

OFFICIAL FEEDBACK FORM

WORKSHOP TITLE	Growing Healthy Together: Children's Ideas on Nutrition
WORKSHOP DATE	Tuesday, 11 August 2026 11:00 GMT +03:00
CONVENED BY	Majeda Rawas - Development Facilitator - World Vision Lebanon Haifa Karaawani - Development Facilitator - World Vision Lebanon Event announced on behalf of the Convenor by: majeda rawas. Development facilitator Feedback published on behalf of Convenor by: majeda rawas . development facilitator
HOST CITY	QraiyeH, Lebanon
GEOGRAPHIC SCOPE	Qrayeh, Saida, South Lebanon
WORKSHOP EVENT PAGE	https://nutritiondialogues.org/dialogue/61134/

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

12	12-15	0	16-18
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PARTICIPATION BY GENDER

6	Female	6	Male	0	Other/Prefer not to say
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ADDITIONAL DETAIL ON PARTICIPATION DIVERSITY

The workshop was conducted in Qrayyi with 12 children, including 6 girls and 6 boys. Participants were children from the local community with different social and socio-economic backgrounds. There were no children with disabilities among the participants. The session was inclusive and encouraged equal participation from both girls and boys, allowing all children to share their opinions and experiences in a safe and respectful environment.

SECTION TWO: FRAMING

The Nutrition Dialogue was introduced by explaining the purpose of the session and creating a friendly and comfortable environment for the participants. We started with an icebreaker activity where participants introduced themselves by sharing their names, grades, favorite hobbies, and what they would like to become in the future. The session was then framed around understanding nutrition and its importance in children's and young people's daily lives. Participants were introduced to the meaning of good nutrition, including the importance of eating a balanced and varied diet that provides the body with the energy and nutrients needed for good health, growth, and development. We also introduced the concept of malnutrition and explained that it can result from not receiving the right amount of food, nutrients, or appropriate care. Through an interactive picture activity, participants were encouraged to choose images that represent nutrition to them and explain what they saw, what the image meant to them, and how it related to food and nutrition. This helped open the discussion and allowed participants to express their own understanding and experiences rather than only receiving information from the facilitators. The discussion then explored participants' understanding of good nourishment, why malnutrition happens, and whether enough is being done to prevent it. Participants were encouraged to identify challenges and share their views freely. The session also focused on solutions, inviting children and young people to think creatively about how nutrition could be improved and to express their ideas through drawing and group discussion.

SECTION THREE: CHILDREN'S WORKSHOP OUTCOMES

CHALLENGES

Participants shared that one of the main nutrition challenges is that children and young people sometimes prefer fast food, sweets, snacks, and sugary drinks over healthier options. They also discussed the challenge of maintaining a balanced and varied diet that includes fruits, vegetables, proteins, and other nutritious foods. The discussion highlighted the importance of making healthier food choices and maintaining balanced eating habits.

URGENT RECOMMENDATIONS FOR ACTION

Participants recommended encouraging children and young people to make healthier food choices and to include more fruits, vegetables, proteins, and other nutritious foods in their daily meals. They suggested reducing fast food, sweets, snacks, and sugary drinks and replacing them with healthier alternatives. They also highlighted the importance of continuing nutrition awareness activities and interactive sessions to help children and young people adopt healthier eating habits.

AREAS OF DIVERGENCE

Views were generally similar, with only minor differences in participants' food preferences and ideas about healthy eating. Most participants agreed on the importance of balanced nutrition and healthier food choices, while some expressed different preferences regarding fast food, sweets, snacks, and other foods. Overall, the discussion was respectful and participants were open to hearing different opinions.

OVERALL SUMMARY

The workshop was conducted in Qrayyi with 12 children and young people, with equal participation of girls and boys. The workshop created a friendly and interactive space where participants could share their understanding, experiences, and ideas related to nutrition.

The session started with an icebreaker, followed by discussions and interactive activities about good nutrition and malnutrition. Participants explored what a balanced diet means and discussed some common nutrition challenges, including the preference for fast food, sweets, snacks, and sugary drinks over healthier options. Through picture-based discussions, drawing, and group activities, they were encouraged to express their own views and suggest ways to improve nutrition.

Participants highlighted the importance of eating a balanced and varied diet, including fruits, vegetables, proteins, and other nutritious foods. They also suggested encouraging healthier food choices and continuing nutrition awareness activities for children and young people.

Overall, the workshop was interactive and engaging. Participants were comfortable sharing their opinions, actively took part in the activities, and showed interest in the topic. The dialogue provided a valuable opportunity to listen directly to children and young people and understand their perspectives on nutrition and healthy eating.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

The workshop reflected the Principles of Engagement by creating a safe, respectful, inclusive, and child-friendly environment. Participation was voluntary, and all children were encouraged to express their views freely without judgment. Equal opportunities were given to girls and boys to participate in the discussions and activities. Interactive methods, including pictures, drawing, and group discussions, helped ensure that participants could contribute in different ways. The facilitators listened carefully to the children's perspectives, respected different opinions, and ensured that their ideas and recommendations on nutrition were heard and valued throughout the dialogue.

METHOD AND SETTING

The workshop was conducted in Qrayyi using a child-friendly and participatory approach. Interactive activities included an icebreaker, picture-based discussions, drawing and coloring, and group discussions. Participants were encouraged to freely share their ideas and experiences about nutrition. Child safeguarding standards were followed by creating a safe, respectful, and inclusive environment, ensuring participation activities throughout the session.

ADVICE FOR OTHER CONVENORS

Keep the workshop interactive and child-friendly, using simple activities that encourage children to express their ideas freely.

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS

We would like to thank World Vision for organizing and supporting the Children's Nutrition Dialogue, as well as everyone who contributed to the successful implementation of the session. Special thanks go to the children and young people who actively participated, shared their ideas, and expressed their views openly. Their participation and contributions made the dialogue engaging and meaningful.