

OFFICIAL FEEDBACK FORM

WORKSHOP TITLE	Mozambique take of with the Nutrition Dialogues Sessions
WORKSHOP DATE	Thursday, 12 September 2024 09:00 GMT +02:00
CONVENED BY	Children and Young People with Vision Event announced on behalf of the Convenor by: Kelvin Mambero. Communication Consultant at World Vision Mozambique
EVENT LANGUAGE	Portuguese
HOST CITY	Chinguize, Mozambique
GEOGRAPHIC SCOPE	District level
AFFILIATIONS	World Vision Mozambique
WORKSHOP EVENT PAGE	https://nutritiondialogues.org/dialogue/54677/



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

17

PARTICIPATION BY AGE RANGE

17 12-15

0 16-18

PARTICIPATION BY GENDER

9 Female

8 Male

0 Other/Prefer not to say

ADDITIONAL DETAIL ON PARTICIPATION DIVERSITY

The debate was attended by children from different urban contexts, allowing for a diverse discussion about nutrition. Although all the children came from urban areas, they represented different realities socioeconomic, which brought varied perspectives on access to healthy foods, dietary practices and daily challenges related to nutrition.

SECTION TWO: FRAMING

Opening and Presentation of Facilitators and Participants. We started the Dialogue with presentations from the facilitators and participants. We then made a presentation of the CJV platform (Children and Young People with Vision) and Mundo Visão. Soon after, an introduction to the concepts of Nutrition and Malnutrition was carried out, presenting in a clear and accessible way the fundamentals necessary for understanding the content that would follow. Presentation of Contents Types of Malnutrition: We explain in detail the different types of malnutrition, their causes and consequences, sparking a valuable debate among participants about the local reality. Good Nutritional Practices: Practical guidance was shared on how to maintain a balanced and healthy diet, with examples and tips applicable to everyday life. Benefits of Healthy Eating: We emphasize the benefits of a balanced diet for the body and mind, Food for Good Health and vitamins and their benefits for our balanced body and mind, Food for Good Health and vitamins and their benefits for our health.

SECTION THREE: CHILDREN'S WORKSHOP OUTCOMES

CHALLENGES

- Initial shyness that was overcome with the dynamics;
- Children at different stages of academic development.

URGENT RECOMMENDATIONS FOR ACTION

Participants spoke about the lack of food and the lack of money to buy food.

Proposed solutions

- Nutritional education;
- Ending world hunger;
- Reducing food waste;
- Encouraging the diversity of agricultural crops;

AREAS OF DIVERGENCE

There wasn't!

OVERALL SUMMARY

The session with the students began with a presentation by the facilitators, the platform Children and Youth with Vision, where they are based, and World Vision. After this relaxed and dynamic moment, the students introduced themselves, leaving their name, age, dream and favorite dish. Afterwards, there was a moment to share knowledge about nutrition as a way to start the debates. The students showed great knowledge and participation in this phase, talking about the concepts and sharing doubts. During group debate time, group participants discussed the causes of malnutrition and possible solutions.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

We use dynamic activities such as: Food questionnaire; Questions with illustrative images, and with the help of food stickers.

METHOD AND SETTING

Educational but more open conversation session.

ADVICE FOR OTHER CONVENORS

- Listen more to participants;
- Include 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.