

**THE IMPACT OF FEEDING ON ACADEMIC PERFORMANCE OF PRIMARY
SCHOOL PUPILS IN SERE SUB-COUNTY**

BY

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**A RESEARCH REPORT SUBMITTED TO THE FACULTY OF SCIENCE
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DECLARATION

I Awori Jane do hereby declare that this research work is my original work and has never been submitted for city academic award. All other peoples work cited in the work have been acknowledged according

Sign: *Awori Jane*

Name: Awori Jane

Date: July 2024

APPROVAL

I certify that the work submitted by the candidate was under my supervision. Her work is ready for submission to be evaluated for the award of a bachelor of education primary of Busitema University

Signature

..... Date: 13/4/03/2025

DEDICATION

This research work is dedicated to the almighty God who enabled me live through the whole course, I also dedicate it to my Husband Mr. Osinde Daniel, and my son Jaslwany Daniel for their communication support not forgetting my classmates who have helped complete this academic program

ACKNOWLEDGEMENT

I acknowledge the power of the almighty God, who enabled me to enjoy his breath through the course

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In a special way, I want to thank my family member who gave me spiritual financial and moral support during the time of study

I am grateful to all head teachers, teachers and pupils of sere sub county who enabled collect data for this research

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ACRONYMS

UBOS-	Uganda Bureau of Statistics
FFE-	Food For Education
MOES-	Ministry of Education and Sports
UPE-	Universal Primary Education
PTA-	Parents, Teachers Association
WFP-	World Food Program
ACNF-	Global Child nutrition forum
NPA –	National Planning Authority

ABSTRACT

The study was aimed at finding out the effects of feeding on academic performance, the investigator found out the importance of feeding to the pupils and his/her academic performance

Stratified sampling and simple random Sampling techniques were used in the study so that every individual was given chance to participate in the study. Questionnaires were the major research tool used, the participants were 72

The study found out that children should be fed while at school to improve on their performance and class attendance. The government should introduce policies which encourage and compel parents and caregiver to provide meals to their children while at school.

CHAPTER ONE

According to Emelyn(2016) school feeding date back in the 1960, having received the need for stakeholders to provide meals to children in primary school because this makes them able to learn the whole day at hence improve their performance

School feedy has been proposed as by Mary as a silver ... improvement of pupils academic performance. However poor performance is still registered in sere sub county. There is need, therefore to investigate the effect of feeding on academic performance of primary school pupils in sere sub county

1.2. Problem statement

When children no longer need to worry about food, they can concentrate on lessons, with enough food they are more likely to stay in school longer. Attendance rates increase significantly parents are more in-charge to send their children because they know they will get at least some solid food. This allows schooling to continue during a period when of course precious time would be lost. It's upon this background that the researcher sought to establish whether feeding has got any impact on academic performance of primary school pupils in Seresub county

1.3.1 General objective of study

To examine the impact of feeding on the academic performance of pupils in Sere sub-county

1.3.2 Specific objectives of the study

The study was guided by the following specific objection

To investigate the impact of feeding on pupils class attendance

To examine the effects of feeding on class participation

To determine the possible solution that are available to reduce the challenges of feeding in primary schools in Sere subcounty

1.4 Research questions

The following question guided the study

1. What are the effects of feeding on class attendance
2. What are the effects of feeding on class participation in Sere subcounty
3. What are the possible solutions to reduce on the challenges of feeding in primary school in Sere Sub county

1.5 Purpose of the study

The study examined the effects of feeding on academic performance in Sere subcounty

1.6 Significance of the study

The study covers all primary school in Sere Sub-county this informed researchers on the answers to objection to the study.

CHAPTER TWO

2.1 Introduction

The chapter reviewed literature on the impacts of school feeding and class attendance, class participation and performance.

2.2 Impact of feeding on class attendance

Adelman et al (2009) show three aspects of nutrition how can influence class attendance. First school meals alleviate short term of school children doing the school day by providing more nutrients to the child. Providing the child with a meal when he or she would have gone home during school hours Ahmed (2014) this enabled the child to concentrate and learn more

A study conducted in Malawi by WFP showed that small pilot school feeding programs one to three months period resulted in a 5% increase in enrollment and up to 36% improvement in attendance WFP (1996) an evaluation of a school meal program in Jamaica found that after the first Semester performance increased tremendously

A school feeding program in Kenya found improvement in attendance as a report of intervention of a cup of porridge for breakfast Kreme (2004) the study further revealed that the school attendance improved greatly by over 35.9%. The high attendance was believed to have resulted both from the attraction of new children to the school. Also return of those who dropped out because of hunger while at school.

Enrollment indicators show that Uganda has done remarkably well and education access since the introduction of universal primary education (UPE) in 1997. GCNF(2006) (global child nutrition forum) There currently close to ten Million children attending school EMIs (2018)

allcaretakers take responsibilities of feeding children while at school many parents, however particularly in rural areas cant afford to feed their children at school. WFP (2019).This has been one of the major cause of the irregular attendances particularly in rural areas

A participatory poverty survey carried out in Uganda identified hunger and poor nutrition as the key cause of absenteeism and dropouts in rural schools CSO (2018) (Civil society organization)

According to the education act (2018) the responsibility of the parents and caregivers includes; providing food, clothing (uniform), shelter, medical care and transport on the other hand a number of participants in the study think that government has to shoulder these responsibility. This kind of conflicting believe in responsibilities has left the poor child helpless hence absentee himself/herself or even drop out of school.

2.3 impact feeding on class participation

School feeding programs have a significant positive impact on pupils participation in school. Ahmed (2004) the participation is attributed to class concentration, learning and overall cognition.

Feeding program improves on mental out social aspects of a child health Hanrshek (1992) also Glee etal (2001) found that better nourished child start school early and expect fewer challenges in education malnutrition which is the likely reason of absenteeism in most school Alderson (2001) an improvement in the nutrition was found to increase participation by 4% for boy and 19% for girls

Pollit (1998) showed that malnourished children are less likely to distinguish between the object and numerical tasks are always very difficult since their memories are very slow compared to the

other converter part. A number of studies have always shown that malnourished children always get low grades in mathematics a number of schools prefer teaching number in the morning when the children still have some thing in their stomach. (School time tables)

Another related study was carried out in Jamaica showing the school meals improved class participation Gregortal (1998) found out track school performance indicators such as enrollment, attendance, dropout among others improved in response to school feeding.

Some studies like He (2009) have found out that feeding may lead to increased enrollment because he covered some WFP supported school which still have slightly low enrollment like the schools in the Karamoja areas

Another study on 32 sub-Saharan African countries show that food in school under food for education FFE contributed to increasing enrollment, retention and participation of the pupils by 28% for girls and 22% for boys

2.4 Solution to challenge of school feeding

Malnutrition affects over 21% of school going children in African a contribution to immediate and long term adverse consequences for development and health Best etal(2010) although data on nutrition problem is not clear but Burugahara(2013) shows that malnutrition presents with a lot of anemia rates reaching 46% in girls between 11-14years.

The government of Uganda recognizes the importance of feeding in the national development and learning outcomes. There policies are in support of feeding in the schools National planning authority (2020)

The education Act of 2008 puts the responsibility on parents and caregivers (Communities) of feeding the children while at school. This leaves this responsibly in the hands of the parents and administration to negotiate on the appropriate funds for feeding the children

In 2013 the ministry of education and sports (MoES) issued guideline on school feeding and nutrition intervention that provided a direction how to increase access to parent led school feeding as to improve dieting.

In summary the proposed Uganda School health policy 2016-2023 recommends a minimal school health package that includes; health promoting precaution of different health kits and safe school environment and a health/nutrition intervention where some of these documents remain in safe condition are forcing stakeholders to take them on by all means.

CHAPTER THREE

3.1 Introduction

This chapter presents the methodology used during the study. This also includes target population, sample size, data collection strategy and some challenges encountered.

3.2 Research design

The study adopted the mixed method this enhanced the research to contain a better understanding of the impact of feeding on academic performance of pupils in Sere Sub County

Study Population

Where teachers, administrators and pupils of primary schools in Sere sub county (45 teachers 3000 pupils and 8 administrators)

Study sample

A sample of 30 teachers 100 pupils and 5 administrators was taken to give a better understanding of the problem

Data Collection

Data was collected using the designed questionnaire and interviews the self-administering questionnaires were handed over to the teachers and administrators. observation where applied to the selected pupils from all the classes in the selected schools

3.5 Ethical issues/ research process

The researcher had introductory letter from the university office of dean faculty of education science. This gave the researcher access to the administration, teachers and pupils to obtain data.

3.6 Data analysis

The data collected was analyzed and edited to create consistency and completeness. After collecting the questionnaires and making observations they were edited for completeness and consistency across the respondents to establish gaps. Information obtained from the research study was presented and analyzed using bar charts, narratives, and statistical figures.

CHAPTER FOUR

Data presentation analysis and interpretation

4.0 TheChapter presents data interpretation and finding

No table of figures entries found.

4.1 Demographic composition of the respondents

Teachers and time administration

Despondences	Frequency	Percentage
Sex		
Male	23	54
Female	17	46
Marital status		
Married	34	82
Single	6	18
Age		
19-30yrs	3	10
31-40	29	62
Above 40yrs	8	28
Education level		
Grade III	15	30
Diploma	23	59
Degree	2	11
Masters	0	0

Lawce filed data (2024)

So questions were discussed top teachers 40 where returned this preserves 90% of the total number of questions where distributed

The study covered 40 randomly served teachers 17(46%) are male where 23 (54%) are female of the 40 teachers 34(82%) are married only 6 (18%)_ are single. Show turnment of the female are parents of the 40 teachers, 3 teachers are between the age 19-30 and biggest percentage 62% are

between 31-40years where as only 8 teachers are above 40 years indicating that the teachers are still in the active age.

Education level of the teachers, it was found that the majority are diploma holders followed by the grade III teachers a small number (2) are degree holder showing that few teachers may be affected by the national teachers council policy

Interview when carried out with some few parents and community leaders

Focus group discussed where carried out with children from different school in compassion was at least 5 from each class from P.3-P.7 making a total of 25 pupils 10 male and 15 female.

4.2 Impact of feeding on class attendance

Using yes or no points the table below shows the response of the teachers

Response	Frequency	Percentage
Yes	23	80
No	7	20
Total	40	100

The majority of teacher said that feeding has a great impact on the class attendance of the pupils; only 7 teachers said that feeding may not impact class attendance this is in agreement with the argument of FFC (Food for education)

4.3 Impact of feeding on class participation

Response	Frequency	Percentage
Agree	10	18
Strongly agree	25	70
Neutral	1	2
Disagree	2	2
Strongly disagree	2	2
Total	40	

35 teachers agree that feeding has an impact on class participation of the pupils one (1) teacher remained neutral and only four (4) teachers disagreed with the statement, this is in agreement with a number of studies by WFP and education systems in Africa

4.4 Effects of feeding the concentration the pupils in the school

Responses	Frequency	Percentage
Agree	12	40
Strongly agree	24	52
Neutral	0	0
Disagree	3	8
Strongly disagree	1	

A big percentage of teachers agreed that feeding affects the concentration of pupils in the class this in agreement with the education act 2018 which emphasizes the impact of feeding in teaching all learning procedure where only (4) teachers say that feeding doesn't affect the concentration of interested pupils in learning.

The result is also in agreement with pupils and some few parents that participated in the interviews

4.5 Parents should provide feeding to their children

Responses	Frequency	Percentage
Agree	15	43
Strongly agree	5	7
Neutral	6	10
Disagree	11	39
Strongly disagree	3	6

As regards who should shoulder the feeding? The respondents were almost equally distributed 20(50%) of the teachers say that feeding should be responsibly of the parents while 13 (45) say that parents are poor and can't feed their children at school 6 (14%) didn't show any side. This is in line with the poverty indicators of Uganda which state that most families can't afford the recommended three meals in a day and how can they provide for their children's school

4.6 Government and donors should feed pupils in primary school in sere subcounty

Responses	Frequency	Percentage
Agree	20	50
Strongly agree	10	30
Neutral	0	0
Disagree	8	15
Strongly disagree	2	5

30 teachers agreed that governmental donors should come in to feed the children to enable smooth flow of feeding of children while only 10 say that the responsibility should be totally on the parents

The parents who participated also agree that it's important for the government to feed the children because they (parents) can't afford

The pupils also reasoned the same through some pupils blame the parents for failing to feed them while at school.

CHAPTER FIVE

5.0 The chapter presents the finding per objectives and the recommendation made by the researcher

5.1 Finding

The first object was to find and improve of feeding and class attendance. The study revealed that class attendance is greatly affected by the availability of the food given to pupils at school. This is in line with the finding of Beryl (2000) and the education Act of 2018.

The second objective focuses on the effect of feeding on classroom participation of pupils through finding revealed that feeding increases on the concerting of children while in class especially in the afternoon lesson. This is in line with the finding of Best-et al (2020) feeding improvement on the cogitative action of the pupils in class.

The third objective was to findout the possible solution to food insecurity in the school.It's clear that rural learners need financial support and also government should give subsidies to the needy children. Donors should also participate in the feeding of the children. This is which places the poverty level in some rural areas to be very bad that families can't afford even the recommended three meals per day.

5.2 Recommendation

The government should establish nutrition program in schools in order to attract more children in the government aided schools.

Parents should actively participate in the feeding of the children in order to avoid wasting of time meant for teaching and learning programs

Policy makers and stakeholders should introduce policies as by-laws to criminalize any stakeholders in education who doesn't participate in providing the pupils with food while at school.

5.3 Further studies

A study should be carried out on the role of school administration to ensure food security in schools

Also a study be done over the effects of low income on poor performance in sere sub county

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QUESTIONNAIRES FOR CLASSROOM TEACHERS

Dear Teachers

Please tick in the box that which applies

1. Name of School.....

2. Class taught:

3. Sex: MFFemale

5. Qualification:

Grade III

Dip.Ed

B. Ed.

Masters

Pupil attendance and participation in class

6. Do they attend classes regularly?

7. Are pupils given class assignments and homework?

8. How often are the pupils' books checked?

9. Are they engaged in any practical class work especially in science, In or outside the classroom?

10. Do pupils receive feedback about their work after it is marked or checked?

PART TWO: Impact of feeding program on pupils performance.

i) Does lack of food affect pupils performance? If yes give reasons.

.....

ii) Is the ministry of education doing enough to address the issue?

.....

.....

.....

iii) What other factors are impacting on pupils' performance ?

.....

.....

.....

iv) What challenges do pupils encounter in their quest for education at your school?

.....

.....

v) Are there any possible solutions to the challenges posed by food insecurity?

.....

.....

9. What recommendations do you give to the government in order to improve on the Feeding programme?

.....

.....