

OFFICIAL FEEDBACK FORM

WORKSHOP TITLE	MOZAMBIQUE, Maputo Nutrition Session Takes Over!
WORKSHOP DATE	Thursday, 12 September 2024 09:00 GMT +02:00
CONVENED BY	Children and Youth with Vision (CJV) Event announced on behalf of the Convenor by: Kelvin Mambero. Communication Consultant at World Vision Mozambique Feedback published on behalf of Convenor by: Kelvin Mambero. Communication Consultant at World Vision Mozambique
EVENT LANGUAGE	Portuguese
HOST CITY	Marracuene District, Mozambique
GEOGRAPHIC SCOPE	Provincial Level
WORKSHOP EVENT PAGE	https://nutritiondialogues.org/dialogue/54363/



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

27

PARTICIPATION BY AGE RANGE

27 12-15

0 16-18

PARTICIPATION BY GENDER

6 Female

21 Male

0 Other/Prefer not to say

ADDITIONAL DETAIL ON PARTICIPATION DIVERSITY

SECTION TWO: FRAMING

The dialogue session on nutrition took place in the Rio Pungue room of the Santa Isabel High School, located in the Mali neighborhood of the Marracuene district - Maputo Province. It began at 9:00 a.m. South African time and ended at 12:00 p.m. The session was based on the methodological framework for facilitating dialogues, but adapted to the context in which the dialogue took place, without at any time straying from the essence of dialogues on nutrition. During the facilitation moderated by only one facilitator, it was found that it is very important to ensure expository and illustrative quality, but above all to prioritize, that is, to reserve a significant part of the time to explore the positioning of the participants, especially when it comes to children who must be encouraged beforehand to feel comfortable doing so. Unfortunately, it was not possible to have the presence of people with disabilities at all levels, however they were included in the list of participants in the dialogues, however the children who were present participated not only from the point of view of presence but also interaction (voice) on behalf of the others who were not present at the location for various reasons.

SECTION THREE: CHILDREN'S WORKSHOP OUTCOMES

CHALLENGES

• The theme is new for this age group (they have never discussed nutrition in the same dimension); • Children point to the influence of the media and social networks, as well as fanaticism as factors that constitute challenges in combating malnutrition, as that today blind fanaticism makes many children who today have access to information technologies want to live in the same way as their idols have at least revealed on platforms, forgetting that at some point that is entertainment • Lack of conditions for watching; for the weak purchasing capacity due to unemployment on the part of many, which can, from the children's point of view, be justified by the fact that many of their parents or guardians did not receive nutritional education during their childhood (children); they don't understand how they can have a healthy diet to combat malnutrition, if they barely know what they should or shouldn't consume), in the minds of children, everything they consume is harmless and that's why it exists. • Shame of practicing family farming (many disadvantaged families, others in average conditions, do not feel comfortable practicing agriculture within their backyard, just to preserve their status quo, not wanting to accept their own

URGENT RECOMMENDATIONS FOR ACTION

• Dialogues about nutrition should not be held just once; children need ongoing dialogues so that they can have nutritional education; • Promote awareness campaigns on the use of information and communication technology, and there should be limitations on the type of content that children have access to depending on the lessons to be learned from it; • Ensure comprehensive education so that everyone can have the possibility of entering the job market or generating employment in order to have purchasing power and consequently have a good diet, as it is difficult for a person with a low level of education to have a good job and good eating habits; • The government should regulate the marketing of products that harm children's health; sometimes children only stop consuming them because they know that such a product is the cause of several deaths; however, there are products that do not cause death but are harmful to health.

AREAS OF DIVERGENCE

No areas of divergence.

OVERALL SUMMARY

The nutrition dialogue session facilitated on 12 September 2024 is part of the 5 inaugural sessions in Mozambique. These were the first ones and will be followed by others to be held in Maputo City and Province, as well as other selected provinces.

This session was attended by 27 children, as described in the images that could accompany this report. Of which some are students of the host school: Liceu Santa Isabel and others are students of the school it invites called Eduardo Mondlane 1st and 2nd grade school, both located in Mali, an expansion area of the Marracuene district.

To this end, we were guided by the following agenda:

Arrival of participants; Start of the event; Presentation of the agenda; Introduction; Welcome notes; Presentation of Children and Young People with Vision; Presentation of World Vision; Icebreaker and presentation of participants; Interactive debate: Main concepts and facts about nutrition; Current situation of malnutrition in Mozambique; Consequences of poor nutrition; Break: Family photo; Good nutritional practices; Benefits of good nutrition; Recommended diet for good health; Group work: Conversation circle - Formation of 5 groups of 6 elements {Participants discuss the main issues about nutrition and possible solutions, Construction of healthy dishes (Stickers)}; Presentation of main points raised in groups; Presentation of healthy dishes; Responses to the concerns of the groups; Notes on recommendations; Concluding notes; Snack and End.

The agenda started at 9:00 am and ended at 12:00 pm, totaling approximately 3 hours of dialogue with the children. The discussion groups were made up of an average of 9 students, considering all ages between 12 and 14 years old, and it was also ensured that girls, as a minority present at the session, were represented in each of the groups. It is important to note that the groups were led by the children themselves and their reports were presented by representatives democratically elected by them without interference from the facilitator, with the facilitator being responsible for responding to all requests in order to resolve any doubts. The result of these discussions is the data contained in the table of challenges and proposals for urgent actions. It is true that there were several challenges and proposed solutions, however, the children identified points of convergence in their findings and therefore condensed and presented at the end 4 multifaceted challenges and the respective solutions that require multisectoral responses.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

The group of facilitators who are members of the platform Children and Youth with Vision identified the school and requested a specific number of participants per session. Attached to the same request was our recommendation for the equitable inclusion of children in relation to gender, as well as children with disabilities. In a universe of 30 for a debate in which children aged 12 to 14 would participate: 10 should have each age range belonging to this range, 12 in total efficiently and from a gender perspective 15 belonging to each.

METHOD AND SETTING

To facilitate the debate with a view to including children in the topic, the facilitator opted for the expository method where it was possible to explain the current situation on nutrition combined with illustrative tools in order to facilitate the level of understanding and subsequent aptitude for debate.

ADVICE FOR OTHER CONVENORS

- Always be ready to adapt to the public;
- Use daily experiences whenever possible;
- Listen more than expound;
- Capitalize on the presence of all participants;
- Equip yourself with dynamics and creativity.

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS

We thank the host institution for providing its facilities and students to participate in the dialogue on nutrition; parents and guardians for authorizing their participation and the students in a special way due to the rich interaction we had. We also thank the world vision employees who did everything from logistical support and in the facilitation process so that the session was possible.

RELEVANT LINKS

- [on here https://web.facebook.com/share/p/eEd9DqoYdccmf71W/](https://web.facebook.com/share/p/eEd9DqoYdccmf71W/)