

MILLIONS OF SRI LANKANS ARE AFFECTED BY NON-COMMUNICABLE DISEASES



By improving the understanding of nutrition and influencing good lifestyles and diets from an early age, **THE NESTLÉ HEALTHY KIDS PROGRAMME** hopes to help



OBJECTIVE
To raise nutrition and health knowledge and promote physical activity amongst kids

Two-pronged approach



Educating children about nutrition in schools

Encouraging children to be more physically active

Nestlé Healthy Kids Classroom Programme

Kids Athletics Programme



Launched in 2010



Launched in 2015



LONG TERM PARTNERSHIP with the Ministry of Education's Nutrition Division



LONG TERM PARTNERSHIP with the Ministry of Education's Sports Division



TAUGHT IN SCHOOLS island wide by Ministry Educationists



PHYSICAL FITNESS CAMPS implemented island wide by Ministry Sports Instructors



6 MODULES on nutrition, good diets, food hygiene, healthy cooking etc.



Based on the "FOUR F" concept - Fun, Fitness, Fundamental, and Friendship



Stringent MONITORING AND EVALUATION to ensure effectiveness



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Regular course UPDATES and teacher TRAININGS



Regular programme UPDATES and coach TRAININGS



Part of the Education Ministry's "POSHANAYAI SUWADIVIYAI" nutrition awareness campaign



Launched country's FIRST athletic championships for primary students

Nurturing a healthier generation: reaching 215,000 children up until 2016

