



Assessment of School Meal Programmes' Impact on Nutrition and Academic Outcomes in Namibian Primary Schools

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Abstract

This study assesses the impact of school meal programmes on student nutrition and academic outcomes in Namibian primary schools over a three-year period. A mixed-methods approach was employed, combining quantitative data from standardised nutrition assessments and academic test scores with qualitative insights from interviews with teachers and parents. Nutrition improvements were observed in 75% of participating students, while 80% reported better overall health. Academic performance showed a significant improvement in reading comprehension by an average of 12 percentage points. The findings suggest that school meal programmes significantly enhance both student nutrition and academic achievement, warranting their continued implementation and expansion in Namibia's primary education system. Government policies should prioritise the provision of nutritious meals to all primary schools. Additionally, ongoing monitoring and periodic evaluations are recommended to ensure programme efficacy and address emerging challenges.

Keywords: *Sub-Saharan, African, Qualitative, Quantitative, Ethnography, Induction, Deduction*

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