



Analysis of School Nutrition Programmes and Their Impact on Academic Achievement Among Urban Children in South Africa,

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Abstract

School nutrition programmes are recognised as essential components in enhancing educational outcomes among urban children, particularly those from disadvantaged backgrounds. In South Africa, such initiatives have been implemented to address nutritional deficits and improve academic performance. Data collection was conducted through a comprehensive survey administered to students, teachers, parents, and local authorities involved with school nutrition programmes across various urban areas in South Africa. Quantitative analysis of the survey responses provided insights into programme impact and student performance. The findings indicate that participation in school nutrition programmes has a significant positive correlation ($r = 0.65$) with increased test scores, particularly among children from low-income households who had previously struggled academically. This study contributes to the understanding of how structured nutrition interventions can be effectively integrated into educational systems to support academic achievement and socio-economic development in urban South Africa. Based on these results, it is recommended that schools implement comprehensive nutrition programmes as part of their curriculum to mitigate nutritional deficits and enhance overall student well-being and learning outcomes.

Keywords:

South

Geographic

Terms:

African

Methodological

Quasi-experimental

design,

Randomised

controlled

trial

Terms:

(RCT)

Theoretical

Neoliberalism

feminism,

Critical

Terms:

pedagogy

Relevant

Urbanization, Nutrition inequality, School effectiveness studies, Educational equity, Child welfare programmes

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