

**NUTRITION KNOWLEDGE OF HOME ECONOMICS TEACHERS  
AND SCHOOL-CATERERS IN KENYAN SECONDARY SCHOOLS.**

by

**Jennifer Wanjiku Khamasi**

**B.Ed. Home Economics, University of Nairobi, 1984**

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**This thesis is accepted.**

*Janet Stoppard*

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**Dean of Graduate Studies**

**THE UNIVERSITY OF NEW BRUNSWICK**

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## ABSTRACT

The main purpose of this study was to assess the basic nutrition knowledge of Home Economics teachers and school-caterers in Kenyan secondary schools in the Central Province.

Research findings on nutrition and health in Kenya indicate there is a need to intensify nutrition education. About one-half of the Kenyan population is under the age of 20 years, and most of them will pass through the formal education system. The educators in the schools could be the appropriate agents to promote nutrition education through the primary health care approach, and reach the majority of the population in the 90's and beyond. The primary health care approach is preventive in nature and involves enabling individuals to broaden their understanding of their living conditions and to develop skills to solve problems, make decisions, and improve the quality of their lives.

The information required was collected by means of questionnaires and interviews completed by the Home Economics teachers and School-caterers in 39 schools between September and November, 1991. The response rate was 97.9% from the Home Economics teachers and 100% from the school-caterers.

The results show that the basic nutrition knowledge of the majority of the respondents was acceptable. There was

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**DEDICATION**

**To my family, Khamasi, Khadiala and Njeri.**

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