

# RETURN FORM OFFICIAL

WORKSHOP TITLE	How Children Determine What It Means to Be "Well-Nourished"
WORKSHOP DATE	Friday, December 6, 2024 1:00 PM GMT +02:00
SUMMONED BY	Evariste Mulamba
LANGUAGE OF THE EVENT	Swahili and French
HOST CITY	Lubumbashi, Democratic Republic of Congo
GEOGRAPHIC SCOPE	Community level
AFFILIATIONS	World Vision
EVENT PAGE FROM THE WORKSHOP	<a href="https://nutritiondialogues.org/fr/dialogue/56570/">https://nutritiondialogues.org/fr/dialogue/56570/</a>



The outcomes of the children's workshops will help develop and identify the most urgent and powerful ways to improve nutrition for all, with a particular focus on children and youth. Each workshop contributes in four distinct ways:

- Published as publicly available PDFs on the Nutrition Dialogues portal Available as public data on the “Explore
- Feedback” page of the Nutrition Dialogues portal Publicly available in an .xls file with all data from the feedback form for advanced analysis Synthesized into reports
- that cover the nutrition challenges faced, the urgent actions that need to be taken, and how to move them forward – in particular, ahead of the Nutrition for Growth
- Summit in Paris in March 2025.

# SECTION ONE: PARTICIPATION

## TOTAL NUMBER OF PARTICIPANTS

14

## PARTICIPATION BY AGE GROUP

5 12-15

9 16-18

## PARTICIPATION BY GENDER

8 Female

6 Male

0 Other/Prefer not to say

## ADDITIONAL DETAIL ON DIVERSITY OF PARTICIPATION

The children are all from the Sambwa community, a rural locality where the main activity is agriculture.

## SECTION TWO: FRAMEWORK

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The children of Sambwa live in a mainly rural and agricultural environment. Agriculture and livestock breeding are the main activities. A lot of vegetables are produced in Sambwa. Fruits are seasonal. But there is no diversity in protein sources such as meat and fish. The children of Sambwa believe that their diet needs to be improved to ensure good health.

# SECTION THREE: WORKSHOP RESULTS FOR CHILDREN

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## CHALLENGES

Their first nutritional challenge is diversity. Children eat the same things regularly, fufu, cassava leaves, amaranth leaves, sweet potato leaves, squash leaves, okra, or cabbages. The best products are sold on the market and they make do with what is left. The hunger situation is also linked to living conditions, some children suffer in their families because as punishment, they are deprived of food. Still others are in poor health, thin because they are sick and have no appetite. When you are sick, you want to eat good things that are often not easy to find or have.

## URGENT RECOMMENDATIONS FOR ACTION

The solution is first to figure out how to get plenty of meat on the market so that parents can get it. Also that children agree to eat vegetables even if they do not like them That fruits are always there at all times, not only in the rainy season, because it is in this season that there are many mangoes and other fruits That there is livestock farming so that there is meat on the market

## AREAS OF DIVERGENCE

The points of divergence lie in the definition of what it means to be well nourished. For some, when a child is fat, it means that he is healthy, he eats well. But for others, being healthy is when you do not get sick. For others still, it is when you are average, neither fat nor thin.

## GENERAL SUMMARY

Several pictures were shown to the children. Caricatures of fat, short, tall, skinny, thin, normal children. The children were asked to observe and say what differentiates these children, what is the basis of this difference.

Each at their level had to represent one of the children to understand what could have happened to them for them to be in this state in relation to their diet. The children imagined several scenarios that could explain the children's state of health. They noted those who do not have enough food to satisfy themselves, those who have food but it is not good, those who have worries, who are sick, who are punished and deprived of food, those who have a lot and those who eat in a disorderly manner, those who are sick. when they were asked what it means to be well fed, how to illustrate. The images showed the diversification of foods, including fruits, vegetables, meat, and even sweets.

# SECTION FOUR: PRINCIPLES OF ENGAGEMENT AND METHOD

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## PRINCIPLES OF COMMITMENT

Recognizing that nutritional status has multiple determinants, the children understood that a good diet is linked to the composition of what we eat, to diversification. Added to this are better living conditions. These better living conditions involve eating in peace, being healthy, loving what we eat.

## METHOD AND FRAMEWORK

The activity was organized in a classroom where the benches were arranged in a circle to allow for a good exchange. The children were led to reflect on their living conditions, the ideal conditions for them. This sharing made it possible to identify different contexts and perspectives, including aspects of protection against violence, well-being and acceptance.

## TIPS FOR OTHER CONVENERERS

Provide educational materials suitable for children, find games to relax children

# RETURN FORM: INFORMATION ADDITIONAL

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## THANKS

## ATTACHMENTS

- [https://nutritiondialogues.org/wp-content/uploads/2024/12/20241206\\_133325-1-1.jpg](https://nutritiondialogues.org/wp-content/uploads/2024/12/20241206_133325-1-1.jpg)