitoring to protect children's health.

Importantly, the children demonstrated a strong willingness to be part of the solution. They recommended regular nutrition education in schools and communities, support for farmers through agricultural inputs and training, improved access to safe water, stronger food safety measures, and increased collaboration among schools, health workers, community leaders, government institutions, and development partners. Many participants suggested using drama, role plays, and community awareness campaigns as effective ways of promoting positive nutrition behaviours.

From the facilitators' perspective, the workshop was energetic, engaging, and inspiring. Children actively participated, asked thoughtful questions, and confidently shared practical ideas for improving nutrition in their communities. The discussions reflected a genuine desire among children to learn, adopt healthier behaviours, and influence positive change within their homes and schools. The respectful interaction among participants fostered mutual learning and strengthened children's confidence to express their views on issues affecting their wellbeing.

Overall, the dialogue demonstrated that children possess valuable knowledge and insights about nutrition challenges in their communities and should be actively involved in identifying and implementing solutions. The workshop strengthened awareness of healthy nutrition practices, generated practical recommendations for action, and reinforced the importance of continued investment in child participation, nutrition education, food security, and community engagement to improve nutrition outcomes and support the healthy growth and development of children.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

The workshop reflected key Nutrition Dialogue Principles by creating an inclusive, participatory, and child-friendly environment where children from different backgrounds freely shared their experiences, views, and recommendations on nutrition. Through group discussions, demonstrations, brainstorming, and question-and-answer sessions, participants were encouraged to contribute actively, ensuring all voices were heard and respected. The dialogue promoted a shared commitment to improving nutrition by addressing challenges such as malnutrition, poor hygiene, food safety concerns, and inadequate dietary diversity. It recognized that nutrition is influenced by multiple factors, including food availability, health services, education, agriculture, sanitation, and community behaviours. The workshop fostered collaboration among World Vision Ghana, Ghana Health Service, Ghana Education Service, teachers, health volunteers, and school children, encouraging mutual learning and diverse perspective

METHOD AND SETTING

The workshop used facilitation, group discussions, brainstorming, demonstrations, and question-and-answer sessions to help children explore good nutrition and propose solutions. It was held in a formal school setting, providing a safe and conducive learning environment. Child safeguarding standards were observed through voluntary participation, informed parental consent, child-friendly facilitation, equal participation of boys and girls, and dedicated support from teachers, health volunteers.

ADVICE FOR OTHER CONVENORS

Make workshops child-friendly, interactive, and inclusive to encourage participation. Use group discussions, demonstrations, and role plays to keep children engaged. Ensure child safeguarding through informed consent and voluntary participation. Involve teachers and health workers, and give children enough time to share ideas and recommendations.

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS

World Vision Ghana sincerely appreciates the school children, teachers, health volunteers, Ghana Health Service, and Ghana Education Service for their active participation and support throughout the Nutrition Dialogue. Special thanks go to the Bodi CARE Project team, facilitators, and community stakeholders for their commitment to improving child nutrition. We also acknowledge the support of donors for their sponsorship support.

RELEVANT LINKS

- **ND report**
https://wvi365-my.sharepoint.com/:w:/g/personal/joshua_okomongye_wvi_org/IQB53udansuTR4h7E0j67ugnAYpO2iSutsL4wlc1m8S_9do?e=u3LWM6