

**FACTORS THAT INFLUENCE NUTRITIONAL STATUS OF  
PRESCHOOL CHILDREN IN ENGINEER ZONE, KINANGOP DIVISION,  
NYANDARUA COUNTY.**

**BY**

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## DECLARATION

I declare that this research project is my original work and has not been presented to any other institution for the award of degree.

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This project has been submitted with my approval as a University Supervisor.

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## ABSTRACT

This research is meant to investigate factors that influence the nutritional status of preschool children in engineer zone. As the researcher, I investigated the issues that affect the type of food staffs that preschool children in Engineer zone feed on. I came up with full information about feeding habits that can hinder normal growth in preschool children and their performance in school. My study was facilitated by the fact that many children in engineer zone feed on poor diets due to various factors revolving around them, ranging from school to their homes.

To investigate these factors, I decided to gather information from the children themselves, teachers and parents. I did this through direct interviews, observation and through questionnaires. After a thorough investigation, I finally found out that several factors contribute to the feeding habits of children in Engineer zone. Parents' status of the children, feeding programs, academic level of the parents and family sizes are among the various factors that affects the feeding habits of children in this area

To improve on this conditions, I came up with the following suggestions, the government through ministry of education should highly emphasize on incorporation of nutritional matters in the preschool curriculum, parents in engineer zone should be sensitized on the importance of providing a well balanced diet to their children, parents also need to be sensitized about family planning methods in order for them to give raise to the number of children they would be able to fully provide for, the preschool management should liase with the parents through school meeting to share information about healthy nutritional status through preparing well balanced feeding programmes in school.