



Nutritional Quality Assessment of School Meals in Urban Democratic Republic of Congo Schools and Its Impact on Child Nutrition Status,

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Abstract

This study examines the nutritional quality of school meals in urban schools of Democratic Republic of Congo (DRC), focusing on how these meals impact child nutrition status. A cross-sectional study was conducted in selected schools across urban DRC. Nutritional quality scores were calculated based on meal composition and child nutrition status data collected through surveys. The nutritional quality score for school meals varied significantly, with an average score indicating a moderate level of nutrient inadequacy among children. Urban school meals in DRC fail to meet recommended dietary guidelines, negatively impacting the overall health status of urban children. Improvements are needed in meal composition and nutritional education for children in urban schools.

Keywords: *African geography, urbanization, school feeding programmes, dietary diversity, child nutrition, anthropometrics, food security studies*

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