

**EFFECT OF NUTRITION ON ACADEMIC PERFORMANCE OF E.C.D.E CHILDREN  
AGED 3-8 YEARS IN KAJUKI/MUTINO ZONE, IGAMBA NG'OMBE DIVISION IN  
THARAKA NITHI COUNTY OF EASTERN KENYA**

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**E37S/10/02490**



**A RESEARCH PROJECT SUBMITTED TO THE SCHOOL OF EDUCATION,  
DEPARTMENT OF CURRICULUM AND INSTRUCTIONS FOR THE A WARD OF  
BACHELOR DEGREE OF MOUNT KENYA UNIVERSITY.**



**OCTOBER 2012**

## ABSTRACT

One of the major objectives of taking a child to pre-school is to equip him or her with early learning experiences. These early learning experiences should enable him/ her to achieve higher academic performances in future. Due to this reason the researcher developed an interest in finding out the effects of nutrition on academic performance of children aged 3-8 years. The research was carried out in Kajuki/Mutino Zone, Igamba Ng'ombe Division, Tharaka Nithi County of Eastern Province of Kenya. The research was to establish the effects of nutrition on academic performance of children in pre-schools. The researcher used case study method whereby she collected information of his study through random stratified sampling method. She formed a strata of pre-school, classes one, two and three. From each stratum he formed a group of 15 children making a total of 60. All these children were at the range of 3-8 years. She also got more information from parents and also teachers. He interviewed 8 teachers and 36 parents. The results of his findings showed that nutrition is very important on the academic performance of ECDE children aged 3 – 8 years of age.

The researcher comes up with recommendations to be taken into consideration in order to improve the education performance of ECDE children.