

OFFICIAL FEEDBACK FORM

WORKSHOP TITLE	Nutritional Dialogue Phase 2- Children's workshop-Chavakacheri-Sri Lanka
WORKSHOP DATE	Saturday, 16 May 2026 15:30 GMT +05:30
CONVENED BY	Lavanya Suriyakumar (National Campaign Manager), Jennifer Fernando (Policy advocacy Specialist)
EVENT LANGUAGE	Tamil
HOST CITY	Chavakachcheri, Sri Lanka
GEOGRAPHIC SCOPE	Community level
AFFILIATIONS	World Vision Lanka
WORKSHOP EVENT PAGE	https://nutritiondialogues.org/dialogue/60289/



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	22
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PARTICIPATION BY AGE RANGE

18	12-15	4	16-18
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PARTICIPATION BY GENDER

16	Female	6	Male	0	Other/Prefer not to say
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ADDITIONAL DETAIL ON PARTICIPATION DIVERSITY

All the children who participated were from the Chavakacheri area and represented local children's societies. Most came from agricultural families, while a few were from families dependent on daily wage labor. The majority belonged to economically disadvantaged households and were Tamil-speaking children.

SECTION TWO: FRAMING

The session began with an introduction round, where each participant shared their name, age, and favorite food. They were then asked when they usually eat their favorite food and whether it is consumed daily or occasionally. Participants discussed the fruits and vegetables they like, as well as the reasons for not liking certain ones. They also explored what vegetables are commonly available in their village. The discussion continued with questions about their involvement in cooking and the types of tasks they take part in within the kitchen. An introduction to the ENOUGH Campaign was provided, explaining its purpose and where it is implemented. Participants were then asked about their understanding of malnutrition and its consequences. They also reflected on whether malnutrition exists in Sri Lanka and how they are aware of it. An icebreaker activity using pictures was conducted, encouraging participants to describe and share their views based on what they saw.

SECTION THREE: CHILDREN'S WORKSHOP OUTCOMES

CHALLENGES

1. Some children in the village do not receive adequate nutrition.
2. Limited time for play due to tuition classes.
3. Preference for soft drinks because of taste, despite being unhealthy.
4. Fast foods such as burgers and pizza are seen as tasty but unhealthy.
5. Awareness of the red traffic light labeling system exists, but there is limited understanding of how unhealthy certain foods truly are.
6. High levels of food waste.
7. Difficulty in cultivating crops as animals such as cows and goats damage vegetables and fruits.
8. Unequal access to school meal programs, with some students receiving meals while others do not.
9. Poor dietary habits can lead to long-term health problems and hardships.
10. Skipping or not having a proper breakfast is recognized as unhealthy.
11. Perception that traditional foods are not healthy, whereas current foods are considered nutritious.
12. Communities face daily challenges, leading to increased health issues and frequent hospital visits.

URGENT RECOMMENDATIONS FOR ACTION

1. Conduct awareness programs on establishing and maintaining home gardens.
2. Regulate or restrict the sale of instant and unhealthy foods in school canteens.
3. Take necessary actions to ensure the availability of nutritious food within communities.
4. Expand school feeding programs to include upper grades as well.
5. Strengthen school gardens and utilize the produce in school meal programs.

AREAS OF DIVERGENCE

Some children actively engage in sports and physical activities, while others rarely participate. While certain students are involved in cooking full meals, others contribute only by assisting with tasks such as cutting vegetables. Access to school meals varies, with some students benefiting from the program and others not having the same opportunity.

OVERALL SUMMARY

The discussion highlighted several nutrition and food-related challenges faced by children and their communities. Children expressed concerns about inadequate nutrition, unequal access to school meal programmes, high food waste, and unhealthy dietary habits such as skipping breakfast and consuming soft drinks and fast foods. While many were aware of the traffic light food labeling system, they felt there was limited understanding of the health risks associated with unhealthy food choices. They also noted that heavy tuition schedules reduce opportunities for play and healthy lifestyles.

The children emphasized that these issues contribute to poor health outcomes and place additional burdens on families and communities. To address these challenges, they recommended increasing awareness on home gardening, improving access to nutritious foods, restricting unhealthy foods in school canteens, expanding school feeding programmes to reach more students, and strengthening school gardens so that locally grown produce can be incorporated into school meals. These actions were seen as practical steps towards promoting healthier food environments and improving the well-being of children.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

All children actively participated in the discussion and enjoyed the activities they were engaged in, while openly sharing their honest experiences and ideas.

METHOD AND SETTING

All children were sitting on half circle and they have actively engaged with activities and prepared posters with their expressions and ideas. Session was conducted for around two hours

ADVICE FOR OTHER CONVENORS

NA

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS

We would like to express our sincere gratitude to the World Vision Lanka Area Development Programme, its staff members, and community volunteers for successfully organizing this workshop. We also extend our appreciation to Technical Advisor – Integrated Nutrition and Technical Specialist – Disaster Risk Reduction for their valuable support and guidance.

ATTACHMENTS

- During the discussion
- Children sharing their thoughts
- During the ice breaker
- Group photo