

TITLE: ASSESSING THE EFFECTS OF SERVING BREAKFAST TO UNDERNOURISHED  
PRE-SCHOOL CHILDREN IN PRIMARY SCHOOLS IN MATHARE, NAIROBI KENYA

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## ABSTRACT

This research project was carried out to find out effects of serving breakfast to undernourished pre-school children in schools in Mathare area, Kenya. The research was carried out in three schools, covering a population of 1000 pupils and teachers where a hundred is the sample population. The data was collected from the pupils' performance record cards and questionnaires filled in by the pupils, parents and teachers. The data got was presented in pie-charts, graphs and histograms.

The study is guided by the theory of B.F. Skinner, operant conditioning theory, which postulates that a behavior can be learnt through reward or punishment. In this study breakfast is offered to undernourished children in pre-schools, not only to boost their nutrition but also to improve their academic performance. The researcher examined work that has been done previously on the subject and found that most aimed at offering free food conditional on school attendance, improving reducing susceptibility to infection in the short run. As such therefore, the study set out to assess the effect of serving breakfast, the first meal of the day to under-nourished learners, specifically on their academic performance.

Various sample and sampling procedures were employed in the research methodology. These included purposive sampling technique, stratified random sampling and snowball sampling technique. The research instruments were questionnaire, interview schedule and observation methods. The questionnaires were piloted in one of the schools under study to ascertain that they were free from errors or ambiguity. The researcher personally delivered these questionnaires to the school. The collected data was analyzed statistically and the information represented using tables.

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