



Nutrition Education Programmes' Impact on Cognitive Development in Low-Income Lagos State Children: A Quantitative Analysis

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Published: 28 January 2013 | **Received:** 01 August 2012 | **Accepted:** 29 November 2012

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DOI: [10.5281/zenodo.18993648](https://doi.org/10.5281/zenodo.18993648)

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Abstract

Nutrition education programmes (NEPs) aim to improve dietary habits among children, which is crucial for their cognitive development and overall health outcomes. The research utilised a mixed-methods approach, combining quantitative data from standardised cognitive tests with qualitative insights through interviews conducted among parents and educators. A statistically significant positive correlation between participating in school NEPs and improved cognitive scores was observed, specifically in the areas of memory and problem-solving skills. The findings suggest that targeted nutrition education interventions can have a measurable impact on enhancing cognitive abilities in vulnerable populations. Schools should integrate regular nutrition education sessions as part of their curriculum to promote better health outcomes among students, particularly those from low-income backgrounds.

Keywords: *African geography, cognitive development, nutrition education, school-based interventions, mixed-methods approach, child health outcomes, dietary habits assessment*

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