



Impact Analysis of School Garden Programmes on Nutrition Knowledge and Food Security Among Primary School Students in Mozambique Rural Areas

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Abstract

School garden programmes have been implemented in various regions to enhance nutrition knowledge and food security among primary school students, with mixed results. A mixed methods approach combining qualitative interviews and quantitative surveys was employed to gather data from primary school students and their parents/guardians. Students showed a significant improvement ($p < 0.05$) in knowledge about nutrition, with an average score increase of 20% in the post-intervention survey compared to pre-test results. The findings suggest that school garden programmes positively influence students' nutritional knowledge and contribute to their families' food security in Mozambique's rural areas. Further studies should explore long-term impacts and potential barriers to implementation. School Garden Programmes, Nutrition Knowledge, Food Security, Primary School Students, Mozambique

Keywords: *African, Geographical, Qualitative, Quantitative, Evaluation, Intervention, Community*

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