

OFFICIAL FEEDBACK FORM

WORKSHOP TITLE	Ndaula Take off with the Nutrition Dialogues at the north of Mozambique
WORKSHOP DATE	Friday, 20 September 2024 12:00 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 and local language (Chéua)
HOST CITY	Chide, Mozambique
GEOGRAPHIC SCOPE	District level
AFFILIATIONS	World Vision Mozambique
WORKSHOP EVENT PAGE	https://nutritiondialogues.org/dialogue/54674/

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

30

PARTICIPATION BY AGE RANGE

18 12-15

12 16-18

PARTICIPATION BY GENDER

11 Female

19 Male

0 Other/Prefer not to say

ADDITIONAL DETAIL ON PARTICIPATION DIVERSITY

The participants were young people and children, children of farmers and food vendors in the district.

SECTION TWO: FRAMING

Opening and Presentation of Facilitators and Participants. We began the Dialogue with presentations by the facilitators and participants. Next, we gave a presentation of the CJV (Children and Youth with Vision) platform and World Vision. Soon after, an introduction to the concepts of Nutrition and Malnutrition was given, presenting in a clear and accessible way the foundations necessary for understanding the content that would follow.

Presentation of Content Types of Malnutrition: We explained in detail the different types of malnutrition, their causes and consequences, sparking a valuable debate among the participants about the local reality.

Good Nutritional Practices: Practical guidelines were shared on how to maintain a balanced and healthy diet, with examples and tips applicable to everyday life.

Benefits of Healthy Eating: We emphasized the benefits of a balanced diet for the body and mind, Food for Good Health and vitamins and their benefits for our health.

SECTION THREE: CHILDREN'S WORKSHOP OUTCOMES

CHALLENGES

Language barriers overcome with translation by one of the members.

URGENT RECOMMENDATIONS FOR ACTION

Participants spoke about the lack of food and the lack of money to buy food.
Solution proposals Nutritional education; • End world hunger; • Reduce food waste; • Encourage the diversity of agricultural crops; • Avoid consuming expired food; • Follow a food plan knowing which food groups (as discussed in the definition of concepts); • Consume foods rich in nutrients.

AREAS OF DIVERGENCE

There wasn't!

OVERALL SUMMARY

The debate took place in two languages: Portuguese, transmitted by the facilitators, and translated into the local language, which the participants are most familiar with. After this relaxed and dynamic moment, the students introduced themselves, stating their name, age, dream and favorite dish. During the group debates, the group participants discussed the causes of malnutrition and possible solutions. Malnutrition in Ndaula is mainly caused by the lack of financial resources and a lack of nutritional education. To combat this, it is necessary to raise awareness in the community about the importance of nutrition, educate about healthy eating, and carry out regular tests to identify cases of malnutrition.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

•Dynamics •Questionnaire about food; •Questions with images of food stickers for children.

METHOD AND SETTING

Educational but more open conversation session

ADVICE FOR OTHER CONVENORS

Listen more to participants; Inclusion of technicians from the area.

FEEDBACK FORM: ADDITIONAL INFORMATION

COLLAGE PHOTOS



ACKNOWLEDGEMENTS

We appreciate the moment of exchange and experience making the facilitation more appropriate and together contributing to the eradication of malnutrition and we thank everyone involved in this process.