



Gender-Specific Nutrition Education in Urban Cape Town Adolescents: Improving Diet Quality and School Attendance

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Abstract

Urban adolescents in Cape Town face nutritional challenges that affect diet quality and school attendance. A theoretical framework will be constructed based on existing literature, focusing on gender differences in dietary intake and educational outcomes. This theoretical model provides a foundation for future empirical research into the effectiveness of targeted nutrition education programmes on adolescent health and education outcomes. Future studies should implement and evaluate gender-specific interventions using mixed-methods approaches, including surveys and observational assessments. The empirical specification follows $Y = \beta_{0+\beta}^{-1} p X + \text{varepsilon}$, and inference is reported with uncertainty-aware statistical criteria.

Keywords: *African ruralism, feminist economics, gender stratification, interdependence theory, nutritional anthropology, qualitative methodology, survival analysis*

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