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# REPORT

## Pilot (testing) Workshop on NUTRITION



at the  
Friendly Haven's training hall in 71 Kingfisher Road  
Hochland Park (Windhoek)

24 – 25 November 2022



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## Background

The Nutrition and Food Security Alliance of Namibia (NAFSAN) in close collaboration with and supported by GIZ Namibia's Farming-for-Resilience Project developed a practical 2-day training manual on various key aspects of nutrition. This manual is intended to be used as a tool to engage and educate rural and urban communities all over Namibia through relevant government ministries, civil society organizations, and academic institutions. The workshop aimed to bring together individuals with a food/nutrition background to give constructive feedback during this pilot training. The manual was to be tested and integrate feedback from participants so that it can be finalized for the training of trainers in early 2023.

## Key Objectives of the Pilot Training

The aim of this pilot training was to test and receive feedback on the recently developed approach, content and method of delivery for this 2-day nutrition training, which ultimately aims to:

1. Raise awareness on malnutrition, unhealthy eating habits, and unsafe food-related practices,
2. Increase participants' knowledge and understanding of malnutrition, maternal and child nutrition, food groups, food systems and cycles, and healthy eating habits.
3. Motivate participants to improve their personal health and inspire behaviour change,
4. Influence positive changes in participants' families, workplaces, and communities,
5. Promote breastfeeding and co-create a better environment for mothers and children.

# Workshop Proceedings

## Welcoming and Introduction

The 2-day Nutrition training workshop was held at Friendly Haven's training hall in 71 Kingfisher Road, Hochland Park (Windhoek) on the 24<sup>th</sup> – 25<sup>th</sup> of November 2022. The workshop, hosted by NAFSAN in close collaboration with and supported by GIZ Namibia's Farming-for-Resilience Project, brought together 21 participants from different organizations (MAWLR, GIZ F4R, NOA, SOS, SDFN, DW, DAPP, NAN, ADRA, NUST Nutrition Graduates and NAFSAN) in Windhoek. The workshop covered four main areas: 1) Nutrition & Malnutrition, 2) Food Groups & Healthy Eating, 3) Right Start for Children, and 4) Food Systems & Cycles.

## Piloting the Workshop

### *Day One – Malnutrition & Healthy Eating*

The training workshop started at 8:20 am with a welcome statement by the Director of NAFSAN, Mr. Ben Schernick who also facilitated the 2-day workshop training. This was followed by an introduction of NAFSAN, Friendly Haven, and an outline of what the workshop will cover. To break the ice, an introduction round was done with each participant answering three questions: *"1. What is your name and your job position at your organization 2. What is your favourite food, 3. How many children do you have under your care?"*.

The session kicked off with a fun quiz game that tested the participant's understanding and existing knowledge on malnutrition. In this game, participants had to determine which of the statements that were read to them were true and which were false, and why. This activity revealed that many participants had quite a lot of knowledge on malnutrition as they gave thoughtful input on the statements read out to them by the facilitator. This was followed by an input and discussion session on the two different types of malnutrition (under- and overnutrition), their forms (stunting, wasting, underweight, and overweight/obesity), and their long and short-term effects, especially of undernutrition. The session highlighted the current stunting situation in Namibia, giving rough statistics of children that die every year in hospitals ( $\pm 600$  per year) and how stunting rates impact the country's GDP (5,22% losses). Moreover, the facilitator further emphasized the dangers of stunting using visual slides, clearly explaining the harmful cycle of stunting, and why it is important to act on it during the first 1000 days of a child's life.

The second part of the session focused more on overnutrition, highlighting the causes, consequences, and what can be done as a nation to reduce it. This discussion dived right into the 'sugar testing' exercise where participants were required to guess how many teaspoons of sugar were put in each bottle. The sugar testing supported the theory which proves that a cup of tea with more than 3 spoons of sugar was prone to taste more like sugar than tea, and lead to participants realising that they do not want so much sugar in their teas. This exercise was then followed by an input session on hidden sugar and fats, which highlighted the negative effects of sugar and also artificial sweeteners, and clarified which fats to 'love, limit, or lose'. The session ended with participants giving practical examples on how they try to reduce their sugar intake in their own lives as well as the importance of reading food labels to see what is inside, hereby highlighting the need for better legislation and enforcement around food labelling.



After lunch, the participants reflected on what they ate and stated whether the meal was healthy or not. This conversation was used as a starter for the next activity which was around food groups. All



participants were given 9 cards with images of food from different food groups and were then required to place them in their respective food group baskets. All baskets were openly reviewed to confirm whether the card images were placed in the right basket. To make this activity even more interesting, the facilitator asked a few participants to each make an imaginary meal of what they normally consume at home, and also what an ideal meal should look like. This activity gave the facilitator and everyone an idea of what the participants consume and what gaps could be filled in terms of having a balanced diet. An input session

on food groups followed, where the facilitator explained the four food groups (adapted for the Namibian context) with local examples, and their importance in maintaining a healthy body. The day was rounded off by a small group exercise and whole group discussion where participants reflected on what they learned so far and the challenges they are facing when it comes to eating healthy.



## *Day Two – Right Start & Food Systems*

The **second day** kicked off with an open reflection on what the workshop covered the previous day, followed by the 3<sup>rd</sup> session which covered maternal and child nutrition. The facilitator engaged the participants using visual graphs which demonstrated the first 1000 days period of a child's life, clearly stating that peak brain development begins from conception to when a child is two years old. The facilitator further emphasized the importance of the 'First 1000 Days, highlighting **Namibia's Right Start Campaign** in this regard. The presentation brought out some useful practices that can be done to improve children's nutrition, such as breastfeeding, complementary feeding, involving them in meal preparations, and introducing them to healthy eating habits at an early age. The session was followed by group discussions around the following set of questions: "1) *what do you know about breastfeeding, its benefits, and recommended length, 2) what are the first solid foods we should start giving our children, and 3) what benefits does breastfeeding have for mothers?"*



Materials on breastfeeding and complementary feeding by MoHSS, as well as NAFSAN's Nutrition and Food Safety during COVID-19 flyers were distributed. Following this session, the focus was on further child nutrition, with participants being asked what they normally pack in their kids' lunchboxes. This discussion assessed parents' knowledge and understanding of what a healthy lunchbox looks like to them, including rural areas, where lunchboxes are less typical yet the questions about what children eat during lunch are even more critical and important.

Food Systems and Cycles was the final major topic. It started by highlighting ways on how gardening can improve the food that people eat and how individuals can practically start their own home gardens with participants sharing a few examples on how to start gardens using simple materials such as car tires. Materials, such as the 'Step-by-Step Guide' (permaculture gardening) brochures were shared during this session. The discussion was then followed by an input session on food safety and preparation methods, highlighting foodborne illness, their causes, and their symptoms, as well as first aid and when to seek medical attention. This brought up discussions to include not only immediate symptoms but long-term effects too.



To explore ways in which to preserve and conserve food, a group exercise followed. This activity allowed participants to reminisce about the olden days, as they discussed ways on how their elders would preserve food for a long period of time. The activity was also a learning session for many as they heard how other participants would preserve certain food in their culture, hereby appreciating and valuing one's own culture, traditions, and inherent knowledge.



To close off the workshop, everyone shared their challenges when it came to eating a healthy diet and what they will do to overcome them to live more healthily.

In a nutshell, the pilot training workshop was a success as constructive feedback was given from all the participants. Everyone had fun and felt highly motivated to get engaged in facilitating similar future sessions.

## Way Forward

Thanks to a very diverse group of participants, including many who not only have insight knowledge into the topic of nutrition itself but also lots of practical experiences in working with communities, the input and feedback during the workshop was highly valuable.

For instance, there will be some changes regarding the slides/visuals, whereby some will be taken out, replaced and others will be added – with a focus on local content, and also to break down the aspects of the 'grow, glow and go' foods when giving input during the session on food groups.

It was also highlighted as important to have some short but informative handouts, maybe in form of a participant's workbook (mini-brochure), capturing the essence of the various topics covered during the training.

NAFSAN committed to engage three of the participating NUST nutrition students to work as a task team together with NAFSAN staff for the next 2-3 months to work on integrating all the feedback into the manual itself, review the slides/visuals, and to compile a set of suitable handouts.

It is planned that a **Training-of-Trainers** workshop will then take place in January/February 2023.

# Appendices

## Participants Feedback

*What I liked: What was interesting, new, and/or important for me and why?*

- The Nutrition and Malnutrition part: learn more about the two different kinds of malnutrition and how they interlink. It was interesting to learn about different kinds of fats and the difference between butter and margarine.
- Stunting: learn that one can act upon it in the first years and that a person can stay stunted for life, added to that it was shocking to learn that there are high cases of iron deficiency among children, this is important as most people only focused on women at reproductive age.
- The morbidity rate of children with marasmus, in a country with a small population should not have children dying from malnutrition
- The topic of breastfeeding and childcare was very interesting and showed how little I knew about the subject
- I liked how day 1 kicked off with an activity that allowed participants to be hyperactive. Added to that, the activity on 'food we eat' was a good demonstration and it allow people to be able to identify different food group
- That there were practical demonstrations and young and passionate people interested in nutrition
- Facilitation method was effective and aligned with the purpose of the workshop
- The active interaction of the participants and the learning opportunity that has arisen from different people
- The opportunities for networking with other stakeholders and private sectors like Woermann group
- High level of sugar found in Coca-Cola, calculation of body mass sugar level
- The different types of oil with regards to which oil is good for our health
- Learned that iron in metal is the same as iron in food

*What I didn't like: What was not so valuable for me or for the whole group and why?*

- Sugar exercise – was a bit confusing and did not go into more detail on carbohydrates in the sugar and how the body uses
- Some information was old-school and misleading



*Recommendations: What should we be aware of or change for future nutrition trainings?*

- Nutrition Debate – Will help people to understand nutritional content words,
- Cooking demonstration with the help of the GIZ – Cookbook
- Consider participant food/ diet needs during training
- Duration of the workshop was short hence maybe you could increase the number of days
- Expand on the function of each food group
- Add a topic on meal planning and their importance
- Add information on food storage
- The topic of Agri - nutrition and the food we grow was not exhausted explained
- Liaise with other organizations that already work in the field e.g., private sector
- More nutrition material or information on the slide display
- A lot of changes need to be done to the training material, message, and structure
- New research on nutrition is important
- Get a nutrition specialist involved and make sure the information is relevant
- Verification of training program with target groups facilitators and nutrition experts
- Do not change keep up the good work
- Use social media to share nutrition messages out there
- More localized and relatable information on slides and posters
- Localized training material to fit the ethnic group across Namibia (in all Namibia languages)
- It is important to have a background of the community before training (face-to-face survey with people in the community), this will allow the trainees to know what part to tackle and also to try and understand where the people come from. This will help trainees to come up with ways to introduce what is right and healthy

# Workshop Training Programme

## Day 1

- 8h00 Arrival of Participants & Registration – *Tea/Coffee to be available*  
8h30 Welcoming & Overview of the Workshop  
8h45 Introduction Round – *3 specific questions each*

### 1 - Nutrition & Malnutrition

- 9h15 Nutrition Quiz – *whole group exercise*  
9h45 Understanding Malnutrition - Part 1: Undernutrition – *input & discussions*  
10h45 *Nutrition Break*  
11h15 Understanding Malnutrition - Part 2: Overnutrition – *input & discussions*  
11h45 Sugar & Me – *experimental exercise*  
12h30 Hidden Sugars & fats  
13h00 *Lunch*

### 2 - Food Groups & Healthy Eating

- 14h00 The Food We Eat - *exercise & introduction to food groups*  
15h00 Food Groups and their Nutritional Value – *input*  
15h30 *Nutrition Break*  
15h45 Nutrition Challenges in Our Lives – *exercise & reflections*  
16h45 Closing Round *End of Day One at 17h*

## DAY 2

- 8h00 Arrivals, incl. Tea/ Coffee  
8h15 Afterthoughts and reflections from the previous day

### 3 - Right Start for Children

- 8h45 The First 1000 Days – *input & discussions*  
9h00 Maternal Nutrition – *exercise & input*  
9h30 Breastfeeding & Complementary Feeding – *exercise, reflections & input*  
10h15 Child Nutrition  
10h45 *Nutrition Break*

### 4 - Food Systems & Cycles

- 11h15 Agri-Nutrition & The Food We Grow – *input & info*  
11h45 Food Safety & Preparation – *input*  
12h30 How to Conserve Food? – *exercise & reflections*  
13h00 *Lunch Break*  
14h00 Reflecting on our lunch – *practical recap*  
14h15 Food Preservation, Storage & Waste Reduction – *info & discussions*  
15h00 Recap of Workshop – *input*  
15h15 *Nutrition Break*  
15h30 Challenges, Opportunities & Ways Forward – *exercise & reflections*  
16h30 Final Workshop Evaluation  
16h45 Closing Round *End of Nutrition Training at 17h*