

**Strategies to improve Nutritional
status of school children of Sri
Lanka during COVID 19 pandemic**

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Sri Lanka**

VISION

“A healthy and Active Younger Generation”.

objectives

- Minimize the nutritional problems among school children
- Inculcate good dietary habits
- Promote healthy habits
- Produce productive citizens to the country through building national food culture
- Guide students to consume a balanced diet

Introduced Nutrition Interventions

- School meal programme
- School milk programme
- Nutrition awareness through curriculum
- Nutrition awareness – co-curricular activities
- School canteen policy



Identified New strategies

1. Provide Nutrition package for school feeding beneficiaries.
2. Introduced “chandi- Bandi” Nutrition awareness programme among primary grade teachers, students and their parents on dietary habits.
3. Introduced an online “Nutrition Certificate Course” for grade 6-13 students
4. Conducted Art competition among students

1. Nutrition package

objective;

- As a safety measure to prevent the spread of COVID 19 schools in the country were closed most of the time this year.
- The meal programme was temporarily hold as per the safety regulations provided by Ministry of Health. Therefore Ministry of Education has modified their strategy and provided each and every beneficiary a dry pack of foods which was around 1,059,676 students.

food pack contains

Rice flour noodles

350g x 1pkt

Samaposha

200g x 6pkt

(Dried cereal and legume based snack)

Eggs

10

Cowpea

1kg

Biscuit packets (low sugar plain biscuits)

75g x 3pkt



2. “Chandi Bandi” Project

objectives;

- Develop child-friendly intervention:
“Chandi Bandi “
- Teacher-child-parent approach
- Educate & motivate primary school children aged 5-7 years (grade 1 & 2) adopt a healthier lifestyle
- Empower them as agents of change within their home environments

- Provided story book and an activity book.

The story book contains a motivational story including true-life experiences depicted through fictional bird characters as appealing to primary students.

The activity book is a food diary (one page for each day of the week) to be filled by students revealing what they eat.

Referring to the hidden lessons in the story book students then have to judge whether their dietary habits are appropriate or not.

The story book and the activity book of “Chandi Bandi”



3. “Nutrition Certificate Course”

- This online course has six separate chapters explaining basic food and nutrition facts and after reading them, student has to do a quiz and score a standard mark to obtain the certificate.
- The students can directly log into e-thaksalawa of Ministry of Education (<https://www.e-thaksalawa.moe.gov.lk>) from where they reside and complete the course.

On line Nutrition course banners as they appear in the Ministry of Education web site



4. Art Competition-Nutrica

- Theme: 'Mindful eating for a healthy nation'

objectives:

- To promote the use of safe and good quality food among school children by changing their dietary behaviour.
- to disseminate nutrition knowledge and promoting healthy dietary behaviour.
- to provide be a stress-releasing activity for school children during COVID -19.

Instructions: deliver through email,
social media and news papers

Submission: through postal electronic
media

Collaborations: Ministry of Education
and the Nutrition Society of Sri Lanka

Certificates: Provide for the winners

Title :Island-wide Arts Competition for school children -**Nutrica**

Theme: 'Mindful eating for a healthy nation'

Broad objectives:

To promote the use of safe and good quality food among school children by changing their dietary behaviour.

to disseminate nutrition knowledge and promoting healthy dietary behaviour.

to provide be a stress-releasing activity for school children during COVID -19.



Ensure Healthy Environment before re-opening the school

- **School environment is safe with hand washing stations, sick rooms and disinfection**



Conducted Grade 5 scholarship exam and G.C.E.A/L examination with all precautionary measures





THANK YOU !