

Integrating Gender and Nutrition within Agricultural Extension Services (INGENAES) and WorldFish Feed the Future Sierra Leone Agricultural Project

Sierra Leone
November Update
2016

Engaging Youth in Gender and Nutrition Sensitive Aquaculture and Vegetable Production

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WorldFish and INGENAES worked together with the Tonkolili District School in the village Kamathor to support the launch of a youth engagement in agriculture and aquaculture program. Kamathor was selected during the Feed the Future Sierra Leone Agricultural Pilot Project as a Model Farming Village (MFV) to serve as a farmer-to-farmer learning and innovation dissemination hub within the community and neighboring farmer groups. During the sensitization meeting for the MFV in August 2016, participants identified the local school and connections with farmers involved in the project as strengths and opportunities in the community. Mr. Abu Kargbo, a farmer participating in the pilot project and a teacher at the District School, led planning with WorldFish and INGENAES to facilitate learning activities with the students and fellow teachers to further engage with the school.



Yeanoh Dumbuya, WorldFish Intern, facilitating a nutrition activity focusing on vegetables and fish.

Experiential learning was emphasized during planning to engage youth in technical agriculture and aquaculture to improve nutrition outcomes and empower boys and girls. The fish pond from the pilot project and a horticulture demonstration plot that the farmer group constructed served as field learning platforms. The farmers planted sweet potato, jute leaves/crain crain, pumpkin, garden eggs, and beans, based on nutrition and local market values, in the demonstration plot. A series of activities to involve each of the school's classes was scheduled with the District School's administration for October and

November. The first youth activity was held in October, with twenty-eight students aged ten to thirteen participating from Class Four. Two teachers facilitated the activity, Mr. Abu Kargbo and Mr. Daniel Kargbo, together with a team from WorldFish and INGENAES.

Students first visited the fish pond where Mr. Abu Kargbo led a demonstration and discussion on pond construction, maintenance, fish harvesting, and testing the pH of the water using a test kit. The students expressed interested in the difference between the fish stocked in the pond, tilapia, and marine fish most commonly purchased at the market and consumed. Ms. Yeanoh Dumbuya also spoke about the nutritional benefits of eating fish and how the different body parts contain important micronutrients.

The students then learned about the different crops planted in the demonstration plot. Ms. Yeanoh Dumbuya and Mr. Sheka Sesay led an activity on vegetable nutrition, where she had students pass around samples of harvested pumpkin, cucumber, beans and garden egg/eggplant purchased at the local market to highlight the importance of eating diverse foods. Ms. Dumbuya explained to the students that a meal of only cucumbers will not make you strong and healthy, but you should eat many different vegetables and fish for protein.

The team facilitated a concluding activity on gender roles, starting with a discussion with the students about the typical household, farming, and aquaculture roles and responsibilities designated to men and women. During a hands-on demonstration in the horticulture plot, the teachers encouraged the students to try out all of the tasks regardless of their gender associations. Students prepared and planted sweet potato vine seedlings along with pumpkin and beans. They also enriched the soil with locally procured dung and pulled weeds.



Students brainstorm during a hands-on planting activity.



Tonkolili District School students learn about pond construction.



Mr. Sheka Sesay, WorldFish intern, shows the students the seeds before hands-on planting activity.

INGENAES and WorldFish will continue to link with local schools in project communities to engage youth and students in nutrition and gender-sensitive aquaculture and agriculture through transformative hands-on learning activities. More teachers are also being encouraged to build their own ponds and participate in the extended five-year Feed the Future project implemented by WorldFish to promote sustainable aquaculture small business development.



Mr. Abu Kargbo, a local teacher and farmer, demonstrates how to measure the pH of the pond water using a test kit.



Ms. Yeanoh Dumbuya leads the preparation of sweet potato vines for planting



Students check for weeds before jute leaves/crain crain is ready for harvesting.



Mr Abu Kargbo, local teacher and farmer, discusses how the group made decisions for demonstration plot construction.

Students Pictured:

Monday Koroma
Fennah Koroma
Serah Koroma
Edaemoh Kamara
Serah Kanu
Tamba Koroma

Yainkain Conteh
Brockarie Sirkelly
Samuel Koroma
Isatu Kamara
Elizabeth Turay
Bintu Turay
Kadiatu Kamara

Alice Koroma
Mary Kamara
Mohamad Kamara
Yeanoh Turay
John Conteh
Augustin Turay
Ibrahim Mansaray
Brima Koroma

Tenneh Koroma
Susan Koroma
Yeanoh Koroma
Foday Thullah
Mary Jabbie
Joseph Mansaray
Marie Kargbo



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