** ** A logo with green and blue text

Description automatically generated

|  |
| --- |
|  |
| **Programme**  **Commemoration of the National Nutrition Week 2024**  **“Eat Right for a Better Life”**  **Venue: The Great Hall, University of the Western Cape**  **Date: 10 October 2024**  **Time: 11:30-14:00** |
|  |

**Moderators:**

* Ms Samantha Koopman, University of the Western Cape student and Fix My Food youth advocate
* Ms Lea Castro, Nutrition Officer, United Nations International Children's Emergency Fund (UNICEF) South Africa

| **Time** | **Agenda items** | **Responsible person** |
| --- | --- | --- |
| **Informal Programme** | | |
| 11:30-12:00 | Opening edutainment offered by youth   * Physical activity and games * Youth spoken word   **Health screening services and health promotion exhibitions** | Mr Senzo Msiza,  Campus Club Chairperson, UNICEF UWC  Mr Senzokuhle Dlamini,  FixMyFood youth advocate  Ms Khaurisa Makhubele,  Fix My Food youth advocate |
| **Formal Programme** | | |
|  | National Anthem | |

****  

|  |  |  |
| --- | --- | --- |
| **Time** | **Agenda items** | **Responsible person** |
| 12:00-12:10 | Welcome and Opening | Mr Irfan Akhtar,  Deputy Representative,  UNICEF SA |
| 12:15-12:20 | Welcome from University of Western Cape | Prof Tyrone Pretorious,  Rector of the University of Western Cape |
| 12:10-12:15 | Video on Fix My Food  Introduction to the youth advocacy movement | |
| 12:20-12:50 | **Conversation to explore food options and nutritious eating**  **With:**  **Student:** Siphethuxolo Mabandla, Faculty of Community and Health Sciences  **Youth advocate:** Ms Reitumetse Kganyago,  Fix My Food  **Academic:** Dr Tamryn Frank, School of Public Health, UWC  **National Department of Health:**  Rebone Ntsie, Director: Nutrition | Ms Lea Castro, Nutrition Officer, UNICEF SA |
| 12:50-13:00 | **Reflections and questions from youth** | Ms Lea Castro, Nutrition Officer, UNICEF SA |
| 13:00-13:35 | **Youth activities:**   * Blood sugar bingo: a playful activity to raise awareness of food marketing tactics and front of pack labeling (Including Deputy Minister of Health and UNICEF Deputy Representative) | Ms Maleeqah Karriem,  Fix My Food youth advocate |
| * Reading of youth statement / open letter | Ms Mamkhabela Mthembu,  Fix My Food youth advocate |
| * Sharing initial poll results on nutrition and food marketing | Ms Ria Thaver,  Fix My Food youth advocate |
| 13:35-13:55 | Keynote address | Dr Joe Phaahla, MP  Deputy Minister of Health |
| 13:55-14:00 | Closing remarks | Ms Jeanette Hunter  Deputy Director-General: Primary Health Care, NDoH |
| 14:00 | Lunch | |
| **Health Screening services will be offered throughout the day** | | |
| **A logo for a child care company  Description automatically generated** |  |  |