

OFFICIAL FORM OF FEEDBACK

WORKSHOP TITLE	Nourish to Action
WORKSHOP DATE	Tuesday, 3 December 2024 16:43 GMT -05:00
CALLED BY	World Vision
EVENT LANGUAGE	Spanish
HOST CITY	Buenaventura, Colombia
GEOGRAPHIC SCOPE	Colombia
AFFILIATIONS	World Vision
EVENT PAGE OF THE TALLER	https://nutritiondialogues.org/es/dialogue/55928/



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

9

PARTICIPATION BY AGE RANGE

6 12-15

3 16-18

PARTICIPATION BY GENDER

5 Female

4 Male

0 Other/Prefer not to say

ADDITIONAL DETAILS ON THE DIVERSITY OF PARTICIPATION

The participants of this workshop are girls and boys who have been victims of the armed conflict in their territories, so they and their families have had to move from rural to urban areas in search of safety and opportunities.

SECTION TWO: FRAMING

The armed conflict in Buenaventura has had a devastating impact on children's nutrition, seriously affecting their physical and mental development. Violence and forced displacement have limited access to basic foods, increasing malnutrition and related diseases. In addition, the loss of their families' livelihoods and the interruption of school feeding programs aggravate this crisis. With the group, a brief description of the objective of the day's meeting is given, and the activities that will be carried out are explained: Today we will talk about the importance of food for our health. Did you know that food helps us grow strong and ready to learn? Let's discover together which foods are good for us and which we should eat in moderation. To make it more fun, we will do some games and activities. But first, let's remember that it is important to behave well, listen to our classmates and respect everyone. Let's get started! Yakelin, World Vision facilitator in the territory, explains.

SECTION THREE: WORKSHOP RESULTS FOR CHILDREN

CHALLENGES

The children enthusiastically selected the images that caught their attention the most and shared their valuable opinions. Manuel, for example, was very moved when he saw an image depicting a family in poverty, expressing his concern. "The children are in need," he commented.

Yoselin focused on the importance of a healthy diet. Watching a child drinking a glass of milk, she said: "It is important to drink milk because it is a healthy food." Laura, on the other hand, reflected on the effects of a poor diet: "If you eat poorly, you can get sick."

When looking at a picture of a person eating a hamburger, she said, "The hamburger is not healthy for our health," said Laura. Esther demonstrated great knowledge about nutrition when analyzing a picture of an arepa. "I am aware of what is in the arepa and if it is fried it is bad fat," explained Esther, highlighting the importance of choosing healthy foods such as lentils, nuts, fruits and vegetables. María, on the other hand, focused on the importance of a varied and balanced diet. Looking at an image of a family enjoying a healthy meal, she commented: "You can see that they eat well and there are lots of fruits and vegetables." Exploring the realities of the territory, she wonders if they find these foods in their communities, where they mention "Sometimes we see them in the supermarket, but they can't always buy them." "At home they buy vegetables, but I don't like them." "Before, you could go and buy from your neighbor, but now here in the city everything is very expensive," explains Esther. Their comments invite us to reflect on the changes that can occur in diet when they are in a different area from where they grew up, and there are high prices for foods that promote good nutrition.

URGENT RECOMMENDATIONS FOR ACTION

This was followed by a group activity to further explore what they had learned about healthy eating. The children were divided into two teams with the aim of creating visual displays using drawings or writing on kraft paper.

The first group focused on healthy foods, mentioning examples such as fruits (apple), vegetables (avocado), eggs, fish and carbohydrates. They stressed the importance of consuming these and replacing junk food that can cause harm in the long term and that parents invest money to use it on healthy meals that can be just as tasty.

The second group focused on the consequences of good and bad nutrition. They stressed that a balanced diet contributes to maintaining a healthy weight and prevents diseases. On the other hand, they warned about the risks of consuming too much processed and unnutritious food.

At the end of the presentations, the children reflected as a group on what they had learned. They agreed on the importance of good nutrition to maintain good health and highlighted that traditional foods from their region, such as fish, Chinese potatoes, chontaduro and borojón, are an excellent source of nutrients.

AREAS OF DIVERGENCE

The traditional diet of Buenaventura is a rich source of protein and carbohydrates, thanks to ingredients such as fish, Chinese potatoes, chontaduro and borojo. During the space, the girls and boys mentioned that their favorite foods are rice with coconut, fried fish, patacones and encocado; several also mentioned some traditional sweets such as manjar blanco and cocadas. They also recognize that these are foods that are usually cooked with excess oil for frying or a lot of sweets, but they explain "that is the culture here, my parents eat it, my grandparents eat it and so do I."

GENERAL SUMMARY

The children showed great enthusiasm and participation in all the activities. They demonstrated prior knowledge about some healthy foods and expressed concern about the health problems associated with poor nutrition. In addition, they valued the importance of food as a fundamental right and not as a privilege; however, they identified how culturally traditional foods in their communities can be harmful to health if consumed in excess.

They also identify that their parents can include foods that provide necessary nutrients in their diet by investing in them and not buying junk food.

At the end of the activity, the children were more aware of the relationship between their diet and their health.

They expressed their commitment to adopting healthier eating habits and sharing what they learned with their families and friends.

SECTION FOUR: PRINCIPLES OF COMMITMENT AND METHOD

PRINCIPLES OF COMMITMENT

The participants are part of a World Vision process in the territory, so we are informed about them. At the beginning we introduce ourselves again, as well as the objective of the meeting for the day. The different means of attention were socialized, such as the PQRS lines and the suggestion box in case they wish to use them. We have the principles of commitment, recognition of their origin and ethnic and sociocultural identification, respecting their opinions and perspectives at all times, promoting spaces for sharing and mutual learning, and maintaining transparent communication regarding the objective of the space.

METHOD AND SCENARIO

The methodology has a participatory and collaborative approach between the participants and the facilitator and aims to generate a space for reflection, exchange of ideas and collective problem solving, promoting active participation and mutual respect.

ADVICE FOR OTHER CONVENTORS

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS

We would like to express our sincere gratitude to the participants for having accompanied 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 territorial insecurity they face. Their participation was fundamental in enriching the collective reflection and providing an authentic and valuable vision of the challenges they face in their communities.

ATTACHMENTS

- Group 1
<https://nutritiondialogues.org/wp-content/uploads/2024/12/Group-1-1.jpg> .
- Group 2
<https://nutritiondialogues.org/wp-content/uploads/2024/12/Group-2.jpg> .