

**EFFECTS OF NUTRIENT ON E.C.D.E CHILDREN AGED
3¹/₂ – 7 YEARS IN RUIRU ZONE, GITHURAI DIVISION
OF RUIRU DISTRICT**

BY

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ABSTRACT

Food is very important to all living organisms. Human beings need different types food both in nutrition value and quantity. In this research study I wanted to find out the effects of nutrition on the ECDE children aged 3¹/₂ – 7 years in Ruiru District.

In so doing I had the following objectives:

- To find out the effects of proper nutrition on the ECDE children in Ruiru District
- To find out what could be the cause of poor nutrition on the ECDE children in Ruiru District.
- To find and out the nutrition value of the food eaten by the ECDE children in Ruiru District.
- To determine whether the ECDE centres in Ruiru have feeding programmes
- To list down intervention measures on how to improve on a balanced diet for all the ECDE children in Ruiru District.

For the purposes of making this research project a success I adapted a descriptive survey design. The research targeted.

- The E.C.D.E teachers in Ruiru District
- The committee parents in Ruiru districts.
- The ECDE children in Ruiru District.

Since it was not possible to interview all the teachers, parents and children the researcher decided to use a simple random sampling technique. For the purpose of obtaining accurate data from the respondents the research used a questionnaires interviews and check list for the teachers, parents and ECDE children respectively.

The analyzing of the raw collected was analyzed using quantitative and qualitative approaches. After analyzing the raw data the researcher then presented the finding in form of tables and pie charts.

Eventually the following conclusion was made from the research study.

- That the nutrition eaten by the ECDE children in Ruiru District enhanced the growth and development amongst the ECDE children.
- That the poor economic status of the ECDE children and family size were the causes of poor nutrition among ECDE children in Ruiru District.
- The most common nutrition among ECDE children in Ruiru District was composed of starch which affected their growth and development.
- That very few ECDE centres in Ruiru have initiated feeding programs and the few that have initiated most of them are offering breakfast only.
- That small size families were providing a balanced diets compared to large sized families.