

Impact of Mid Day Meal Programs on Children's Nutritional Health

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Abstract: *Mid-day meal programs have gained prominence as a means to address childhood malnutrition, particularly in developing countries. This paper aims to comprehensively examine the impact of mid-day meal programs on children's nutritional health. It provides an overview of these programs, discusses their objectives, and reviews empirical evidence regarding their influence on nutritional status, growth, and overall well-being among school children. By analyzing various studies and case examples, this paper sheds light on the effectiveness, challenges, and potential improvements in mid-day meal programs to optimize their impact on children's nutritional health.*

Keywords: Children's Health, Malnutrition, Nutrition

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