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| **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** |
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**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** |
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| **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 UWCMr Senzokuhle Dlamini,FixMyFood youth advocateMs Khaurisa Makhubele,Fix My Food youth advocate |
| **Formal Programme** |
|  | National Anthem |

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| **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 FoodIntroduction 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, MPDeputy Minister of Health  |
| 13:55-14:00 | Closing remarks | Ms Jeanette HunterDeputy Director-General: Primary Health Care, NDoH  |
| 14:00 | Lunch |
| **Health Screening services will be offered throughout the day**  |
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