

EFFECTS OF NUTRITION ON PHYSICAL DEVELOPMENT  
FOR LOWER PRIMARY CHILDREN AGED 4-7 YEARS IN  
MIGWANI ZONE, KITUI COUNTY.

BY

GRACE VUNDI

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**Abstract**

The purpose of the study was to investigate the effects of nutrition on physical development of lower primary children aged 4 – 7 years. The population study was lower primary teachers, headteachers, parents and children in Migwani zone, Kitui County.

For the results of total development of cognitive psychomotor in the growth of the child to be achieved, the parents, caregivers and teachers have a great role to play.

The environment that the child is brought up should be conducive and have relevant play and learning materials which are age appropriate.

The child's diet is also a considering factor and therefore children should be put on balanced diet in school and at home. Literacy in school and social economic status should also be put into consideration.