

**INFLUENCE OF SCHOOL FEEDING PROGRAMMES ON THE ENROLMENT OF
PRE-SCHOOL CHILDREN IN TIGITHI ZONE, LAIKIPIA COUNTY**

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DECLARATION

This research project is my original work and has not been presented for any degree or any other award in any university.

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E45/3674/2011

Signature..........Date.....13/8/2015.....

This research proposal has been submitted for examination by my approval as the University supervisor.

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ABSTRACT

A school feeding program is essential to provide a balanced diet to ECDE children which would in turn enable the children to enrol and attend school in ASAL areas. It was hypothesized that school feeding program has an impact on the improved enrolment at ECDE centres in arid and semi-arid lands. The school feeding program is a crucial component in the development of a holistic child. Nutrition and health are powerful influences on a child's learning and performance. The effect of malnutrition on young children aged (0-8 years) can be devastating and enduring. In the areas of cognitive development, when the food is not enough, the body has to adjust the limited food stuffs available. Good nutrition involves consumption of a variety of foods in appropriate amounts, since no single kind of food can provide all the necessary nutrients. Undernourished children have short attention span which is linked to low glucose levels.