



The Impact of School Garden Programmes on Nutrition Knowledge and Habits Among Primary School Students in Ghana

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Abstract

Ghana faces significant nutrition challenges among primary school students, with limited access to fresh fruits and vegetables. A mixed-methods approach combining pre- and post-intervention surveys with focus group discussions to assess changes in nutritional knowledge and behaviour among primary school students (n = 300). Post-programme, there was a statistically significant increase of $p < .05$ in the proportion of students consuming at least one fruit daily from baseline (20%) to post-intervention (45%), indicating enhanced nutritional knowledge and habits. School garden programmes effectively improve nutrition-related behaviors among primary school students in Ghana, suggesting a need for replication and expansion. Implementing sustainable school garden programmes alongside educational interventions could further enhance the impact on student health outcomes. school gardens, nutrition education, Ghana, primary schools, fruit consumption

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