



# School Garden Initiatives and Academic Performance Among Urban Youth in Nairobi, Kenya: A Comparative Study

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## Abstract

School garden initiatives are gaining traction as a means to address multiple societal issues such as food security, education, and health in urban settings. The study employed a mixed-methods approach including surveys, observations, and interviews to gather data from participating schools and students. School gardens significantly improved student nutritional intake by an average of 20% and enhanced their engagement with academic subjects, particularly those related to agriculture and science. The findings underscore the potential of school garden programmes in fostering a holistic approach to education and health within urban communities. Schools and educational authorities should prioritise integration of school gardens into curricula to maximise benefits for students' well-being and academic achievement. school gardens, youth engagement, nutrition, academic performance, Nairobi

**Keywords:** *African geography, mixed methods, urban studies, nutrition education, sustainable development, pedagogical innovation, experiential learning*

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