

**AN INVESTIGATION ON EFFECTS OF NUTRITION ON PHYSICAL
DEVELOPMENT TO PRIMARY SCHOOL PUPILS IN MASINGA SUB-COUNTY,
MACHAKOS COUNTY.**

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ABSTRACT

In chapter one ,the study focused on the background of the study, statement of the problem, purpose of the study, objectives of the study, significance of the study, limitation of the study, delimitation of the study, assumptions of the study and definition of operational terms. In this chapter, effects of poor nutrition were discussed and their effects on physical development.

In chapter two, the researcher reviewed different researches that have been conducted elsewhere on effects of nutrition on physical development. The findings and observations were got from: books, newspapers, project reports, and internet journals and magazines

Chapter three was discussed under the following sub-themes: research design whereby descriptive design was used, Location of the study, the targeted population, the sample and sampling techniques, research instruments, whereby the researcher used checklist, observation schedule, questionnaires and interview schedules to collect the data. In chapter four, the data was presented and analyzed in form of tables, bar graphs and figures. Chapter five contains summary of the findings of this study, the conclusions reached after the study and the recommendations made by the researcher and the future research suggestions. Generally, the research was carried out to find out effects of nutrition on physical development of primary school children aged 6-13 years in Masinga Sub-County, Machakos County. First the researcher began the task by finding out how nutrition affects physical development. The researcher used descriptive survey method to investigate the effects of nutrition on physical development. In this method, people were asked specific questions concerning their behavior, opinions and life experiences. The researcher targeted primary teachers, learners and parents. The researcher visited ten primary schools in Masinga Sub-County. Data was collected using interviews schedules, questionnaires and observational schedules. After data collection, analysis was done. The researcher found out that factors like low rainfall, poor infrastructures, poor security and level of education of parents have great effects on physical development.