

# OFFICIAL FEEDBACK FORM

WORKSHOP TITLE	Lyinga School hosts nutrition dialogue, Mozambique
WORKSHOP DATE	Monday, 16 September 2024 08:00 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
EVENT LANGUAGE	Portuguese
HOST CITY	Licasse, Mozambique
GEOGRAPHIC SCOPE	District level
AFFILIATIONS	World Vision Mozambique
WORKSHOP EVENT PAGE	<a href="https://nutritiondialogues.org/dialogue/54692/">https://nutritiondialogues.org/dialogue/54692/</a>



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

35

## PARTICIPATION BY AGE RANGE

0 12-15

35 16-18

## PARTICIPATION BY GENDER

13 Female

22 Male

0 Other/Prefer not to say

## ADDITIONAL DETAIL ON PARTICIPATION DIVERSITY

The children are part of a low-income social group in the community of Lyvinga, a town located in the district from Marracuene, Maputo province, in the Santa Isabel neighborhood, most of his parents work as farmers, domestic workers, bricklayers, among others.

## SECTION TWO: FRAMING

---

The nutrition dialogue session took place in room 1 of the Livynga Primary Schools, located in the Sasseka neighbourhood of the Marracuene district, Maputo Province. It began at 10:00 am South African time and ended at 1:00 pm. 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 nutrition dialogues. During the facilitation, moderated by four facilitators, 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 first be encouraged 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 children do not eat well because their guardians face financial difficulties; They lack basic conditions just to live from a structural point of view, considering that they have many interests/projects that include building a house and not just providing food; In Mozambique the cost of living is high in urban centers and in areas of expansion it is even worse; There is a lack of employment, many live off what in popular jargon here we call "biscato", which does not guarantee a stable income to meet the needs of purchasing food on a daily basis; for those who have a job that can be considered stable, salaries are extremely low compared to the cost of living; The wave of robberies also contributes significantly to a setback in the development of families, leading to a diversion of resources; Many are afraid or ashamed to practice agriculture and livestock farming, which at low cost would provide them with nutritious food; Fruits and healthy snacks are not sold near schools.

## URGENT RECOMMENDATIONS FOR ACTION

Humanitarian Aid: all those who are able can help the disadvantaged while they organize themselves to independently meet their needs; People should work humbly and without shame, as long as it is honest, to have the minimum to satisfy their needs, but the government should create more job opportunities, stimulating the private sector and such as children call for to be announced publicly; Increase wages in order to provide a basic purchasing standard, as well as stabilize market prices; Families should practice agriculture to acquire part of their food autonomy.

## AREAS OF DIVERGENCE

No areas of divergence.

## OVERALL SUMMARY

The dialogue session on nutrition facilitated on September 16, 2024 is a follow-up to the dialogue held on the 12th of the same month, it should be noted that, while the previous session had children aged 12-14 as its target audience, it covered children from 15 to 18 years of age. Both sessions took place in the Province of Maputo in the District of Marracuene.

From the point of view of agenda and methodology, it is not far from the reality experienced in the past, which was structured as follows: Arrival of participants; Start of the event; Presentation of the agenda; Introduction; Welcome notes: Presentation of Children and Youth 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.

Due to the nature of the audience, as well as the number of facilitators, there were some differences: on average, each debate group was made up of 8 children and they all had a full-time facilitator available to respond to any demand, which contributed significantly to productivity. From the debate, combined with their development, I saw that they already feel comfortable in putting forward their ideas that are different from those of children under the age of 14, which varies a lot depending on their energy.

An important fact is that our target audience, under normal conditions, should be attending high school, but unfortunately for various reasons they did not reach this level, which on the other hand shows their condition, which from an early age prevents them from having a standard development. including food, significantly affecting your academic performance. Therefore, it must be emphasized that the challenges listed above are real, the children themselves spoke in the first person, others even reported that they contracted chronic diseases during this time due to dietary deficiency.

# 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 15 to 18 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 facilitators 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

## COLLAGE PHOTOS



## ACKNOWLEDGEMENTS

We would like to thank the host institution for providing its facilities and students to participate in the dialogue on nutrition; the parents and guardians for authorizing their participation and the students in particular for the rich interaction we had.