



# Food Security and Nutrition Interventions' Influence on Adolescent Development in Zimbabwe's Low-Income Areas

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## Abstract

Adolescence is a critical period for cognitive and socio-emotional development. In Zimbabwe's low-income areas, food security and nutrition interventions are scarce, yet their impact on adolescent development remains underexplored. Participants were recruited from randomly selected schools in low-income areas. Data collection included standardised assessments for cognitive and socio-emotional development before and after a six-month intervention period. A notable theme emerged regarding improved socio-emotional stability among adolescents who received interventions, characterized by a significant reduction in stress levels ( $p < 0.05$ ). The findings suggest that targeted food security and nutrition interventions can positively influence adolescent development, particularly in socio-emotional domains. Further longitudinal studies are recommended to explore the long-term effects of such interventions on adolescent cognitive abilities.

**Keywords:** *Geographic, Anthropology, Developmental, Nutrition, Food Security, Interventions, Psychological*

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