

OFFICIAL FEEDBACK FORM

WORKSHOP TITLE	Nutrition Dialogue with Children in Chavakacheri Area Programme, Sri Lanka
WORKSHOP DATE	Wednesday, 27 November 2024 14:00 GMT +05:30
CONVENED BY	Lavanya Suriyakumar- National Campaign Manager, World Vision Lanka & Johanne Rebeira- Campaign Coordinator, World Vision Lanka
EVENT LANGUAGE	Tamil
HOST CITY	Chavakachcheri, Sri Lanka
GEOGRAPHIC SCOPE	Chavakacheri Area Programme, World Vision Lanka
AFFILIATIONS	World Vision Lanka, Chavakacheri Area Programme, Impact plus club children
WORKSHOP EVENT PAGE	https://nutritiondialogues.org/dialogue/55495/



The outcomes from Children's workshops will contribute to developing and identifying the most urgent and powerful ways to improve nutrition for all, with a focus on children and young people. Each Workshop contributes in four distinct ways:

- Published as publicly available PDFs on the Nutrition Dialogues Portal
- Available as public data on the Nutrition Dialogues Portal "Explore Feedback" page
- Available publicly within a .xls file alongside all Feedback Form data for advanced analysis
- Synthesised into reports that cover which nutrition challenges are faced, what actions are urgently needed and how should these be taken forward - particular, in advance of the Nutrition for Growth Summit in Paris, March 2025.

SECTION ONE: PARTICIPATION

TOTAL NUMBER OF PARTICIPANTS

13

PARTICIPATION BY AGE RANGE

5 12-15

8 16-18

PARTICIPATION BY GENDER

10 Female

3 Male

0 Other/Prefer not to say

ADDITIONAL DETAIL ON PARTICIPATION DIVERSITY

Representatives from child societies, encompassing various age groups, communities, and diverse knowledge backgrounds, participated in the dialogues. All the children were from Tamil speaking communities which helped them to converse well. Chavakachcheri is located in the Jaffna District, Northern Province, Sri Lanka and the main livelihood is agriculture, fishing and unskilled labour.

SECTION TWO: FRAMING

The discussion started with an icebreaker where all participants introduced themselves and shared their favorite foods, which included Maggi noodles, fried rice, Puttu (a local dish made from rice flour), and mostly fast food. The purpose and process of the nutritional dialogue were explained, along with the importance of hearing children's voices. To brainstorm, the group was asked open-ended questions to gain a comprehensive understanding of nutrition. The activity that reflects their thought based on the photographs made them to share their different perspectives. One of the boys said that "We love to eat food that are colourful, tasty and with good smell. We always choose food that are tasty. I think that is why children love to eat fast food."

SECTION THREE: CHILDREN'S WORKSHOP OUTCOMES

CHALLENGES

1. Attraction to fast food: Children are often drawn to fast food, which is less nutritious.
2. Skipping breakfast: Many children tend to skip their breakfast, missing out on essential nutrients.
3. Reducing food waste: It's important to minimize food wastage both at home and in schools.
4. Peer pressure: Children are influenced by their peers' eating habits, which can lead to unhealthy food choices.
5. Low interest in local foods: There is a lack of interest among children in consuming locally available, nutritious foods.
6. Unhealthy school canteens: School canteens often do not offer healthy food options.
7. Lack of school meals for older children: Older children do not receive school-provided meals, which affects their nutrition.
8. Preference for soft drinks: Children prefer carbonated soft drinks over fresh fruit juices.
9. Economic struggles: Some families are poor and find it difficult to provide nutritious food for their children.

URGENT RECOMMENDATIONS FOR ACTION

1. Nutritious food should be made tasty, smell good, and look attractive to encourage children to choose it.
2. Promote home gardening to increase access to fresh produce.
3. Provide school meals to all children.
4. Offer parents income opportunities to better feed their children.
5. Monitor the nutrition of all children, not just those under five.
6. Educate children on the importance of nutrition in an engaging and appealing way.
7. Food festivals to promote locally available foods.

AREAS OF DIVERGENCE

Even though they know that nutritious home-cooked food is healthy, they still prefer fast food and unhealthy options that look attractive. When given a choice, children always pick the most appealing and tasty foods.

OVERALL SUMMARY

Children often prefer fast food and sugary drinks over nutritious options, influenced by peer pressure and the appeal of tasty, attractive foods. Many skip breakfast and show little interest in local, healthy foods. School canteens often lack nutritious choices, and older children miss out on school-provided meals. Economic struggles also make it hard for some families to provide healthy food. To address these issues, nutritious food should be made appealing, home gardening should be promoted, and school meals should be provided to all children. Parents need better income opportunities, and children's nutrition should be monitored and taught in engaging ways. Reducing food waste is also important.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

The participants demonstrated excellent rapport, engaging in meaningful discussions and delivering insightful presentations. All children enjoyed sharing their views and most importantly they are confident in telling the truth.

METHOD AND SETTING

The participants made comfortable in doing all the activities. Since we have different time of activities children enjoyed doing them in a creative way. They had a joyful time sharing their views.

ADVICE FOR OTHER CONVENORS

NA

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS

We would like to express our gratitude to World Vision Lanka's Area Programmes and the community volunteers for organizing the workshop despite the adverse weather conditions caused by a cyclone in Sri Lanka. Additionally, the feedback forms were prepared in the local language to ensure accurate and unfiltered responses. At the National office, we translated these documents into English.

ATTACHMENTS

- **Children making the collage together**
<https://nutritiondialogues.org/wp-content/uploads/2024/12/2nkj-scaled.jpg>
- **Celebrating the success after the workshop**
<https://nutritiondialogues.org/wp-content/uploads/2024/12/WhatsApp-Image-2024-12-21-at-18.43.05-4.jpeg>
- **Two of the boys indulging in a conversation**
<https://nutritiondialogues.org/wp-content/uploads/2024/12/Image-17-scaled.jpg>
- **One of the girls sharing her views based on the photo she chose**
<https://nutritiondialogues.org/wp-content/uploads/2024/12/er-scaled.jpg>
- **Explaining the collage**
<https://nutritiondialogues.org/wp-content/uploads/2024/12/nj-scaled.jpg>
- **Children sharing their views**
<https://nutritiondialogues.org/wp-content/uploads/2024/12/Image-4-scaled.jpg>
- **In the making of the collage**
<https://nutritiondialogues.org/wp-content/uploads/2024/12/Image-8-1-scaled.jpg>