



Nutrition Education Programmes and Growth Outcomes in School-Aged Malawian Girls: A Rural Perspective

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Abstract

Nutrition education programmes have been implemented in various settings to improve dietary habits and overall health outcomes among school-aged children, particularly in rural communities where access to balanced nutrition is often limited. The study employed qualitative and observational methods to assess changes in dietary practices and physical development resulting from targeted nutrition education interventions. The results suggest that comprehensive nutrition education programmes can positively influence both physical and dietary health in rural Malawian communities, highlighting the importance of such initiatives for adolescent development. Further research should be conducted to identify best practices and sustainable implementation strategies for these programmes, particularly in underserved rural areas.

Keywords: *African, Anthropometry, Dietary Quality, Growth Monitoring, Nutritional Interventions, Rural Development, School Health Programmes*

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