

Title of Engagement: Nutrition Dialogue with Children on Nutrition, Sekyere Afram Plains AP

Date of Engagement: April 23, 2026

Languages used: Twi and English

Community: Dagomba

Number of children: 20 (10 girls and 10 boys)

The children who participated in the nutrition dialogues were from the Dagomba kids' club with equal representation of both genders. The engagement took place after school and was kept outside the classroom setting to help the children feel relaxed and comfortable in their own environment, which encouraged active participation. The location was an open space safe from any potential hazards and allowed community members to observe from a distance, further ensuring the children's safety. Additionally, two kid's club facilitators were present to maintain a "two-adult" rule, adding an extra layer of security for the children.

The children connected well with the discussions, as they already had some understanding of good nourishment and ways we can improve it. Fanada, a 13-year-old participant, was excited to be part of the session and shared, "I am so happy to be part of this discussion, I help my mother every day at the kitchen I think I have the knowledge about good and nourished foods." Each child had the opportunity to share their thoughts individually in response to the discussions, with every opinion being respected and considered. During the selection process, children from minor ethnic groups were included to ensure diversity and cultural representation, recognizing that nutrition and food are deeply tied to cultural practices in this community.

Generally, they understood good nourishment as eating good and healthy foods. They also related it to their daily practices of eating food both at home and in school.

Children's understanding or exploration of good nourishment as quoted by them

1. Eating food that is warm and not cold.
2. Eating food that is healthy.
3. A well-nourished food is a balanced diet which all food nutrients like protein, vitamins, carbohydrates, fats and oil, and minerals.
4. A food that has good nourishment is low in fat and high in protein.
5. Eating well cooked meals is for good nourishment.
6. Good nourishment means avoiding eating one-way food e.g eating banku seven times a day.
7. Good nourishment again means drinking enough water after eating for good digestion.
8. Eating vegetables a lot is also good nourishment.

Children's ideas and solutions for improving nourishment as discussed during the session.

1. Parents should be educated to change food often for their children so that they can benefit from most nutrients.
2. Children should wash fruits before eating.
3. We must avoid cooking foods with artificial spices.
4. We need to consume fruits after eating to remain healthy.
5. Parents should ensure they feed their children three times daily.
6. Children should avoid eating contaminated foods.
7. Children should be given food rich in protein for the formation of good muscles and growth of children.
8. We should avoid eating so late at night to prevent getting sick.
9. Children must eat a balanced diet to stay nourished.
10. One must undertake some form of exercise after eating in the evening to help food to digest faster.

PHOTO GALLERY:





Feedback session with kids' children on good nourishment for children in photo.