OFFICIAL FEEDBACK FORM

DIALOGUE TITLE	Promoting Healthy Eating Habits Among Schoolchildren: Understanding the Importance of Nutritious Food and Its Impact on Academic Performance.
DIALOGUE DATE	Thursday, 29 October 2026 11:00 GMT +01:00
CONVENED BY	Hashim Mohammed Ubale Event announced on behalf of the Convenor by: SUN Civil Society Youth Network Nigeria . Technical Support
EVENT LANGUAGE	Hausa and English
HOST LOCATION	Kano, Nigeria
GEOGRAPHIC SCOPE	Community level
AFFILIATIONS	SUN Civil Society Youth Network Nigeria
DIALOGUE EVENT PAGE	https://nutritiondialogues.org/dialogue/61636/





The outcomes from Nutrition Dialogues will contribute to developing and identifying the most urgent and powerful ways to improve nutrition for all, with a focus on women and children and young people. Each Dialogue 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

13

PARTICIPATION BY AGE RANGE

5	0-11	8	12-18	1	19-29
0	30-49	0	50-74	0	75+

PARTICIPATION BY GENDER

5	Female	8	Male	1	Other/Prefer not to say

NUMBER OF PARTICIPANTS FROM EACH STAKEHOLDER GROUP

13	Children, Youth Groups and Students	1	Civil Society Organisations (including consumer groups and environmental organisations)
0	Educators and Teachers	0	Faith Leaders/Faith Communities
0	Financial Institutions and Technical Partners	0	Food Producers (including farmers)
0	Healthcare Professionals	0	Indigenous Peoples
0	Information and Technology Providers	0	Large Business and Food Retailers
0	Marketing and Advertising Experts	0	National/Federal Government Officials and Representatives
0	News and Media (e.g. Journalists)	0	Parents and Caregivers
0	Science and Academia	0	Small/Medium Enterprises
0	Sub-National/Local Government Officials and Representatives	0	United Nations
0	Women's Groups	0	Other (please state)

OTHER STAKEHOLDER GROUPS

ADDITIONAL DETAIL ON PARTICIPANT DIVERSITY

SECTION TWO: FRAMING AND DISCUSSION

FRAMING

The dialogue was held on 29 October 2026 in Tishama Community, Kano State, by youth advocate Hashim Mohammed Ubale, with 13 schoolchildren participating. The session focused on the relationship between nutritious food, children's health and their ability to learn effectively in school. The discussion was designed to help pupils understand what constitutes a healthy diet, distinguish nutritious meals from junk food, and recognise how poor nutrition can affect their growth, wellbeing and academic performance. It also encouraged them to identify affordable ways of accessing nutritious foods and consider how they could promote healthier eating habits within their families and schools

DISCUSSION

- Why nutritious food is essential for growth, energy and learning. - The components of a balanced diet. - The possible consequences of consuming junk food regularly. - How unhealthy eating habits affect students' health and concentration. - Practical ways to address malnutrition and improve academic performance.

SECTION THREE: DIALOGUE OUTCOMES

CHALLENGES

1. Poverty and limited food choices: Some children, particularly those from low-income households, have limited options when it comes to accessing nutritious meals.

2. Inadequate nutrition knowledge: Limited understanding of healthy eating and the importance of a balanced diet affects food choices.

3. Misconceptions about nutritious food: Some people believe that eating healthy is only possible for wealthy households, overlooking affordable and locally available food options.

4. Preference for cheap junk food: The availability and affordability of less nutritious food can influence children's eating habits.

5. Limited participation: Some participants were initially shy and reluctant to express their views, which affected their level of engagement during the discussion.

URGENT ACTIONS

1. Promote affordable nutritious foods: Encourage households to make use of locally available and less expensive food items that provide essential nutrients.

2. Encourage homestead farming: Motivate children to discuss home gardening and small-scale food production with their parents as ways of improving household food availability.

3. Strengthen nutrition awareness: Encourage children to seek reliable information about nutrition, healthy diets and available food sources.

4. Develop child nutrition ambassadors: Motivate participants to share what they have learnt with their classmates, families and community members.

AREAS OF DIVERGENCE

OVERALL SUMMARY

The Tishama dialogue helped schoolchildren connect good nutrition with their everyday lives, particularly their health, growth and academic performance.

A key learning from the session was that eating well is not simply about having enough food; it is also about choosing foods that provide the nutrients the body needs. Participants learned that a balanced diet includes carbohydrates, proteins, fats, vitamins, minerals and water, all of which contribute to the body's proper functioning.

The discussion also examined the potential consequences of regularly consuming junk food, including inadequate nutrient intake, weight-related concerns, illness, tiredness and reduced concentration. Participants recognised that malnutrition can affect their ability to participate and perform well in school.

Three important issues emerged:
- Economic barriers: Poverty limits the ability of some families to provide diverse and nutritious meals for their children.
- Knowledge gaps: Misconceptions about healthy eating can make people believe nutritious food is only affordable to wealthy households.
- Opportunities for action: Affordable local foods, home and school gardens, feeding programmes and nutrition education can contribute to improved dietary practices.
Beyond identifying these challenges, the children were encouraged to take an active role in promoting better nutrition. They were urged to share nutrition information with their parents, explore homestead farming opportunities and become nutrition ambassadors in their schools and communities.

The dialogue demonstrated the value of involving children directly in conversations about nutrition. It also highlighted the need to combine awareness creation with practical approaches that address household food access and encourage healthier food choices.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

METHOD AND SETTING

The dialogue was conducted in an empty classroom during break time, with the permission of the head teacher and under the supervision of a schoolteacher. The facilitator guided the discussion using questions on nutritious food, balanced diets, junk food and malnutrition. Consent for photographs was obtained.

ADVICE FOR OTHER CONVENORS

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS

RELEVANT LINKS

- **LinkedIn**
  https://www.linkedin.com/company/sunyouthnetworknigeria/