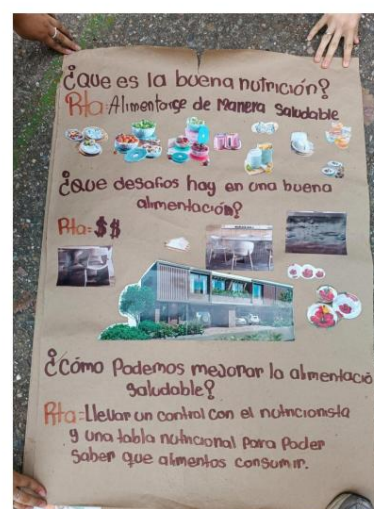


# OFFICIAL FORM OF FEEDBACK

WORKSHOP TITLE	NUTRITION TODAY
WORKSHOP DATE	Friday, 27 December 2024 15:12 GMT -05:00
CALLED BY	WORLD VISION
EVENT LANGUAGE	SPANISH
HOST CITY	Piedecuesta, Colombia
GEOGRAPHIC SCOPE	SANTANDER
AFFILIATIONS	WORLD VISION
EVENT PAGE OF THE TALLER	<a href="https://nutritiondialogues.org/es/dialogue/57510/">https://nutritiondialogues.org/es/dialogue/57510/</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

40

## PARTICIPATION BY AGE RANGE

26 12-15

14 16-18

## PARTICIPATION BY GENDER

20 Female

20 Male

0 Other/Prefer not to say

## ADDITIONAL DETAILS ON DIVERSITY OF PARTICIPATION

THE YOUNG PEOPLE PARTICIPATED ACTIVELY FROM THEIR INDIVIDUALITY, BELONGING TO DIFFERENT TYPES OF RELIGIOUS EXPRESSION, MAINLY CHRISTIAN; MOSTLY RESIDENTS OF THE PERIURBAN AREA OF THE BE CAREFUL, NONE OF THEM REPORTED HAVING A PARTICULAR DISABILITY CONDITION OR ETHNICITY DIFFERENT FROM THEIR MESTIZO.

# SECTION TWO: FRAMING

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THE WORKSHOP IS CONSIDERED WITHIN GLOBAL, NATIONAL AND REGIONAL FIGURES ON NUTRITION, WITH THE AIM OF GENERATING PRIOR REFLECTION AND PROVIDING CONTEXT ON THE TOPIC TO BE ADDRESSED. IN THIS ACTIVITY, IT IS POSSIBLE TO IDENTIFY AND ANALYSE THE FOODS THAT STAND OUT IN THE DIETS OF CHILDREN AND ADOLESCENTS, SUCH AS DAIRY PRODUCTS, FLOURS (PASTA, RICE) AND PROTEINS (CHICKEN). DURING THIS INITIAL ACTIVITY, IT BECAME EVIDENT THAT SOME OF THE PARTICIPANTS HAD NOT EATEN FOOD PRIOR TO THE ACTIVITY, WHICH WOULD HAVE BEEN LUNCH. THIS OBSERVATION HIGHLIGHTS THE IMPORTANCE OF ADDRESSING ISSUES RELATED TO NUTRITION AND HEALTHY EATING IN THIS AGE GROUP.

## SECTION THREE: RESULTS OF THE WORKSHOP FOR CHILDREN

### CHALLENGES

ONE OF THE CHALLENGES IDENTIFIED WITH GREATEST INTENSITY WAS THE LACK OF MONETARY ACCESSIBILITY TO ACQUIRE NUTRITIOUS FOOD, FOR WHICH YOUNG PEOPLE REPORTED THAT "JUNK" FOOD IS EASILY OBTAINED AND THAT IS WHAT IS CONSUMED. IN ADDITION TO THE ABOVE, A HIGH INCREASE IN THE FAMILY BASKET. ON THE OTHER HAND, THEY EXPRESSED CONCERN ABOUT THE LACK OF TIME FOR WORK WHICH PREVENTS PEOPLE FROM BEING ABLE TO PREPARE THEIR OWN FOOD THAT ENABLES THEM TO GUARANTEE ITS EFFECTIVE NUTRITIONAL LOAD AND FOOD SAFETY.

ANOTHER CHALLENGE IDENTIFIED BY PARTICIPANTS WAS THE PRIORITIZATION OF OTHER ORDER NEEDS SOCIAL ABOVE THE BASIC NEED FOR FOOD, SUCH AS STATUS OR AS IT IS THEY REFERRED TO "THE APPEARANCES".

### URGENT RECOMMENDATIONS FOR ACTION

PARTICIPANTS IDENTIFIED NECESSARY ACTIONS IN THEIR FAMILY AND COMMUNITY AREAS TO RAISE AWARENESS ABOUT THE DIFFERENCE BETWEEN BENEFICIAL AND HARMFUL FOODS. THEY CONSIDER IT ESSENTIAL TO STRENGTHEN KNOWLEDGE ABOUT FOOD INSECURITY AND PROMOTE ADEQUATE CONSUMPTION OF HEALTHY AND BALANCED FOOD.

IN ADDITION, THEY HIGHLIGHTED THE IMPORTANCE OF:

- GENERATE REGULAR PHYSICAL ACTIVITY ROUTINES.
- PROMOTE AWARENESS OF GOOD NUTRITION.
- PROMOTE HEALTHY HABITS IN THE FAMILY AND COMMUNITY ENVIRONMENT.

### AREAS OF DIVERGENCE

DURING THE SPACE THERE WAS GROUP COHESION, THEY HAD SEVERAL POINTS IN COMMON AND IN DIFFERENT WAYS THEY EXPRESSED THE SAME POINT OF VIEW ON MOST OCCASIONS, THEREFORE IT DID NOT GIVE RISE TO DEBATE THEREFORE THEY WERE PREPARED, NO DIVERGENCES WERE EVIDENT BETWEEN THE PARTICIPANTS.

## GENERAL SUMMARY

DURING THE ACTIVITY, THREE KEY QUESTIONS WERE FORMULATED TO REFLECT ON THE SITUATION OF FOOD INSECURITY AND ACCESS TO BASIC SERVICES. THESE QUESTIONS WERE: 1. HAVE YOU EVER EXPERIENCED HUNGER?  
2. HAVE YOU EVER SPENT A DAY WITHOUT EATING?  
3. HAVE YOU EVER LACKED ACCESS TO ESSENTIAL PUBLIC SERVICES?

MOST OF THE GROUP PARTICIPANTS SHARED THAT THEY HAD EXPERIENCED SOME OF THESE EXPERIENCES AT SOME POINT IN THEIR LIVES, EVEN THEY REFERRED TO GOING TO SPACE WITHOUT HAVING CONSUMED FOOD AT CUSTOMARY MEAL TIME.

A PAIRING ACTIVITY WAS NEXT PROPOSED WHERE THE CONCEPTUAL FRAMEWORK WAS ADORNED WITH THE FOLLOWING TERMS SUCH AS: FOOD, SUSTAINABLE DIETS, MALNUTRITION, HUMAN RIGHT TO FOOD, MALNUTRITION AND NUTRITIONAL FOOD SECURITY AND THEIR DEFINITIONS. AT THIS TIME IT WAS IDENTIFIED THAT THE PARTICIPANTS KNEW THE MEANING OF THESE, HOWEVER THE TERMS WERE NOT FAMILIAR TO THEM AND THERE WAS EVEN CONFUSION WITH SOME OF THEM.

THE OPENNESS AND INTEREST IN THE TOPIC IS EVIDENT. IN ADDITION, THE PARTICIPANTS REFERRED TO THE NEED TO STRENGTHEN IN THEMSELVES AND IN THEIR COMMUNITIES THE KNOWLEDGE OF THE RIGHT TO FOOD, NUTRITION AND FOOD SECURITY. TAKING INTO ACCOUNT THAT THERE IS A BASE OF PREVIOUS KNOWLEDGE AND THAT THERE IS THE MOTIVATION TO IMPROVE THEIR EATING AND HEALTH HABITS. AS THEY REFERRED TO THE INCREASE IN PHYSICAL ACTIVITY.

IN ADDITION TO THIS, THE TOPIC OF SUSTAINABILITY WAS ONE OF THE TERMS THAT CAUGHT HIS ATTENTION SINCE HIS ENVIRONMENTAL AWARENESS AND THE EXPERIENCE OF CLIMATE CHANGE, EMERGENCIES AND NATURAL DISASTERS HAVE RAISED AWARENESS OF HIS COMMITMENT TO HIS PEERS AND FUTURE GENERATIONS.

# SECTION FOUR: PRINCIPLES OF COMMITMENT AND METHOD

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## PRINCIPLES OF COMMITMENT

TAKING INTO ACCOUNT THAT THE PRINCIPLES OF PARTICIPATION PROMOTE THE SIGNIFICANCE OF THE PROCESS, HIGHLIGHTING THE VALUE OF THE PEOPLE INVOLVED, RESPECT FOR DIFFERENT PERSPECTIVES AND OPINIONS WAS STRENGTHENED. IN THIS SPACE, THE DEFENSE OF EQUITY AND THE RIGHTS OF ALL PEOPLE WAS ALSO PROMOTED, WITHOUT DISTINCTION OF GENDER, AGE OR CONDITION, GUARANTEEING EQUAL OPPORTUNITIES FOR WOMEN, MEN, GIRLS AND BOYS.

## METHOD AND SCENARIO

THE WORKSHOP WAS USED IN AN OUTDOOR SPACE WITH NATURAL LIGHT AND VENTILATION, WITH ACCESS AREAS RESTRICTED BY WHICH THE PARTICIPANTS WERE SAFE AND HAD A PRIVATE AND EXCLUSIVE SPACE. THIS WAS STARTED BY ESTABLISHING SOME RULES AGREEMENTS TOGETHER WITH THE PARTICIPANTS FOR THE DEVELOPMENT OF THE WORKSHOP. RESPECTING THE OPINION OF THE OTHER, ASKING FOR THE FLOOR TO PARTICIPATE, LISTEN TO EACH OTHER, THE RIGHT TO ASK QUESTIONS, AMONG OTHERS. OPTING FOR THE GAMIFICATION METHODOLOGY.

## ADVICE FOR OTHER CONVENTORS

PROMOTING A SAFE AND TRUSTING SPACE ALLOWS PARTICIPANTS TO EXPRESS THEIR POSITIONS WITHOUT FEAR OF BEING JUDGED OR INTIMIDATED BY OTHER PARTICIPANTS. CONDUCTING THIS WORKSHOP IN A WELL-KNOWN AND COMMON PLACE FOR THE PARTICIPANTS ADDS TO THIS RECOMMENDATION. IT IS RECOMMENDED TO ACCOMPANY THIS WORKSHOP WITH A SNACK ACCORDING TO THE TOPIC DISCUSSED.

# FEEDBACK FORM: ADDITIONAL INFORMATION

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## ACKNOWLEDGEMENTS

## RELEVANT LINKS

- NUTRITION UP TO DATE [https://wvi365-my.sharepoint.com/:f:/r/personal/lady\\_pena\\_wvi\\_org/Documents/NUTRITION%20UP TO DATE?csf=1&web=1&e=9bl8mo](https://wvi365-my.sharepoint.com/:f:/r/personal/lady_pena_wvi_org/Documents/NUTRITION%20UP%20TO%20DATE?csf=1&web=1&e=9bl8mo)

## ATTACHMENTS

- NUTRITION TODAY <https://nutritiondialogues.org/wp-content/uploads/2024/12/NUTRICION-AL-DIA-.pdf>