

## Project 02

### Child Nutrition | SDG 03: Good Health & Wellbeing

TN-LSDG: Child friendly village

#### Phase 01- Orientation

Dr. Manimegalai, Chief Nutritionist, KG Hospitals, Coimbatore was invited to give an orientation on the project and about the nutritional requirements for children and youth. The session was held on 23<sup>rd</sup> January 2025 from 2 PM to 4 PM at KCLAS to the students in the group project on Child Nutrition. The session empowered students to make informed dietary choices, emphasizing the link between nutrition and academic performance. Interactive discussions debunked common food myths and fostered a supportive environment for students to ask questions. After the orientation programme the following objectives are set to achieve.

#### Objectives

- To sustain engagement by continuously involving school students in activities that raise awareness about child nutrition.
- To promote practical learning through hands-on activities that enhance school students' nutritional knowledge and develop essential skills with assigned responsibilities.
- To reinforce long-term health benefits by inspiring healthier eating habits and prioritizing overall well-being among school students.

#### Phase 02- Needs Assessment in Schools

Need assessment survey was carried out in the project locality on 24<sup>th</sup> January 2025. In total 236 school students were reached to conduct the assessment in 3 schools in the project area. Assessment worksheets were provided to school students and later the results were analyzed. Major finding reported that **Lack of Access to Safe Drinking Water, Health and Hygiene Concerns, Inadequate Awareness of Personal Hygiene, and Limited Parental Involvement in Education.**

## Phase 03- Intervention

The following are the activities conducted to slow learners as part of the intervention plan in schools.

Date	Major Activities carried out
28.1.2025	Debriefing session
10.02.2025	Agenda Preparation
12.02.2025	Project Implementation at Chikkarampalayam, Chinnavedampati and Udayampalayam
13.02.2025	Project implementation at Chikkarampalayam, Chinnavedampati and Udayampalayam
14.02.2025	Project implementation at Chikkarampalayam, Chinnavedampati and Udayampalayam

### The impact | Child Nutrition

1. Improved Awareness of Child Nutrition (students) gained an introductory understanding of child nutrition, recognizing the significance of a balanced diet, and committed to adopting healthier eating habits.
2. Increased Physical Activity and Understanding of its Benefits, Students engaged in physical activities, received explanations on the benefits of exercise, and participated in ice-breaking activities to promote engagement.
3. Enhanced Knowledge of Fruits and Vegetables, Students were able to identify various fruits and vegetables using visual aids (flip cards) and learned about their vitamin content and associated health benefits.
4. Development of Label Reading Skills, Older students learned how to decipher food labels, enabling them to identify key nutrients and make informed food choices.
5. Practical Application of Balanced Meal Concepts, Participants were able to create balanced meals using paper plates and food pictures, reinforcing portion control and appropriate food group combinations.



### Project Sustainability measures

Encourage the adoption of healthy nutritional habits among children demonstrating the importance of a proper diet.