

OFFICIAL FEEDBACK FORM

WORKSHOP TITLE	Nutrition Dialogues, District of Guijá takes place in Mozambique
WORKSHOP DATE	Monday, 16 September 2024 09:00 GMT +02:00
CONVENED BY	Children and Youth with Vision Event announced on behalf of the Convenor by: Kelvin Mambero. Communication Consultant at World Vision Mozambique
EVENT LANGUAGE	Portuguese
HOST CITY	Guija, Mozambique
GEOGRAPHIC SCOPE	District Level
WORKSHOP EVENT PAGE	https://nutritiondialogues.org/dialogue/54394/



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

28

PARTICIPATION BY AGE RANGE

25 12-15

2 16-18

PARTICIPATION BY GENDER

18 Female

9 Male

0 Other/Prefer not to say

ADDITIONAL DETAIL ON PARTICIPATION DIVERSITY

SECTION TWO: FRAMING

On September 16 of this year in the district of Guijá, Bairro de Javanhane, province of Gaza, were held dialogues about nutrition with a group of children, focusing on the theme of Balanced Nutrition. The main objective of these debates was to make children aware of the importance of a balanced diet for healthy growth and the prevention of problems related to malnutrition and nutritional deficiencies.

SECTION THREE: CHILDREN'S WORKSHOP OUTCOMES

CHALLENGES

Challenges to good nutrition: Where the groups also discussed the barriers faced by local families in ensuring a good balanced diet, including: 1. lack of access to nutritious foods, 2. insufficient knowledge about nutrition and 3. financial limitations in purchasing food varied.

URGENT RECOMMENDATIONS FOR ACTION

And finally, they made some recommendations to combat malnutrition: where each group proposed practical solutions to improve nutrition in the community, such as encouraging the cultivation of family gardens, community involvement in public health initiatives, the existence of sufficient jobs so that adults can be financially capable of purchasing a variety of foods, and also the development by organizations of programs to empower children and young people in matters of entrepreneurship.

These discussions provided a comprehensive overview of the issues and opportunities in promoting better nutrition for children and their families, with a focus on sustainable solutions to combat hunger and malnutrition in the community.

AREAS OF DIVERGENCE

Challenges to good nutrition: Where the groups also discussed the barriers faced by local families in ensuring a good balanced diet, including lack of access to nutritious foods, low knowledge about nutrition and financial limitations in purchasing a variety of foods.

OVERALL SUMMARY

On September 16 of this year, in the district of Guijá, neighborhood of Javanhane, province of Gaza, discussions on nutrition were held with a group of children, focusing on the theme of Balanced Nutrition. The main objective of these discussions was to raise awareness among children about the importance of a balanced diet for healthy growth and the prevention of problems related to malnutrition and nutritional deficiencies.

During the dialogues, we covered:

Concept of balanced eating: explaining the need to include foods from all food groups (proteins, carbohydrates, vitamins and minerals) in daily meals.

Benefits of a balanced diet: how a balanced diet contributes to good physical and mental development, as well as increasing the ability to concentrate and energy for daily activities.

Good eating practices: we encourage a diversity of local, accessible and nutritious foods that can be included in everyday life, adapted to the reality of the community, where some examples of foods consumed in the city of Javanhane could be collected.

Still focused on the main theme of the discussions on nutrition, Balanced Diet, fundamental concepts such as nutrition, hunger and malnutrition were also raised in the form of an open debate. These discussions of key concepts aimed to create an environment for exchanging experiences and to encourage not only the adoption of healthy eating habits, which are fundamental for the well-being of children and the fight against malnutrition in the region, but also to allow for a broader knowledge on the issue of nutrition. And most of the concepts discussed had common aspects, and from these concepts it was possible to conclude: Nutrition: as the process by which the body obtains the nutrients necessary to function properly.

Hunger: as the lack of adequate access to nutritious food, which leads to deficiencies in children's growth and health.

Malnutrition: as a condition caused by insufficient or excessive intake of nutrients, negatively affecting physical and mental development.

Group Dynamics:

Participants were divided into five groups, where they discussed different aspects related to nutrition: Good practices for good nutrition:

The groups identified eating practices that help maintain a balanced diet, such as the inclusion of varied and nutritious foods, regular consumption of fruits and vegetables, and the importance of clean and safe water.

And as a way of setting an example, the children mentioned some foods that can be consumed during the day, such as: cassava or sweet potato, vegetables (cabbage, kale, matapa), meats (chicken, beef steak) etc.

Challenges to good nutrition: Where the groups also discussed the barriers faced by local families in ensuring a good balanced diet, including lack of access to nutritious foods, low knowledge about nutrition and financial limitations in purchasing a variety of foods.

And finally, they made some recommendations to combat malnutrition: where each group proposed practical solutions to improve nutrition in the community, such as encouraging the cultivation of family gardens, community involvement in public health initiatives, the existence of sufficient jobs so that adults can be financially capable of purchasing a variety of foods, and also the development by organizations of programs to empower children and young people in matters of entrepreneurship.

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SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

Group conversations, illustration of animated images related to food, playful games.

METHOD AND SETTING

ADVICE FOR OTHER CONVENORS

It is recommended that facilitators spend more time delivering dialogues than animations.

FEEDBACK FORM: ADDITIONAL INFORMATION

COLLAGE PHOTOS



ACKNOWLEDGEMENTS

Thank the children for their active participation in our dialogues, the community leaders for welcoming us and World Vision Mozambique for its support and assistance in carrying out the dialogue sessions.

RELEVANT LINKS

• on _____ here _____ here _____
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