

**THE EFFECT OF NUTRITION ON THE
PERFORMANCE OF PRE-SCHOOL CHILDREN
WITHIN DANDORA ZONE: NAIROBI**

A research report submitted in partial fulfilment of the requirements
of Bachelor of Education degree in Early Childhood to the
department of Educational Communication and Technology,
University of Nairobi

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DECLARATION

This project report is my own original work and that it has not been presented for any award at any other University.

Jepleting Christine

Signature: 

This research report has been submitted for examination, with my approval as the University supervisor.

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ABSTRACT

This is a research report on the effect of nutrition on performance of preschool children within Dandora zone, Nairobi. Nutrition has considerable influence on human health, particularly in small children, who are not only affected physically, but also mentally and cognitively leading to poor performance in class activities.

The main contributor factor in Dandora zone of poor nutrition is the unfavourable climatic conditions and economic under development of the area which has lead to poverty among the majority of the residents.

The researcher used survey design method to gather data required to conduct the research. The survey design is appropriate since it uses a representative sample of the targeted population since everybody in the population may not be accessed.

The research findings established that poor nutrition and lack of balanced diet leads to poor performance in both indoor and outdoor activities.

The findings also established that most of the preschool parents are casual labourers and their earnings are below five thousand shillings per month, which is below the required one dollar per person per day.

The research also established that most of the families feed mainly on carbohydrates which do not foster cognitive development in young children.

The research conclusion is that there is serious lack of proper nutrition in the zone due to poverty as a result of harsh climatic conditions and that urgent steps needs to be taken by the government and relevant agencies to address the problem both in the short-term and long-term.