

## **RELATIONSHIP BETWEEN DIETARY INTAKE, NUTRITION STATUS AND ACADEMIC PERFORMANCE OF PUPILS**

**Ms Rhoda Musungu**

Postgraduate Student, Department of Nutritional Sciences  
Masinde Muliro University of Science and Technology, **KENYA**

**Email:** rhodamusungu@gmail.com

**Prof. Asenath Sigot**

Professor, Department of Nutritional Sciences  
Masinde Muliro University of Science and Technology, **KENYA**

**Email:** asigot@mmust.ac.ke

**KENYA**

**Dr. Jane Naliaka Situma**

Lecturer, Department of Nutritional Sciences  
Masinde Muliro University of Science and Technology, **KENYA**

**Email:** jsituma@mmust.ac.ke

### **ABSTRACT**

This paper focuses on the review of literature. It looks at the following areas; the dietary intake of pupils, the nutrition status of pupils and finally it evaluates the relationship that exists between dietary intake, nutrition status and school performance of the pupils. The reviewed literature suggests that children's dietary intake and nutrition status have an effect on their overall school performance. However, there exist gaps to be filled with regard to the dietary intake, nutrition status and school performance. This review looked at these in order to determine the relationship that exists between dietary intake, nutrition status and school performance of pupils 8-14 years.. From the review, there exists a relationship between dietary intake, nutrition status and academic performance of pupils aged 8-14 years.