Promoting healthy food choices through integrated school gardens in Nepal

Focus Group Discussion (FGD) Guideline

Participants: About 3-4 schoolchildren involved in the project
Duration: About 1 hour

First, we do a tour through the school garden with the school children, possibly accompanied by the teachers.

- What is the situation of the school garden?
- What vegetables are being grown?
- Who helped to establish the garden?
- Who is taking care?
- What do the children think of it?
- Are there any problems?
- What is working well?
- What is the most exciting thing?

Second, we sit down with a small group of students to talk about food.

SN	Topics for Discussion	Probes
1.	Could you please introduce yourself?	• Name • Role in the project
2.	What did you eat today before coming here/lunch?	• Who cooked it? • Who usually cooks in your household? • Do you tell your mom what food you like to eat? • Does she listen to you? • Who then decides about what to eat?
3.	In your opinion, what is a “healthy meal”?	• Can you describe a dish that you consider as healthy? • What makes a meal healthy? (e.g. ingredients or method of preparation) • Do you regularly eat such meal? • If not, why?
4.	Can you also give an example of an “unhealthy meal”?	• What makes a meal unhealthy?

		• How often do you eat such meal? • What is the difference between a healthy meal and an unhealthy meal? • If you know that certain foods are unhealthy, why do you eat it? • Do you feel that you have a choice in what you eat?
5.	Let's talk about snacks	• Can you write some common snacks on pieces of paper? • Can you separate them in healthy and unhealthy snacks? • Why do you separate them like this (what makes some snacks healthy and others unhealthy?) • If you could choose any of these snacks, which one would you choose, and why? • Would most other children in your class choose the same? Why, or why not? • Why do you think that many children buy snacks that are not so healthy? • If the children think that unhealthy snacks are a problem, then what do they suggest can be done about this problem?
6.	Relationship between school garden and healthy eating	• Do you think that the school garden project makes you want to eat healthier? • What do your parents think about the home garden training they received? • Has it effected the meals you eat at home? • Why or why not?
7.	Is there anything you would like to add in this discussion?	

Thank you for your time ☺

Promoting healthy food choices through integrated school gardens in Nepal

Focus Group Discussion (FGD) Guideline

Participants: 4-5 parents involved in the project
Duration: 45 Minutes

First, we do a tour of one of the home garden with the parents so that they can explain them what has happened.

- What is the situation of the home garden?
- What vegetables are being grown?
- Who helped to establish the garden?
- Who is taking care?
- What do the other family members think of it?
- Are there any problems?
- What is working well?
- What is the most exciting thing?

Second, we sit down with a small group of parents to talk about food.

SN	Topics for Discussion	Probes
8.	Could you please introduce yourself?	• Name • What support have you received from the project?
9.	What did you eat today before coming here/lunch?	• Who cooked it? • Who usually cooks in your household? • Who usually decided what meal you prepare? • What influences your choice of meal? (e.g. health, easy of preparation, taste and preference of children or husband, availability of food, budget)
10.	In your opinion, what is a “healthy meal”?	• Can you describe a dish that you consider as healthy? • What makes a meal healthy? (e.g. ingredients or method of preparation) • Do you regularly eat such meal? • If not, why?

		• What are the main challenges to prepare healthy meals for your family?
11.	Can you also give an example of an "unhealthy meal"?	• What makes a meal unhealthy? • How often do you eat such meal? • What is the difference between a healthy meal and an unhealthy meal? • If you know that certain foods are unhealthy, why do you eat it? • Do you feel that you have a choice in what you eat?
12.	Let's talk about snacks	• Can you write some common snacks on pieces of paper? • Can you separate them in healthy and unhealthy snacks? • Why do you separate them like this (what makes some snacks healthy and others unhealthy?) • If you could choose any of these snacks, which one would you choose, and why? • Would most other children in your class choose the same? Why, or why not? • Why do you think that many children buy snacks that are not so healthy? • If the children think that unhealthy snacks are a problem, then what do they suggest can be done about this problem?
13.	Relationship between home and school garden and healthy eating	• Do you think that the home or school garden project makes you want to eat healthier? • What do your family members think about the home garden? • Has it effected the meals you eat at home? • Why or why not?
14.	Is there anything you would like to add in this discussion?	

Thank you for your time ☺

Promoting Healthy food choices through integrated school gardens in Nepal

Key Informant Interview (KII) Guideline

Participants: Implementers (NARC, ANSAB, DoE)
Duration: 45 Minutes to 1 hour

S. N	Topics for Discussion	Probes
1.	Could you please introduce yourself?	• Name • Role in the project • Since when

2.	Tell us about this project. Please elaborate?	• How is this project running?
		• What activities are being conducted?
		• Who else are involved?
		  ○ Ministry of Health and Population
		  ○ Dept. of Education
		  ○ Dept. of Agriculture

3.	What forms of support have you received being involved in this project? Please elaborate	• Training on kitchen garden
4.	What factors influence the decision-making on cooking food items in the community?	• Affordability • Availability • Morbidity • Religion and Culture
5.	Impact of the project (Please elaborate and give examples)	• Are there any interesting cases reported from the field office? • Have you noticed any changes related with the project from you monitoring?

6.	Collaboration	• Nutrition is a cross cutting issue and has been a common theme. Is collaboration a possibility?
		  ○ Nutrition education – OLE Nepal (NSL)
		  ○ Kitchen garden – UN WFP (Mid day Meal)
		  ○ Any other agencies working in the district with similar goal

7.	What are the challenges that you have faced related with this project?	• Technical backstopping • Monitoring and Supervision
8.	Do you have any suggestion that can make this project even Better?	• How can this project be made sustainable? • What can be done to improve nutritional

		choice among children through kitchen garden?
9.	Anything you would like to add in this discussion?	

Thank you for your time ☺

Promoting Healthy food choices through integrated school gardens in Nepal

Key Informant Interview (KII) Guideline

Participants: Head teacher and Focal Teacher
Duration: 1 hours to 1 hours 15 mins

<table>
<tr><th>S. N</th><th>Topics for Discussion</th><th colspan="4">Probes</th></tr>
<tr><td>1.</td><td>Could you please introduce yourself?</td><td colspan="4">• Name
• Role in the project
• Since when</td></tr>
<tr><td>2.</td><td>Tell us about the project
How is this project running?
Please elaborate?</td><td colspan="4">• How is this project running?
• What activities are being conducted?
• Who are involved?
  ○ School Management Committee
  ○ Parents association
  ○ DEO (section within municipality)
  ○ DAO (section within municipality)
• Tell us about your kitchen garden.
• What fruits and vegetables do you grow?
• Seasonal variation in planting</td></tr>
<tr><td>3.</td><td>What forms of support have you received being involved in this project? Please elaborate</td><td colspan="4">• Training on kitchen garden
• Fertilizers
• Farming tools
• Fertilizers
• Others?</td></tr>
<tr><td>4.</td><td>Can you please name some of the locally produced vegetables?</td><td>Items</td><td>Ranking based on preferences</td><td colspan="2">Cost</td></tr>
<tr><td></td><td></td><td></td><td></td><td>Cheap</td><td>Expensive</td></tr>
<tr><td></td><td></td><td>Cauliflower</td><td></td><td></td><td></td></tr>
<tr><td></td><td></td><td>Cabbage</td><td></td><td></td><td></td></tr>
<tr><td></td><td></td><td>Radish</td><td></td><td></td><td></td></tr>
<tr><td></td><td></td><td>Turnip</td><td></td><td></td><td></td></tr>
<tr><td></td><td></td><td>Potato</td><td></td><td></td><td></td></tr>
<tr><td></td><td></td><td>Green beans</td><td></td><td></td><td></td></tr>
<tr><td></td><td></td><td>Peas</td><td></td><td></td><td></td></tr>
<tr><td></td><td></td><td></td><td></td><td></td><td></td></tr>
<tr><td></td><td></td><td>Mushrooms</td><td></td><td></td><td></td></tr>
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5.	Can you please name some of the locally produced green leafy vegetables?	Items	Ranking based on preferences	Cost	
				Cheap	Expensive
6.	Can you please name some of the locally produced green leafy vegetables?	Items	Ranking based on preferences	Cost	
				Cheap	Expensive
7.	Can you please name some of the locally produced green leafy vegetables?	Items	Ranking based on preferences	Cost	
				Cheap	Expensive
8.	Can you please name some of the locally produced fruits?	Items	Ranking based on preferences	Cost	
				Cheap	Expensive
		Oranges			
		Apples			
		Banana			
		Gooseberry			
		Pears			
		Papaya			
		Custard apples			
		Melons			
9.	Can you please name some other fruits and vegetables that are not produced locally but are available in the market?	Items	Ranking based on preferences	Cost	
				Cheap	Expensive

10.	What factors influence the decision-making on cooking food items in a household in general?	• Affordability • Availability • Morbidity • Religion and Culture
11.	What is your understanding when someone says Healthy food?	• Can you tell me the difference between a healthy meal and an unhealthy meal? Please give examples.
12.	Impact of the project (Please elaborate and give examples)	• Are there any changes after being part of this project? • Have you noticed any changes in your student's food habit after being involved in this project? • What do you do with these produces? a. Prepare school meal for school students and teachers? b. Sell them in local market c. Sell it among teachers and parents
13.	What are the challenges that you have faced related to the kitchen garden?	• Technical backstopping • Monitoring and Supervision • Animals and Pests • Water • Fences • Market for the produced goods
14.	Do you have any suggestion that can make this project even Better?	• How can this project be made sustainable?
15.	Anything you would like to add in this discussion?	

Thank you for your time ☺