

**EFFECTS OF DIET ON GROWTH AND DEVELOPMENT AMONG PRE-SCHOOL  
CHILDREN IN MIGWANI ZONE,  
MIGWANI DISTRICT**

**BY**

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## ABSTRACT

The research is focused on the effects of diet on growth and development among preschool children between 3-5 years, a case study of Migwani zone, Migwani District. The issue of diet causing poor nutrition, poor growth and over population necessitated the research to be carried out.

In addition, preschool children experiencing frequent attacks by diseases affecting poor development of muscles and poor performance at the end of the year further provoked the researcher to carry out the study.

The research questions of the study were geared to investigate how diet affects school attendance and the impacts of diet on diseases among pre school children. The study also investigate the effects of diet on development of muscles in children.

The survey research design was used in this study because the researcher gathered data using a small sample which was drawn from a big population. The instruments used to collect data were questionnaires and interview guides. The questionnaires were for head teachers /teachers and interview guides for parents and children.

All data was analyzed using descriptive statistics involving frequency tables, mean, mode, median and percentages. The findings were presented by use of tables, charts and graphs.

According to the findings, children provided with a well balanced diet attend school regularly than those with inadequate diet. Children who looked healthy and are provided with adequate and nutrients food performed much better than children who are underfed. Children who are breastfed for 2 years are healthy and have low chances of diseases than those who breastfed for 1 years having a high chances of getting a diseases. Children who are exposed to various activities and are provided with a well balanced diet muscles have strong muscles than those without.

Teachers and parents are required to cater for children who are not attending school by providing enough balanced diets to reduce absenteeism.

Children who are malnourished should be provided with adequate food for better improvement of their performance. Children should be breastfed for two years to reduce cases of diseases.

Children should be provided with adequate balanced diet to enable them to develop strong muscles and to be healthy.