



# School Nutrition Programmes and Academic Performance in South African Primary Schools: A Comparative Analysis

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## Abstract

School nutrition programmes are increasingly recognised as a critical component in improving educational outcomes for children, especially in resource-limited settings such as South Africa. The research employs mixed-methods approach combining quantitative data from standardised test scores and qualitative insights through interviews with educators and parents. A significant positive correlation was observed between the implementation of nutrition programmes and improved student performance, particularly in mathematics subjects. Nutrition programmes appear to be a viable strategy for enhancing educational attainment in South African primary schools, warranting further empirical investigation. Schools and policymakers should integrate nutritional support into their curricula as an integral part of holistic education strategies. school nutrition, academic performance, primary school, South Africa

**Keywords:** *African Nutrition, School Feeding Schemes, Dietary Interventions, Socioeconomic Status, Quantitative Research, Qualitative Research, Food Security, Educational Inequality*

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