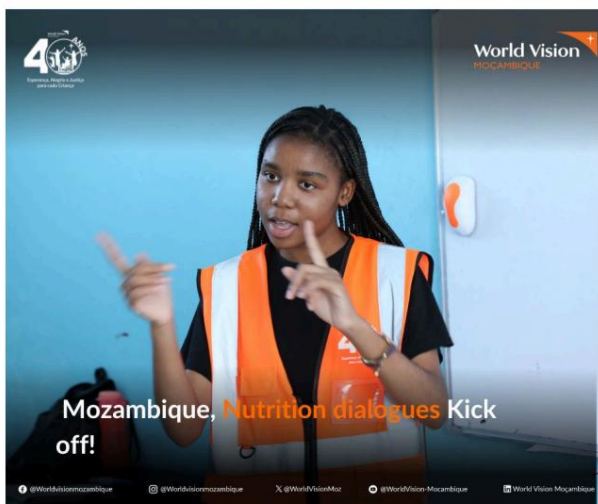


OFFICIAL FEEDBACK FORM

| | |
|---------------------|---|
| WORKSHOP TITLE | 1st Session of Nutrition Dialogue in Mozambique |
| 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 |
| EVENT LANGUAGE | Portuguese |
| HOST CITY | Maputo, Mozambique |
| GEOGRAPHIC SCOPE | District Level |
| AFFILIATIONS | World Vision |
| WORKSHOP EVENT PAGE | https://nutritiondialogues.org/dialogue/54861/ |



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

25

PARTICIPATION BY AGE RANGE

24 12-15

1 16-18

PARTICIPATION BY GENDER

12 Female

13 Male

0 Other/Prefer not to say

ADDITIONAL DETAIL ON PARTICIPATION DIVERSITY

SECTION TWO: FRAMING

This session took place at Liceu Santa Isabel, district of Marracuene, on September 12, 2024 at 9 am. Arriving at the school, the section participants, partners (WV and CJV) and the objective of the nutrition dialogues were presented. After this presentation, the students' presentation followed, where each one spoke their full name, age and favorite dish. After the presentations by the facilitators and participants ended, the dialogue began with basic concepts, such as: food, nutrition, nutrition, malnutrition and healthy or balanced eating.

SECTION THREE: CHILDREN'S WORKSHOP OUTCOMES

CHALLENGES

- Knowledge on the part of students' parents; • Children are aware of healthy and nutritious options, but due to the lack of knowledge on the part of some parents and guardians, it appears that children want to have more varied snack options; • Financial conditions; • Not being able to afford the ideal foods for children is also a challenge for their healthy nutrition; • Preferences; • Due to an old construction of what children like to eat, vegetables are often forgotten and throughout children's lives it becomes difficult to gain a taste for them and this affects their health.

URGENT RECOMMENDATIONS FOR ACTION

- More nutrition dialogues in schools (in various parts of the country);
- Nutritional education for parents and/or guardians; • Nutritional television programs; • Introduction of a subject or a weekly moment on nutritional education; • Periodic visits by nutritionists to schools; • Healthy snack options in canteens and cafeterias around schools.

AREAS OF DIVERGENCE

There was none.

OVERALL SUMMARY

The section was participatory and educational.

The students demonstrated that they did have knowledge of much of what was covered, as a basic concept, and several of them contributed to the definition of each point that was chosen to debate with them.

After going over the basic concepts, the food wheel and the three main groups of nutrients were presented: energy, building and regulating. During this presentation, the children also learned about some foods that they could use instead of others (whether due to preference or health reasons) and, along the same lines, a group dynamic of 5 elements was carried out to present healthy recipes based on a list of foods made available to them.

Once the session was over, a family photo was taken and then a healthy snack was offered to each of the children (with all the nutrients they need).

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

Students from Santa Isabel High School and Eduardo Mondlane School. Students aged between 12 and 18.

METHOD AND SETTING

Environment: quiet, in a classroom, without noise, interruptions or sounds. Method: expository-explanatory, interactive and use of dynamics.

ADVICE FOR OTHER CONVENORS

Allow children to express their opinions. Always try to provide space for dynamics, so that they don't get tired and the environment becomes boring.

FEEDBACK FORM: ADDITIONAL INFORMATION

COLLAGE PHOTOS



ACKNOWLEDGEMENTS

We thank 4SD for the dialogue initiative. To Liceu Santa Isabel for receiving and accepting that God students did part of the project, to the students for their patience and participation in the nutrition dialogues.