

Food Literacy for All

Examination of the State of Food Literacy Education and Food Environment in Sri Lankan Secondary Schools

National Research Council Grant (2019) Recipients



Food literacy education is an important conduit for providing broad food and nutrition-related knowledge and skills which help future citizens to take the wise decisions over their food

Food literacy education at secondary school can provide both immediate and long-term benefits for adolescents and their families. To provide these benefits there should be a properly structured, relevant, and evidence-based food literacy curriculum in the secondary school system. A nutrition friendly school environment can reinforce the food and nutrition-related knowledge and skills students obtain through the food and nutrition-related subjects. The examination of current food, nutrition, and health curricula will help to identify the gaps in current secondary school curricula in terms of delivering food literacy education for secondary school students and highlight the opportunities for improvement of school curricula through the incorporation of food literacy concepts.



Prof. Renuka Silva

Dr. Janandani Nanayakkara

"We hope this research will help us understand both strengths and weaknesses in the current education system with regards to the delivery of the food and nutrition knowledge and skills in schools. We believe that these findings will essentially inform the education ministry and other authorities, policymakers, and education leaders in future food literacy-related curriculum revisions and school food education-related policy reforms in Sri Lanka."

