



## Activity Report: Nutrition Presentation at Projecto Oceano

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### **Introduction – Concept and Objectives**

April's *Voz Jovem* was a special edition on the subject of Nutrition. Before my arrival, James and Levelinha had, with the help of Cristina, a Spanish girl on Ilha and part of the association *Africa Sem Fronteiras*, and Anikó, a Hungarian girl and trained nutritionist, carried out surveys in the community and collected other valuable information, and the result was a really informative and worthwhile edition of the newsletter. As we were finalising the newsletter we realised how much more there was to say on the matter, and how we should take advantage of having someone like Anikó on Ilha willing to share her knowledge and expertise. And so after discussions with Naiza, the member with responsibility for debates and presentations, we officially invited Anikó to give a presentation at Projecto Oceano.

The principal objectives for the project and our members were:

- To give our members and the wider community the opportunity to learn valuable lessons about health and nutrition, the importance of a healthy diet to maintain healthy bodies and minds, avoid diseases, and recover from illnesses, all within the constraints of what is readily available and affordable on Ilha
- To give our members (namely Naiza and Tania) experience in coordinating and publicising a presentation in the project; having meetings with people external to the project and contributing ideas to put together an interesting and interactive presentation
- To open our doors to the wider community and to spread the word about Projecto Oceano as a place to learn and broaden horizons, above and beyond what is taught in schools and elsewhere on Ilha

### **Process – Planning and Implementation**

The initial idea for the presentation having arisen between myself, Cristina and Anikó, I then put the idea to Levelinha, as coordinator of *Voz Jovem*, and to Naiza, as coordinator of debates, with whom I had already spoken about the idea of having one debate and one presentation each month in the project, as opposed to two debates per month, to have more variety within the project and inviting outsiders, people with expertise in different areas, to come and share their knowledge with our members. At the time I was also talking to Tania about her becoming a member of the project and as she was interested in the area of debates and presentations, she became involved as well in the planning of this event.

Naiza, Tania and I organised a meeting with Anikó a couple of weeks in advance to discuss and plan the format of the presentation. Anikó had already put together some ideas and Naiza and Tania contributed with their own thoughts; the importance of an interactive element and games or quizzes to

maintain the interest, attention and enjoyment of the audience; the advantage of having a hand-out of some sort for the audience to take away with them after the presentation, etc. We arranged to meet again a couple of days before the presentation to finalise everything, materials, format, etc.

In the meantime, it was our responsibility to publicise the event and so Naiza, Tania and I designed a poster to put up outside the project and elsewhere on Ilha. I entrusted the girls with spreading the word amongst their networks and friends as well. In the days running up to the event I fell ill, and so wasn't around to check up on last-minute publicity or to attend the final meeting with Anikó. But Naiza and Tania went to the meeting without me and reported back that everything was set.

On the day of the presentation, the audience consisted of our members and several of the project's wider group of students, a couple of expats, a couple of tourists, and then a group of local children and young adults. A lot of the presentation went beyond the kids' understanding, since it was designed for young adults / adults, but then the kids were taken aside at one point and given a special explanation on certain areas.

The presentation was very informative and made everyone think more about what they eat on a daily basis, what they should be more mindful of when preparing food, and what they should eat when they're suffering from various illnesses. Anikó also talked about certain plants, such as Moringa, which are found on Ilha, have high nutritional qualities and can be used in water purifying as well as in cooking, salads and teas, but about which there isn't much awareness in the community. The interactive parts of the presentation were particularly well received by the attendees, and everyone went away with a hand-out detailing the nutritional qualities and quantities found in the foods and meals generally eaten on Ilha, and advice on how to achieve the recommended daily requirements.

## **Conclusion**

The general feedback after the presentation was positive. All attendees took away some valuable knowledge and advice that can be very practically applied in their everyday lives to help maintain a healthy, balanced diet. Several people commented on the fact that it was a shame there weren't more people in attendance as it was a very important topic and well presented, and that we should think about doing it again, and even perhaps taking the presentation into Makuti Town (with a Makua interpreter, and adapting the content and format slightly to be more accessible to the wider community). I have since seen how difficult it can be to get Ilha residents along to presentations, debates, etc. The Museum organised a series of speeches and debates during the week of the 'Dia Internacional do Museu', and formally invited many people, professional representatives, associations, friends and the general public, and had to cancel all 3 days because of non-attendance. So I think the small audience we received was a fair achievement; and perhaps a reality check for next time around. Perhaps we need to be more creative with our publicity tactics, or think of other ways to entice people along.

Although we have since discussed doing a second presentation on Nutrition, it has proved difficult as Anikó is leaving Ilha for good in a couple of weeks and has been busy; now time is running out. We do however have her powerpoint presentation on file in the project for our members and students to refer back to, and if in the future we find someone else who has training or experience in the same field it would be great to do a follow-up presentation or debate. This may well form the basis of one of our own *Social Debates* in the near future as well.

In terms of member involvement, Naiza and Tania fulfilled their responsibilities well in advance of the presentation; in the end there wasn't a huge amount for them to do as Anikó was extremely efficient and prepared everything that she needed well in advance, but they attended all meetings and gave valuable input.

## **Lessons learned**

- The importance of being creative in our promotion of these kinds of presentations in order to attract larger audiences, and not just our students and direct contacts but the wider community as well, to ensure maximum impact and simultaneously raise awareness of Projecto Oceano on Ilha
- The importance of a local focus in terms of the content of the presentation, in order for it to always be relevant, valid, interesting and beneficial to Ilha students and residents