

**EFFECTS OF NUTRITION ON PHYSICAL DEVELOPMENT OF  
PRIMARY SCHOOL PUPILS IN KYUSO SUB-COUNTY,  
KITUI COUNTY.**

**BY**

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## ABSTRACT

This study was guided by the following objectives; to investigate dietary intake of pupils in Kyuso Sub-County, Kitui County. To establish effects of nutrition on physical development in primary school pupils in Kyuso Sub-County, Kitui County. Find out possible strategies for improving nutrition for primary school pupils in Kyuso Sub-County, Kitui County, to investigate the nutritional knowledge of caregivers in Kyuso Sub-County, Kitui County. The research was carried out to find out effects of nutrition on physical development of primary school pupils in Kyuso Sub-County, Kitui County. 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, pupils and parents. The researcher visited twenty four primary schools in Kyuso Sub-County. Data was collected using interviews schedules, questionnaires and observational schedules. After data collection, analysis was done. The researcher presented and analyzed the data using pie-charts, bar graphs and tables. The tables, pie-charts and bar graphs were interpreted to the reader based on the information which was collected from the teachers with the use of questionnaire, interview schedules and from primary school pupils with the use of check list. The researcher made an appointment with the target group by writing to the primary school teachers of the sampled schools/centers.. Relying on the evidence revealed by the study in chapter four and five, it is seen that many children do not have access to the right nutrition. 56% feed on maize and beans only and do not have access to meat, eggs or milk. Those who happen to take these foods only take them rarely with some only once a month. Malnutrition has brought about serious consequences to the children with good number of them suffering from Marasmus, kwashiorkor, anemia and rickets among other diseases. These diseases affect the physical development of the affected children. The factors that influence the taking of proper nutrition include poverty, ignorance, negligence, traditional beliefs/taboo, and some foodstuffs not being locally available among other factors.