



Impact of School Gardens on Urban Youth Nutrition Knowledge in Cairo: A Theoretical Framework Analysis

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Abstract

This study examines the impact of school gardens on urban youth nutrition knowledge in Cairo, focusing specifically on students aged 14-18. A comprehensive review of existing literature will be conducted to identify the theoretical constructs relevant to this study, including educational interventions, community engagement, and nutrition education programmes. The analysis will employ a qualitative approach to explore the nuances of school garden impacts. The theoretical framework outlines how schools can serve as hubs for nutritional education through garden-based learning, potentially leading to healthier dietary habits among urban youth. Schools should integrate school gardens into their curricula to complement traditional nutrition education programmes. Public health initiatives could support this by providing resources and training for teachers.

Keywords: *Cairo, Urbanization, Food Security, Nutrition Education, Community Engagement, Qualitative Research, Development Theory*

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