



# Nutrition Programmes' Impact on Academic Outcomes in Urban South African Schools: A Review of Contemporary Studies

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## Abstract

School nutrition programmes in urban South African schools aim to improve academic outcomes by addressing nutritional deficiencies among underprivileged children. A systematic review approach was employed, examining peer-reviewed articles published within the last decade focusing on urban South African schools. The analysis revealed a significant positive correlation between enhanced nutritional status and improved test scores in mathematics and reading across various studies ( $r = 0.56$ ). While there is evidence supporting the effectiveness of school nutrition programmes, variability exists across different contexts and programme designs. Further longitudinal research is recommended to establish causal relationships and enhance sustainability strategies.

**Keywords:** *African Geography, Urbanization, School Nutrition, Academic Performance, Food Security, Feeding Programmes, Socioeconomic Factors*

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