



Nutrition Education Interventions and Dietary Habits Among Urban Youth in Nairobi, Kenya: An Ethnographic Assessment

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Abstract

Nutrition education interventions have been implemented in schools to improve dietary habits among urban youth, but there is limited empirical evidence on their effectiveness. The study employed ethnographic methods, including participant observation and semi-structured interviews with students, teachers, and parents. Data were collected from schools across Nairobi over a period of six months. A key finding was that while students reported increased awareness about nutrition, actual dietary habits showed only modest improvements in fruit and vegetable consumption, which constituted approximately 20% of their daily food intake. While interventions improved knowledge regarding healthy eating, changes in actual dietary practices were limited. Further research should focus on integrating nutrition education with practical meal preparation sessions to enhance the impact on students' diets. Nutrition Education, School Interventions, Dietary Habits, Urban Youth, Nairobi

Keywords: *Geographic, Urban, Anthropology, Ethnography, Cultural, Dietary, Nutrition*

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