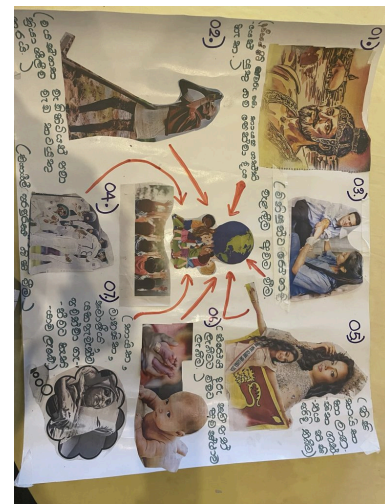


# OFFICIAL FEEDBACK FORM

<b>WORKSHOP TITLE</b>	Nutrition Dialogue with Children in Neluwa Area Programme, Sri Lanka
<b>WORKSHOP DATE</b>	Thursday, 21 November 2024 14:00 GMT +05:30
<b>CONVENED BY</b>	Lavanya Suriyakumar- National Campaign Manager, World Vision Lanka & Johanne Rebeira- Campaign Coordinator, World Vision Lanka
<b>EVENT LANGUAGE</b>	Sinhala
<b>HOST CITY</b>	Neluwa, Sri Lanka
<b>GEOGRAPHIC SCOPE</b>	Neluwa Area Programme, World Vision Lanka
<b>AFFILIATIONS</b>	World Vision Lanka- Neluwa Area programme Impact plus club children
<b>WORKSHOP EVENT PAGE</b>	<a href="https://nutritiondialogues.org/dialogue/55497/">https://nutritiondialogues.org/dialogue/55497/</a>



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

19

## PARTICIPATION BY AGE RANGE

11 12-15

8 16-18

## PARTICIPATION BY GENDER

13 Female

6 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 Sinhala speaking communities which helped them to converse well. Neluwa is situated in the Galle District, Southern Province, Sri Lanka and the community that relies on tea plantations, agriculture and unskilled labour.

## SECTION TWO: FRAMING

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The discussion began with an ice breaker to help the group relax. It included conversations about the concept of nutritional dialogues, the reasons for engaging children in these discussions, and the importance of their voices in the process. Topics such as the significance of nutrition for children, the current nutritional status among children (including issues like underweight, stunting, and obesity), and ways to improve nutrition were briefly discussed. Information specific to their respective district was also shared. Also the children performed a skit on food waste to brain storm and understand the hunger and malnourishment more deeply.

# SECTION THREE: CHILDREN'S WORKSHOP OUTCOMES

## CHALLENGES

1. Children & parents have become accustomed to consuming fast/instant food
2. Loss of nutrient values in vegetables & fruits due to heavy usage of chemicals during the cultivation process
3. Lack of knowledge about the quality of a nutritious meal among parents.
4. Children used to choose fast food over the home cooked food.
5. Food waste is happening at all levels specially at household level, hotels and canteens.

## URGENT RECOMMENDATIONS FOR ACTION

1. Minimizing the consumption of fast food to children & raising awareness about its harmful effects
2. Providing technical knowledge needed to organically grow fruits for families in their own gardens
3. All members in the family should be responsible for the nutrition
4. School canteens should have home cooked food items only
5. Food waste should be reduced.

## AREAS OF DIVERGENCE

An opinion was shared by a child that mothers should pay special attention to the nutrition of their children. However another child voiced their opinion that this should not be the responsibility of only the mother but it should be a shared responsibility by both parents as it will also enhance the unity of the family.

## OVERALL SUMMARY

Through the discussion Children understood that obtaining food with proper nutrition has a positive impact on physical and mental health. They further understood that obtaining healthy food is necessary for human growth. Also the children emphasized that it is not only one member's job in the family to take care of all of the rest's nutrition, but it has to be united work to maintain a good nutrition in the family. The best part is the skit that the children performed to understand the depth of nutrition and hunger made the children to engage more.

# SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

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## PRINCIPLES OF ENGAGEMENT

All the children were given the chance to voice their opinions and they respected each other's contributions. Also children performed a small skit to understand hunger and malnourishment and promoting food sharing. Apart from the group activities of reflecting on the photograph and collage making.

## METHOD AND SETTING

Nutritional refreshments were provided at the beginning of the workshop, as the children were likely hungry after their tuition classes. This gave them time to settle down while enjoying their snacks. The seating was arranged in a circle to ensure everyone could see each other when sharing their opinions. Additionally, the consultation was conducted in the local language (Sinhala), making it easier for the children to communicate comfortably.

## 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

- **One of the boy sharing the views from the collage**  
<https://nutritiondialogues.org/wp-content/uploads/2024/12/16-scaled.jpg>
- **Children choosing the photographs for the reflection**  
<https://nutritiondialogues.org/wp-content/uploads/2024/12/Image-9-scaled.jpg>
- **Children pasting sticky notes with their views on Nutrition**  
<https://nutritiondialogues.org/wp-content/uploads/2024/12/Image-22-2-scaled.jpg>
- **Children performing a skit on food waste and sharing**  
<https://nutritiondialogues.org/wp-content/uploads/2024/12/7-scaled.jpg>
- **The process of collage making**  
[https://nutritiondialogues.org/wp-content/uploads/2024/12/WhatsApp-Image-2024-11-27-at-12.31.44\\_ad863b35-1-scaled.jpg](https://nutritiondialogues.org/wp-content/uploads/2024/12/WhatsApp-Image-2024-11-27-at-12.31.44_ad863b35-1-scaled.jpg)
- **Children taking to each other while doing the activity**  
<https://nutritiondialogues.org/wp-content/uploads/2024/12/Image-19-scaled.jpg>
- **Children enjoying the ice breaker**  
<https://nutritiondialogues.org/wp-content/uploads/2024/12/Image-3-1-scaled.jpg>