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# Nutritional Knowledge and Practices of Pre-School Teachers in Homa Bay County, Kenya

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Abstract: The main objective of this study was to investigate nutrition relationship between pre-school trackers' autritional knowledge and gracticy in Home Bay County. The study investigated the following aspects of autrition knowledge; buttered dipt, source of natricula, food perparation, food storage and perservation. The specific objectives were: to assess the notellional knowledge and practices between pre-school trackers; Jerome Brusson' (IVII) theories on knowledge representation guided the study; his three modes on autritional knowledge in the trachers and learners hasically on regulifier development. The three models are exactive, iconic and crosbulic. The study adopted a descriptive design to investigate the relationship between pre-school teachers' nutritional knowledge and practices. Questionnaire, interview achedule and abservation checklists were used as instruments of data collection. Data analysis was done qualitatively and quantitatively methods. Findings showed that natritional knowledge and practices among preschool teachers is very low to Homa Bay County. Most of the evapondents have about out; there find groups type, a significant number of them were markle to entered different find reper in their respective groups. Proper nutrities was found to be positively correlated with preschool children. academic performance. The starts also excludished that the relationship between pre-actual teachers' natritional knowledge and practices was not significant. The study recommends that strategies need to be get in place to improve natritional knowledge and practices of preschool teachers in Home Bay County and country at large, this will be through cooperation of Ministry of Education, Kenya Institute of Carriculum Development and other publicly markers in the observation exchan-

Asymmetric Nestrition knowledge, Natrition practices Natritional status.

### E. INTRODUCTION

Noterition is fundamental for growth and skeelogeness from conception to adulthood, it is commist for the health and quality of life at every stage in a living organism. A normal healthy child grows at a genetically predictivenessed that can be compromised or accelerated by under matrixion, including imake imake of matrixion and over matrixion (Pipel, 1989), Globally, a lot of attention in given to child matrixional status for better books and growth for the child. Throughout the world, shout two handsed and recenty els million children are stanted while sixty reven million are wasted (LNACEE), 1990, thus baseded and eighty three entitions are estimated to be under varight and regist tomes are more likely to die within the following poor than children of mercual weight for their age (Yanng & Jaspars, 1997). Malmarition is a westfalwide protition that more the addressed negative for their age (Yanng & Jaspars, 1997). Malmarition is a westfalwide protition that moved to be addressed negative for the health growth returns a managent of an acceptance of an acceptance of the state of t

In the topics, the assumes elicitioned discusses shring pre- school point are. Provin Energy Maleutrium (PEM) especially knowledge, discribes, prevenues, maleria, discress related to introloned weres and whosping cough. Evaporably pre- school children suffer from several of these conditions simultaneously. This can severally differ the growth and development of children (Pelific, 1983). Death rate in this group is at least 20 times as great in the tropics as it is Europe and North America. This is weregoned by pre-cety which is also percented in much of the third world constricts. Maleutrition is widespecial in Sub-Saharan Africa. Poor transmit health and maleutrition tend to lead to poor growth in infancy and childhood (UNICE): 1989, According to UNICES (1989), about 40% of childhood (UNICES: 1989), According to UNICES (1989), about 40% or chief sight every years soffer from PEM in Kenya. It is extensioned them the thought thousand children under five years lose their sight every years.

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