



**TITLE: ASSOCIATE PROFESSOR NUTRITION: DEPARTMENT OF FOOD, NUTRITION AND DIETETICS, KENYATTA UNIVERSITY**

1. **Residence:** P.O Box 43844, Nairobi, Kenya 00100
2. **Contact:** [kuria.elizabeth@ku.ac.ke](mailto:kuria.elizabeth@ku.ac.ke) or [elizabethnkuria@gmail.com](mailto:elizabethnkuria@gmail.com): Mobile +254-721433619
3. **Education:**

Institution from – to	Degrees and Diplomas obtained
Edith Cowan University, Western Australia, 1997-2000	<b>PhD Education</b> Thesis title: “ Participation and the focus of nutrition education in rural child growth monitoring program in Kenya”.
Kenyatta University, Kenya, 1990-1993	<b>Masters of Education in Home Economics</b> M Ed Thesis title: “An investigation into the factors related to beans storage practices among women in Bokoli location of Bungoma District, Kenya.
University of Gent, Belgium, 1991-1992	<b>Postgraduate Diploma, International Course in Food Science and Nutrition</b>
University of Nairobi, Kenya, 1980-1984	1980-1984 <b>Bachelor of Education in Home Economics</b> , First Class Honours,
Egerton College, Kenya, 1974-1977	1974-1977 <b>Diploma in Agriculture and Home Economics</b> , Distinction,

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4. **Language skills: Proficient in English & Kiswahili**
5. **Membership of professional bodies:** Kenya Institute of Nutrition and Dietetics; Kenya Coalition of Action on Nutrition; Kenya Non-Fiction Association of Writers
6. **Other skills (e.g. Computer literacy, etc.):** Computer literacy high
7. **Present position:** Associate Professor of Nutrition & Food Security
8. **Years worked in Kenyatta University:** 1989 to date (2018) 29 years
9. **Key qualifications:** Diploma in Agriculture & Home Economics; Bachelor of Education in Home Economics Education; MSc. Home Economics Education; Postgraduate Diploma in Food Science & Nutrition; & PhD in Nutrition Education

## 4. PROFESSIONAL, RESEARCH & CONSULTANCY EXPERIENCE

Date from – Date to	Location	Organization	Position	Description
<b>FORMAL EMPLOYMENT</b>				
1989 to date	Kenya	Kenyatta University Department of Foods, Nutrition and Dietetics,	Associate Professor of Nutrition & Food Security	<b>Lecturer to Associate Professor:</b> Food security & nutrition <b>Researcher:</b> Food security, nutrition, social protection & education <b>Community Service:</b> Board of management of education in schools, nutrition promotion to the public through seminars, workshops & media
April 1978-1988	Kenya	Ministry of Co-operative Development, Kenya	Co-operative officer	Promotion of small scale farmers in education and loans for improved agricultural productivity and savings for income generation and investment
1977- March 1978	Kenya	Ministry of Agriculture, Kenya	Assistant Agriculture and Home economics Officer	Training of women pastoralists on food preservation and preparation of nutritious meals for children (complementary feeding) pregnant and lactating women, and school age children. Production of small livestock (poultry) for family meals consumption
<b>RESEARCHES AND CONSULTANCIES</b>				
October, '18 to date	Kericho & Kilifi Counties, Kenya	World Bank/Evaluation Society of Kenya	Technical Evaluator	Rapid County Evaluations & Capacity Development Project, of County Integrated Development Project 2013-2017 of the Health Sector in Kericho & Water Sector in Kilifi Counties Kenya. In addition, included organizing Advocacy Workshops, Capacity building training for technical staff on project development & implementation & Stakeholder Workshops
August' 18 to January, 2019	Garissa County, Kenya	Mercy USA Aid for Development	External Evaluator	Emergency Integrated Nutrition and WASH Support program in Garissa County, Kenya

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Date from – Date to	Location	Organization	Position	Description
November '17-July 2018	Kenya	Food and Agriculture Organization	Nutrition-sensitive food systems capacity development consultant	Strengthening capacities for integration of nutrition-sensitive agriculture and food systems content in agricultural curriculum in four selected Universities in Kenya
June-October 2017	Kenya	Ministry of Agriculture, Livestock & Fisheries, Kenya	Member Technical working group	Member of the “Feed, food and nutrition security” Technical working group on Development of “The Agriculture sector growth and transformation strategy 2017-2027”
Jan 2017-March 2017	University of Eldoret, Kenya	The Netherlands Initiative for Capacity development in Higher Education (NICHE) –University of Eldoret, Kenya	Nutrition Consultant	Development of MSc. programme in Community Nutrition
May 2016 to Jan 2017	Kenya	Food and Agriculture Organization Kenya Country Office	Nutrition & Social Protection Expert	Assessment of Human and Organizational Capacity Gaps & Priority Investment Areas for Food, Nutrition Security, Sustainable Agriculture & Social Protection (FNSSA&SP) in Kenya.
June 2015 to Feb. 2016	Kenya	Food and Agriculture Organization Kenya Country Office	Nutrition & Social Protection Expert	Assessment of the enabling environment for the achievement of Food and Nutrition Security, Sustainable Agriculture and Social Protection (FNSSA &SP) in Kenya. Developed co-ordination structure in the agriculture sector for use in the devolved government incorporating county government, central government, donor agencies and partners.
March-November 2015	University of Eldoret, Kenya	The Netherlands Initiative for Capacity development in Higher Education (NICHE)–University of Eldoret, Kenya	Nutrition Consultant	Development of PhD programme in Community Nutrition
Jan-March 2014	Garissa County, Kenya	Mercy USA Aid for Development	Nutrition Consultant	External Evaluation of Garissa Water, Sanitation, Hygiene and Nutrition Project
June 2013	Garrissa Kenya	Mercy USA Aid for Development	Consultant	External Evaluation of Garissa Water, Sanitation, Hygiene and Nutrition Project
September to	Rwanda,	Food and Agriculture Organization	Nutrition	Evaluation of the Integration of Nutrition in Agriculture: Lessons learnt from Eastern & Central

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Date from – Date to	Location	Organization	Position	Description
December 2013	Uganda & Kenya	Kenya /Farmer Field Schools	Consultant	Africa (Kenya, Uganda & Rwanda)
May to December 2013	Kenya	Ministry of Health/Micronutrient Initiative	Principal Investigator	Knowledge, Attitude and Practices on Vitamin A and Iron and folic acid supplementation in Kenya
Sept 2012	Kwale District, Kenya	Mercy USA Aid for Development	Consultant	Kwale Nutrition SMART Survey
June 2012	Marsabit District Kenya	Food for the Hungry	Consultant	Marsabit Nutrition SMART Survey
March 2012	South Nyanza Kenya	HEIFER International	Consultant	Evaluation of Future for Aids Orphans (FUFAO) II Food security and nutrition project.– South Nyanza, Kenya
March 2012	Samburu District, Kenya	HEIFER International	Consultant	Pastoral Livestock Integrated Programme Baseline Survey in Samburu District, Kenya
Sept.- Oct. 2011	Tharaka, South Kitui, Kilifi and Kwale districts, Kenya	Plan International	Consultant	Rapid Nutrition Assessment in Tharaka, South Kitui, Kilifi and Kwale, Kenya
Nov. 2011	Marsabit district, Kenya	Food for the Hungry	Consultant	Marsabit Nutrition SMART Survey, Kenya
June 2011	Marsabit district, Kenya	Food for the Hungry	Consultant	Marsabit Nutrition SMART Survey, Kenya
June 2010	Marsabit district, Kenya	Food for the Hungry	Consultant	Marsabit Nutrition SMART Survey, Kenya
April-May 2009	Kajiado district, Kenya	Concern Worldwide	Consultant	Kajiado Nutrition SMART Survey, Kenya
2008 (2 months)	Turkana district, Kenya	International Rescue Organization	Consultant	Kakuma Refugee Camp Nutrition Survey, Kenya
2007 ( 2 months)	Somalia	ADRA	Consultant	Evaluation of WASH and Nutrition Project in Somalia
2006 (2 weeks)	Kenya	Moi University	Consultant	BSc. Programme Development in Home Science and Technology
2006	Kenya	Christian Children Fund	Consultant	Turkana Nutrition Survey, Kenya

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Date from – Date to	Location	Organization	Position	Description
(2 months) 2004	Southern Sudan	TEARFUND	Consultant	Sudan Nutrition Evaluation
<b>Relevant Research and Evaluation courses undertaken</b>				
2018				NIH Certificate for “Protection of Human Research Subjects” No. 2874591
2015				UNDSS – Certificate in Basic Security in Field II UNDSS – Certificate in Advanced Security in the Field

## 5. COMMUNITY SERVICE

<b>2022 to date</b>	Member Board of Management Komarock Secondary School- Nairobi
<b>2022 to date</b>	Member Board of Management Dr Ribeiro Parklands Secondary School Nairobi
<b>2020 to date</b>	Board Member, PanAfricare
<b>2019 to date</b>	Member Board of Management Moi Girls High School Nairobi
<b>2019 to 2022</b>	Member Board of Management Karunga Secondary School- Nakuru
<b>2015 to 2022</b>	Chairman Board of Management Ruaraka high School, Nairobi
<b>2016 to 2019</b>	Member of Board of Management Giachuki Secondary School Gatanga, Murang'a
<b>2011 to 2016</b>	Member of Board of Governors Baba Dogo Secondary School Nairobi
<b>2007 to 2015</b>	Member of Board of Governors Ruaraka Secondary School Nairobi
<b>2009 to 2015</b>	Member District/County Education Board Gatanga District,Thika
<b>2007 to 2022</b>	Member of Board of Management Kahawa Garrison Secondary School
<b>2008 to 2015</b>	Council Member, Kiriri Women's University, Nairobi
<b>2006-2009</b>	Member Board of Governors Mangu High School
<b>2005 to 2022</b>	Member of Board of Governors Kamunyaka Kiumu High School, Murang'a
<b>2008 to date</b>	Series of radio broadcasts on Metro Station on nutrition education promotion on various topics; TV talks on Nutrition-NTV
<b>2002 to 2008:</b>	Member Parents Teacher Association Mangu High School
<b>2001 to date</b>	Chairperson Ladies Ministry Deliverance Church Kasarani and Nairobi Region
<b>2000 to date</b>	Holding Series of lectures on “Nutrition and Health” in communities in Nairobi and Kitale; Western Kenya based on food consumption, building immunity, nutrition and HIV and AIDS and wellness life style changes Education promotion among youth in schools and out of school in rural settings in Kenya
<b>Service to University</b>	
<b>2020</b>	Reopening of the University Departmental Committee member

# Curriculum Vitae-Elizabeth Nafula Kuria

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**2017 to date** Chairman Departmental Strategic Plan committee  
**2010-2016** Director, Catering Services  
**2003-2009** Chairman, Department of Food Nutrition and Dietetics  
**2001-2003** Chairman, Departmental Postgraduate Committee

## 6. Specific experience in the African region:

### Country

**Kenya** **Research** on food security, community nutrition, agriculture nutrition and social protection  
**Teaching** at the university-nutrition, food security, curriculum development, therapeutic nutrition, food preparation & experimental foods, research methods;  
**Extension** work in arid and semi-arid districts and other districts in Kenya  
 Community education for behavior change as concerns nutrition and livelihoods  
**Curriculum development** at university level  
**Research and Evaluations** as outlined below 13.

## 7. Supervision of Postgraduate Students

Successful Date graduated	Completed PhD Student	Thesis PhD Supervision	Title
Dec. 2016	Dorothy Othoo	Impact of Spirulina corn soya blend on protein energy malnourished and iron deficient children aged 6-23 months in Ndhiwa Sub-County-Kenya	
Dec. 2016	Juliana Kioo	Bioequivalence of Micronutrient Powders to Conventional Fortification on zinc status of Children aged 6-36 months in Thika Informal settlements, Kenya.	
Dec. 2015	Esther Nduku	Prevalence of the female athlete triad among junior long distance runners in Iten, Elgeyo-Marakwet County, Kenya	
Dec. 2012	Lydia Kiduka	The use of novel biochemical markers in coronary heart disease risk assessment among an urban population in Kenya"	
Dec 2012	Peter Chege	Impact of use of amaranth on nutrition status of children in Kajiado district	
July 2010	Winfreda	Use of amaranth grain in feeding HIV positive children at Thika District hospital	

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Nyamota

- July 2009 Eunice Wambui Njogu Diversification of farming practices for enhanced household food and nutrition security among peri-urban farmers in Kamae area- Nairobi, Kenya
- July 2008 Dr. Jane Beatrice W. Mugendi Assessment of the effects of processing 3, 4-dihydroxy-L-phenylalanine (L-DOPA) and other antinutrients reduction on *mucuna pruriens L.* protein quality

### SUCCESSFUL MASTERS THESIS SUPERVISION

Graduated	Student	Title
2019	Glady Mugambi	Vitamin A and nutrition status of adult living with HIV/AIDS Attending Thika Level Five Hospital, Kiambu County Kenya
2018	Faith Munoru	Dietary and care practices, morbidity and nutritional status of the elderly in Igembe South, Meru County, Kenya
July 2017	Mary M. Mileu	Determination of household food security and nutritional status of children aged 6-59 months in Mwingi Central Sub-County, Kenya
2015	Jane Ilusa Nyabutu	Factors associated with the continuation of growth monitoring among children 10-59 months old in Nyamira County, Kenya
2015	Richard Mutisya	Effects of food by prescription and nutrition counseling on HIV+ patients' nutritional status and body composition in Maragua Hospital, Kenya
2014	Alice W. Gitika	Food consumption patterns, nutrient intakes, nutritional status and School attendance among children from HIV/AIDS affected households in Kiambu Municipality
2014	Angelica M. Kimwele	Maternal knowledge on complementary feeding practices and nutritional status of children 6-23 months old attending Kahawa west public health centre, Nairobi County
2013	Martha Kemunto	Dietary diversity and nutritional status of pregnant women aged 15-49 years attending Kapenguria District Hospital , West Pokot county, Kenya
2011	Zipporah Maina	Use of amaranth for HIV/AIDS persons in Mweiga Nyeri
2010	Regina W. Mbochi	Overweight and obesity prevalence and associated socio-economic factors, physical activity and dietary intake among women in Kibera division, Nairobi
2008	Othoo Dorothy Apondi	Dietary Assessment of vitamin A and iron among pregnant women at Ndhiwa Sub-District Hospital-Kenya

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2008	Muia Esther Nduku	Nutritional Status and Eating disorders among female hair and beauty college students in Nairobi, Kenya
2008	Mogesi Betty Samburu	Nutritional status, blood pressure levels and the associated risks for hypertension among Kenyatta University employees, Nairobi
2006	Joseph Waweru	Iron status and HIV/AIDS: A case of pregnant women at Pumwani Maternity Hospital in Nairobi, Kenya
2006	Maina Peter Chege	Dietary practices, health and nutrition status of HIV/AIDS infected pre-school children in Kibera slum, Nairobi
2006	Suzan Wairegi Wambui	Women's awareness, perceptions and attitudes of menopause and their dietary intakes in managing menopausal symptoms: A case of maragua Town, Kenya
2006	Mwema Josephine Muthoni	Household Food Security and Nutritional Status of under fives in Kieni West Division, Nyeri District
2005	Jane Muting,au	Nutrition status of children in selected primary schools in Machakos district
2005	Edwina A. Ochieng	Factors that Influence Glycaemic Control in Diabetes Mellitus: A Case Study of Kenyatta National Hospital
2005	Rose Shikuri	Nutritional Status and Food Consumption Patterns of Children with Cancer: A Case of Kenyatta Hospital, Kenya
2005	Ruguru Sarah Mwaniki	Risk Factors Associated with Nutritional Status among the Elderly in Selected Homes for the Aged in Nairobi and Kiambu, Kenya
2004	Rose Olwambula Ambalo	Health Professionals Knowledge, Attitudes and Practices in the Management of Protein Energy Malnutrition in Government Hospitals , Kisumu, Kenya
2004	Eunice Ndung'u Njeri	Utilization of Beta Carotene rich sweet potatoes, millet and pigeon pea in the development of alternative bread.
2004	Onesmus Muinde Kilungu	An Assessment of Hygienic and Sanitary Practices of vendors of street foods in Kayole and Dandora Estates Nairobi
2003	Florence Kithira	Household Food Security of members and non-members of women self-help groups in Miriga-Mieru West division of Meru Central district, Kenya.

### **Number of Masters Examined**

Internal	79
External	16

### **Number of Ph D Examined**



Internal	Examiner	19
External	Examiner	8

### Trainings/Short Courses

2022            8 week Course on How to Prepare for and Thrive in Retirement

### 8. EXTERNAL EXAMINATION

S.No.	Institution	Year
1	University of Nairobi, Dental School	2019
2	University of Eldoret, Department of Consumer Sciences	2015 to date
3	University of Nairobi, Department of Food Science, Nutrition & Technology	2011 to 2015
4	University of Nairobi, Dental School	2012 to 2015
5	University of Nairobi, Applied Human Nutrition	2005 to 2009
6	Department of Food Science Jomo Kenyatta University of Agriculture and Technology	2006 to date
7	PhD and Masters Thesis Examination, UoN (Applied Human Nutrition), Department of Food Science, Nutrition and Technology and JKUAT	2008 to date
8	PhD Thesis Examination University of Eldoret	2014 to date

## 9. Other Relevant Information (e.g. Publications):

### 9.1: Publications:

1. Muia, E. N., Wright H. H., Onywera V. O. & **Kuria E. N.** 2015 Adolescent elite Kenyan runners are at risk for energy deficiency, menstrual dysfunction and disordered eating *Journal of Sports Sciences* Routledge
2. Kuria, E. N. 2014 Integrating Nutrition in Farmer Field Schools: Lessons Learned in Eastern Africa USAID/M EAS
3. Kuria, E. N. 2014 Integrating Nutrition in Farmer Field Schools: Lessons Learned in Eastern Africa MEAS Case Study Summary. USAID/M EAS
4. Peter Chege, Elizabeth **Kuria**, Judith Kimiywe, Hudson Nyambaka, 2014 Retention of B- Carotene, Iron and Zinc in Solar Dried Amaranth Leaves in Kajiado County, Kenya. *International Journal of Sciences: Basic and Applied Research* (IJSBAR) ISSN 2307-4531
5. Peter Chege, Elizabeth Kuria, Judith Kimiywe, Hudson Nyambaka. 2014 Changes in Nutrient Content for  $\beta$ -Carotene, Iron and Zinc in Solar Dried and Stored Amaranthus cruentus Vegetables *International Journal of Agriculture Innovations and Research.* Volume 3, Issue 3, ISSN (Online) 2319-1473
6. Othoo, D. A., Waudu, J. and **Kuria E. N.** 2014 Dietary assessment of vitamin A and Iron among pregnant women at Ndhiwa Sub-District Hospital-Kenya *Journal of Food, Agriculture and Development.* Vol. 14 No. 5 Aug 2014 pages 2114-2128 ISBN 1684-5374
7. Shikuri R., Waudu J. and **Kuria E.** 2013 Factors influencing nutritional status and food consumption patterns of children with cancer: A case study of Kenyatta National hospital, Kenya. *JKUAT Scientific, Technological and Industrialization Conference* ISBN 9966-923-28-4 pages 79- 97
8. Mbochi R. W. **Kuria E.**, Kimiywe J., and Steyn N. P. 2012 Predictors of overweight and obesity in adult women in Nairobi Province, Kenya. *Bio Medical Central (BMC)* Public Health 2012, 12:823
9. Kaduka L.U., Kombe Y., Kenya E. E., **Kuria, E.**, Bore, J. K., Bukania Z. N. and Mwagi, M. 2012 Prevalence of metabolic syndrome among urban population in Kenya. *Diabetes Care* 35:887-893, 2012. American Diabetes Association
10. Chege, P., **Kuria E.** and Kimiywe, J 2010 A comparative Study of dietary practices, morbidity patterns and nutrition status of HIV/AIDS infected and non-infected pre-school children in *Journal of Applied Biosciences* ISSN 1997-5902-32-2008-

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|-----|---|--|---|
|     |   | Kibera slums, Kenya  | 201<br>4  |
| 11. | Mugendi, J. B.,<br>Njagi, E. N.,<br><b>Kuria, E. N.</b> ,<br>Mwasaru, M. A.,<br>Mureithi, J. G.<br>and<br>Apostolides, Z. | <b>2010</b> Nutritional quality and physicochemical properties of Mucuna bean ( <i>Mucuna pruriens L.</i> ) protein isolates   | . International Food Research Journal 17: 357-366 (August 2010).                            |
| 12. | Mugendi, J. B.,<br>Njagi, E. N.,<br><b>Kuria, E. N.</b> ,<br>Mwasaru, M. A.,<br>Mureithi, J. G.<br>and<br>Apostolides, Z. | <b>2010</b> Effects of processing technique on the nutritional composition and ant-nutrient content of mucuna bean ( <i>Mucuna pruriens L.</i> ).  | African Journal of Food Science Vol4 (4) pp. 156-166 April 2010                             |
| 13. | Mugendi, J. B.,<br>Njagi, E. N.,<br><b>Kuria, E. N.</b> ,<br>Mwasaru, M. A.,<br>Mureithi, J. G.<br>and<br>Apostolides, Z. | <b>2010</b> Effects of processing methods on protein quality of Mucuna bean ( <i>Mucuna pruriens L.</i> ).   | African Journal of Food Agriculture Nutrition and Development. ISSN 1684 5374 pp. 2394-2412 |
| 14. | <b>Kuria, E. N.</b>   | 2010 <i>Food consumption and nutritional status of people living with HIV/AIDS (PLWHA): a case of Thika and Bungoma Districts, Kenya.</i>  | Journal of Public Health Nutrition Vol. 13 No 4 2010 1ISSN 1368-9800 pp. 475-479            |
| 15. | Waweru, J.<br>Mugenda, O.<br>and <b>Kuria, E.</b>   | <b>2009</b> <i>Anemia in the context of Pregnancy and HIV/AIDS: A case of Pumwani Maternity Hospital in Nairobi, Kenya.</i><br>African Journal of Agriculture and Development Vol 9 No 2 2009 ISBN 1584 5374 | African Journal of Agriculture and Development Vol 9 No 2 2009 ISBN 1584 5374               |
| 16. | Muinde O.<br><b>Kuria E.</b>  | 2005 <i>Hygienic and Sanitary Practices of vendors of Street Foods in Nairobi Kenya.</i>   | African Journal of Food Agriculture Nutrition and Development. 7 Vol. 5 No 1 2005           |
| 17. | <b>Kuria, E. N.</b>   | 2003 <i>Dietary management of HIV and AIDS for People Living with HIV and AIDS:</i>  | Association of African Women in Research and Development (AARWORD).                         |
| 18. | <b>Kuria, E. N.</b> ,<br>Wefwafwa, T.<br>and Munyasi, F   | <b>1997</b> <i>An investigation of the extension services provided to women on food storage/preservation and nutrition in Bungoma District</i>   | Academy Science Publishers Abridged research Report No 25. Nairobi:                         |
| 19. | <b>Kuria E. N.</b>  | <b>1995</b> <i>Bokoli nutrition project: Initiative of a Home Economist</i>  | Association of African Women in Newsletter Vol. 4   |

20. Kuria E. N.	1993	<i>Women's beans storage practices: A case study of Bokoli Location, Bungoma District</i>	Research and Development (AARWORD). Association of African Women in Research and Development (AARWORD).	December 1993. Nairobi Newsletter Vol. 4 December 1993. Nairobi
<b>Books/chapters in Books</b>				
16. Waweru, J. Mugenda, O. and Kuria, E.	2010	Anemia status in the context of pregnancy and HIV/AIDS: A Case of Pregnant Women at Pumwani Maternity Hospital, Nairobi, Kenya	LAP LAMBERT Academic Publishing	
17.. Kuria, E. N.	2008	<i>Basics of Foods and Nutrition.</i>	Aged, Children and Women Organization	ISBN 9966-7107-0-X
18. Kuria, E. N.	2008	<i>Feeding for Health: Perspectives from God's Word.</i>	Aged, Children and Women Organization	ISBN 9966-7107-0-1
19 Kuria, E. N.	1997	<i>Experience of a home economics extension worker in Kenya, In Looking towards the 21<sup>st</sup> Century: Home Economics and the Global Community</i>	American Home Economics Association Yearbook 10/1990. Glencoe McGraw-Hill Publishing Company	

**10. National and International Awards**

<b>Name of Award</b>	<b>Awarding Organization/Body</b>	<b>Year</b>
Certificate of Honour	Deliverance Church International	2012
Certificate of Honour	Deliverance Church Kenya	2010
Service Award	Mangu High School	2009
Service Award	Mangu High School	2007
Certificate of Honour	Deliverance Church Kenya	2004
Best candidate in Bed. Home Economics 1984 Graduation	Mobil Kenya Merit Award	1985