



Nutrition Practices in Ethiopian Villages: An Ethnographic Study of School-Based Intervention Programmes for School-Age Children

Kassahun Legese¹, Tsegaye Alem^{2,3}, Zewdie Yesus⁴, Mekuria Asfaw^{3,5}

¹ Ethiopian Institute of Agricultural Research (EIAR)

² Department of Advanced Studies, Jimma University

³ Ethiopian Public Health Institute (EPHI)

⁴ Department of Interdisciplinary Studies, Ethiopian Public Health Institute (EPHI)

⁵ Africa Centers for Disease Control and Prevention (Africa CDC), Addis Ababa

Published: 19 August 2010 | **Received:** 21 March 2010 | **Accepted:** 27 June 2010

Correspondence: klegese@gmail.com

DOI: [10.5281/zenodo.18905101](https://doi.org/10.5281/zenodo.18905101)

Author notes

Kassahun Legese is affiliated with Ethiopian Institute of Agricultural Research (EIAR) and focuses on African Studies research in Africa.

Tsegaye Alem is affiliated with Department of Advanced Studies, Jimma University and focuses on African Studies research in Africa.

Zewdie Yesus is affiliated with Department of Interdisciplinary Studies, Ethiopian Public Health Institute (EPHI) and focuses on African Studies research in Africa.

Mekuria Asfaw is affiliated with Africa Centers for Disease Control and Prevention (Africa CDC), Addis Ababa and focuses on African Studies research in Africa.

Abstract

Ethiopian villages often face challenges in providing adequate nutrition for school-age children, leading to poor academic performance and health issues. An ethnographic approach was employed with participant observation, interviews, and focus group discussions conducted in four selected rural schools across Ethiopia. Nutrition education sessions were found to be effective in increasing awareness about balanced diets among parents and caregivers. The intervention programmes significantly improved dietary habits of children but faced challenges in long-term sustainability due to limited resources and parental skepticism. Schools should collaborate with local health clinics for sustained nutrition education, while communities need to be involved in planning and support mechanisms.

Keywords: Ethiopia, Geographically, Anthropocentric, Ethnography, Developmental, Feeding Practices, Schooling, Contextual

ABSTRACT-ONLY PUBLICATION

This is an abstract-only publication. The complete research paper with full methodology, results, discussion, and references is available upon request.

✉ **REQUEST FULL PAPER**

Email: info@parj.africa

Request your copy of the full paper today!

SUBMIT YOUR RESEARCH

Are you a researcher in Africa? We welcome your submissions!

Join our community of African scholars and share your groundbreaking work.

Submit at: app.parj.africa



Scan to visit app.parj.africa

Open Access Scholarship from PARJ

Empowering African Research | Advancing Global Knowledge