

# OFFICIAL FORM OF FEEDBACK

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| WORKSHOP TITLE           | Nutrisonrisa  |
| WORKSHOP DATE            | Thursday, 26 December 2024 17:00 GMT -05:00   |
| CALLED BY                | Alejandra Gonzalez - World Vision Col   |
| EVENT LANGUAGE           | Spanish   |
| HOST CITY                | Cali, Colombia  |
| GEOGRAPHIC SCOPE         | Cauca Valley  |
| AFFILIATIONS             | World Vision  |
| EVENT PAGE OF THE TALLER | <a href="https://nutritiondialogues.org/es/dialogue/55922/">https://nutritiondialogues.org/es/dialogue/55922/</a> |



The results of the workshops for children will contribute to developing and identifying the most urgent and powerful forms of improving nutrition for all, with a focus on children and young people. Each workshop contributes in four different ways:

- Published as publicly available PDF files on the Nutrition Dialogues Portal
- Available as public data on the "Explore Feedback" page of the Nutrition Dialogues Portal
- Publicly available in a .xls file along with all feedback form data for analysis advanced
- Synthesized in reports covering what nutritional challenges are faced, what actions are urgently needed and how they should be carried out, in particular, before the Nutrition for Growth Summit in Paris, March 2025.

# SECTION ONE: PARTICIPATION

## TOTAL NUMBER OF PARTICIPANTS

14

## PARTICIPATION BY AGE RANGE

9 12-15

5 16-18

## PARTICIPATION BY GENDER

7 Female

7 Male

0 Other/Prefer not to say

## ADDITIONAL DETAILS ON DIVERSITY OF PARTICIPATION

All children and adolescents are part of the migrant population with a vocation to remain in Colombia, within the framework of integration processes.

# SECTION TWO: FRAMING

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The activity begins by welcoming the children and adolescents into the space. To open the space, we share the clarifications with them so that we all recognize that this is going to be a safe space to express ideas and that all ideas are ideas, where everyone's opinions and thoughts are going to be respected, as well as asking for the floor to speak, and finally not making fun of what others say. Then we go on to explain the exercise, or what was going to be done in the space, which was to talk, dialogue and debate about the topic of nutrition, healthy eating habits, terms like malnutrition. After that, we ask everyone, do you know or have you heard what nutrition is? To which they replied that "nutrition is eating well, eating well, and when we go to the nutritionist it is because they are going to prescribe us some foods that are good for us." Once the exercise of explaining the exercise was finished, an icebreaker activity was carried out, which consisted of making a circle with everyone where they had to introduce themselves, saying their name, their age, and what their favorite food was, starting with the workshop facilitator and ending with Ambar, who is 17 years old. Afterwards, each one had to write their name on a sheet of paper, make an airplane with the paper and then make a horizontal row, and throw the paper airplane. Each one had to take a piece of paper with a name on it and say which partner the written name belonged to.

# SECTION THREE: WORKSHOP RESULTS FOR CHILDREN

## CHALLENGES

1. The challenges identified for good and healthy nutrition in children and adolescents is the lack of economic resources to access good quality products, since these are usually the most expensive.
2. In addition, there is a lack of knowledge about what should be eaten and when to eat it, since many children eat fried foods, soda, or ice cream for breakfast, and dinner becomes a sausage and soda again.

## URGENT RECOMMENDATIONS FOR ACTION

1. Conduct workshops in educational institutions on healthy eating, and provide training on the type of food that is given to them for consumption during the school day.
2. Conduct strengthening and training sessions for parents and caregivers regarding healthy and nutritious eating, since they often do not know what foods to prepare that provide nutrients and vitamins. This will allow most parents and caregivers to prepare healthy foods at home.
3. Support community kitchens so that the food they provide has a greater capacity of nutrients and vitamins that allow the development of everyone, especially the most vulnerable population.
4. Raise awareness about the proper consumption of healthy foods, generating awareness in society about what they eat.

## AREAS OF DIVERGENCE

1. The topic of divergence was when the image of different fruits, legumes, and vegetables was shown where some expressed that these were healthy but not visually pleasing to eat, and that they did not taste good either, and others disagreed that, for example, avocado tasted good.
2. Another topic was the image of the arepas where one mentioned that the arepa with corn was different from the one made with bread flour, expressing that it tasted different, and that the one made with bread flour was more harmful than the one prepared with ground corn.

## GENERAL SUMMARY

During the exercise, the group worked on the term nutrition and malnutrition, where children and adolescents expressed what they knew or had heard about the term, where in general it was defined that nutrition is eating healthy foods, such as vegetables, fruits, and drinking water, to provide nutrients and vitamins to the body, in order to prevent or avoid diseases, grow and develop, and feel physically healthy. And within the term malnutrition it was concluded that in most cases, it was due to a lack of economic resources, poverty and vulnerability, with those most affected being children and adolescents who eat one meal per day, as well as a lack of knowledge regarding the preparation of healthy foods.

# SECTION FOUR: PRINCIPLES OF COMMITMENT AND METHOD

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## PRINCIPLES OF COMMITMENT

Active inclusion: Participation of all group members was encouraged, by asking open-ended questions and inviting more reserved participants to express their opinions. Mutual respect: A safe environment was established where each participant could share their experiences and perspectives without fear of criticism or judgment. Active listening: Moderators and participants showed genuine interest in each other's contributions, facilitating effective and constructive communication. Guided facilitation: Moderators structured the session with key questions to maintain focus and ensure all relevant topics were addressed. Diversity of perspectives: Constructive debate was promoted around topics such as food priorities and strategies to combat misinformation, encouraging mutual learning. Focus on solutions: Discussions were geared toward identifying specific problems and generating proposals.

## METHOD AND SCENARIO

The atmosphere and closeness of the participants allowed for a fluid and honest dialogue about their previous and current experiences on the topics discussed, through a dynamic methodology, allowing for extensive participation by all invited people, seeking that their voices and opinions could be expressed openly and without judgment.

## ADVICE FOR OTHER CONVENTORS

# FEEDBACK FORM: ADDITIONAL INFORMATION

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## ACKNOWLEDGEMENTS

We would like to express our sincere gratitude to the participants for having joined us in this important space for stakeholders, where they generously shared their experiences and knowledge about nutrition and food security in the complex context of migration. Their participation was fundamental in enriching the collective reflection and providing an authentic and valuable vision of the challenges they face in their communities.