



The Influence of School-Based Nutrition Education on Adolescent Eating Habits in South African Cities: A Longitudinal Perspective

Nolwandle Mngqibiso¹

¹ University of KwaZulu-Natal

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Correspondence: nmngqibiso@yahoo.com

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Author notes

Nolwandle Mngqibiso is affiliated with University of KwaZulu-Natal and focuses on Business research in Africa.

Abstract

South African cities face significant challenges in adolescent nutrition education, particularly regarding eating habits. A longitudinal study design was employed, tracking participants through multiple academic years to assess changes in dietary behaviors. School-based nutrition education programmes have the potential to positively influence adolescent eating habits, warranting further research and policy implementation. Integrate comprehensive nutrition education into school curricula across South African cities to enhance public health outcomes.

Keywords: *African, Nutrition, Education, Adolescents, Diet, Longitudinal, Feeding Behaviour*

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