

**INVESTIGATE THE EFFECTS OF POOR NUTRITION ON PHYSICAL  
DEVELOPMENT AND EDUCATIONAL ACHIEVEMENT FOR LOWER  
PRIMARY SCHOOL CHILDREN IN WAJIR SUB COUNTY, WAJIR  
COUNTY**

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**A RESEARCH PROJECT SUBMITTED TO THE DEPARTMENT OF EDUCATIONAL  
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## **ABSTRACT**

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 to enhance a holistic child growth. The purpose of the study was to find out the effects of nutrition on the physical growth of lower primary school children and educational achievement. This research was guided by the following objectives, to establish the effects of poor nutrition on physical development of lower primary children and find out the measures that can be taken to curb this menace. The target population was 3000 pupils from 12 primary schools, 1500 parents, 96 teachers, and 12 head teachers in Wajir Sub County, Wajir County. The sample size was drawn from three schools which were selected from the target population. The sample size was 25 pupils, 24 parents and 3 lower primary school teachers. The researcher used learning theory which was developed by Ian Pavlov in (1890) which ensured the study remained within its objectives. The researcher used descriptive survey design in the study because it gives a complete and detailed description of events. The researcher collected data using the following instruments; guided questionnaires for teachers and parents, interviews schedule for children and all the instrument were validated and they reliability ensured. The total sample size was 52 respondents. Finally the researcher analyzed data by the use of SPSS which is the recommended method in social sciences. The outcome of the findings was presented in form of tables, pie charts, percentages and bar graphs.