ID Number:

Nudging Children to Healthier Food Choices in Nepal

Baseline Survey, May-June 2018

Instruction to the enumerators:
The respondent should be the mother of the child. If the mother is not available, then ask another household member who regularly makes food choices. If this person is not available either, then ask another household member who is involved in preparing.
Please first go through the information sheet to explain the study. If the respondent agrees, then let her or him sign the Informed Consent form.

A. TRACKING

To be filled in by enumerator:

A1	Date of interview (dd/mm/yyyy)	/ /2075
A2	Respondent name	
A3	Respondent gender	1. ☐ Women 2. ☐ Men
A4	Respondent phone number (if available)	
A5	Respondent village	
A6	Student name	
A7	Student Roll Number	
A8	School Name	
A9	School Code (1-30)	
A10	Intervention or control village (school)	1. ☐ Intervention 2. ☐ Control

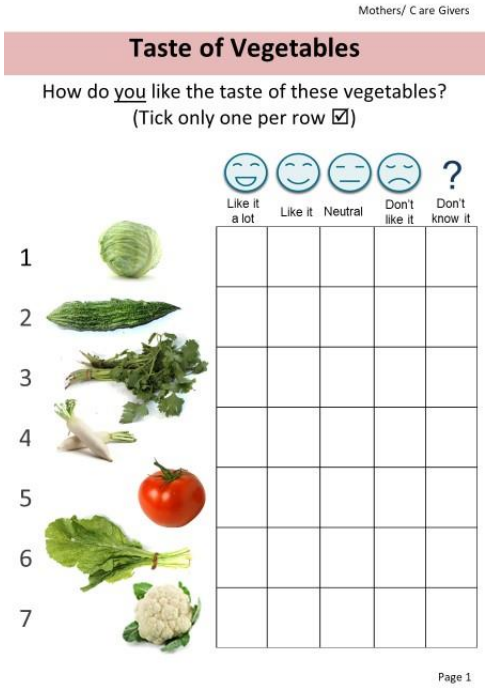
A11	Enumerator name	
A12	Completed questionnaire checked by enumerator (signature)	
A13	Completed questionnaire checked by supervisor (signature)	

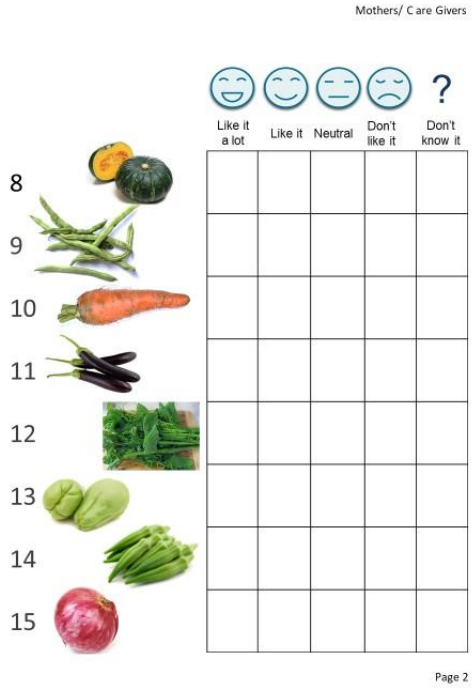
B. BASIC INFORMATION

B1	Child name *[Confirm with list of students as entered in A7]*	
B2	a. Age of the child	Years
	b. Birth month of the child	[1-12]
B3	What is your relationship to the child?	1. ☐ Mother 2. ☐ Father 3. ☐ Grandmother 4. ☐ Aunt 5. ☐ Older sister 6. ☐ Other, specify:
B4	Who is your household head?	
B5	What is your relationship to the household head?	1. ☐ Respondent is the household head The respondent is the household head's: 2. ☐ Spouse 3. ☐ Mother 4. ☐ Sister 5. ☐ Daughter 6. ☐ Other, specify:
B6	How long does it usually take your child to reach school from your home in the morning?	Minutes

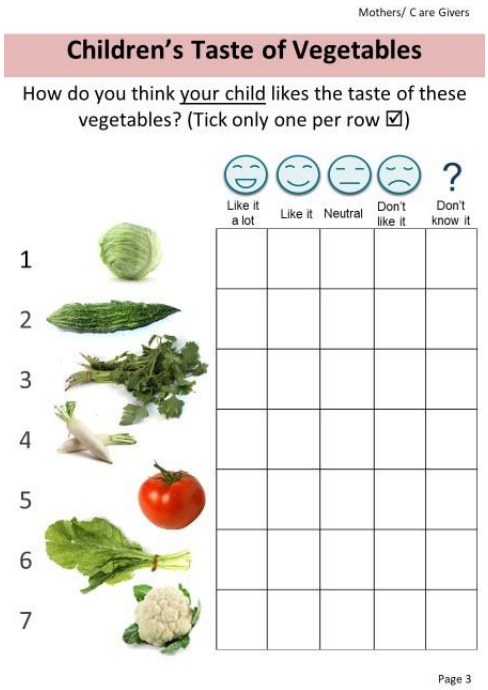
C. PREFENCES, KNOWLEDGE AND FOOD CHOICES

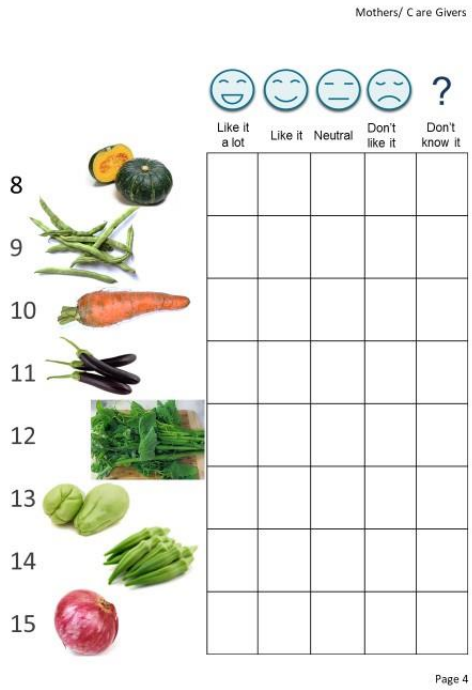
C1. Vegetable preferences of respondent





C2. Perception of your child's vegetable preferences





C3. Knowledge of sustainable agriculture

Mothers/ C are Givers

Insects

Some of the insects shown here are good for plants while others do damage. Tick ☑ all insects that do damage.

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C4. Knowledge of food and nutrition

Mothers/ C are Givers

Food and Nutrition

Answer these questions to the best of your ability. Tick ☑ only 1 answer per question.

1	Which food is good for your eyes?	1. ☐ Cucumbers 2. ☐ Beans 3. ☐ Carrots 4. ☐ Chicken meat
2	Which food makes your bones strong?	1. ☐ Cauliflower 2. ☐ Milk 3. ☐ Amaranthus 4. ☐ Eggplant
3	Which food is very high in salt?	1. ☐ Wai Wai noodles 2. ☐ Roti 3. ☐ Sell roti 4. ☐ Bread
4	Which drink makes your teeth strong?	1. ☐ Coca Cola 2. ☐ Fanta 3. ☐ Milk 4. ☐ Water
5	Which food is the most unhealthy if you eat it often?	1. ☐ Rice 2. ☐ Bread 3. ☐ Eggs 4. ☐ Wai Wai noodles
6	Which food makes your muscles strong?	1. ☐ Meat 2. ☐ Tomatoes 3. ☐ Milk 4. ☐ Onions
7	Which condiment is unhealthy if you eat it too much?	1. ☐ Cumin 2. ☐ Salt 3. ☐ Ginger 4. ☐ Garlic

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Mothers/ C are Givers

8	Which food is not part of a healthy diet?	1. ☐ Vegetables 2. ☐ Carbonated drinks 3. ☐ Meat 4. ☐ Fruit
9	Which of these is <u>not</u> a name of a nutrient?	1. ☐ Fat 2. ☐ Carbohydrates 3. ☐ Tea 4. ☐ Protein
10	Which food has lots of vitamin A?	1. ☐ Green leafy vegies 2. ☐ Mung bean 3. ☐ Meat 4. ☐ Rice
11	Eating too much of which food makes you fat?	1. ☐ Guava 2. ☐ Steamed rice 3. ☐ Cauliflower 4. ☐ Radish
12	Which food has lots of vitamin C?	1. ☐ Carrots 2. ☐ Chicken meat 3. ☐ Lemons 4. ☐ Rice
13	Which vitamin is good for your eyes?	1. ☐ Vitamin A 2. ☐ Vitamin B 3. ☐ Vitamin C 4. ☐ Vitamin D
14	Which nutrient makes your bones strong?	1. ☐ Iron 2. ☐ Vitamin C 3. ☐ Calcium 4. ☐ Protein
15	Which nutrient builds muscles?	1. ☐ Iron 2. ☐ Vitamin C 3. ☐ Calcium 4. ☐ Protein

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C5. Food eaten yesterday

What meals did <u>your child</u> eat or drink <u>yesterday</u> during the day and night, whether at home or outside the home? Exclude snacks eaten outside the home. Start with the first food or drink in the morning. *[Enter each food item on a separate line]*

1. ☐ I don't know this 2. ☐ I know this	1. ☐ I don't know this 2. ☐ I know this	1. ☐ I don't know this 2. ☐ I know this
Breakfast	**Lunch**	**Dinner**

D. INFORMATION ABOUT RESPONDENT AND HOUSEHOLD

I would like to ask you a few questions about yourself and your household.

Your household is the group of people that has regularly shared meals in the last 12 months.

D1	What is your age?	Years
D2	What is the age of the household head? *[If not respondent]*	Years
D3	What is the age of the spouse of the household head? *[If not respondent]*	Years
D4	Are you able to read and write Nepali?	1. ☐ Yes, read and write 2. ☐ Only read 3. ☐ No
D5	How many years of formal education have you completed?	Years
D6	How many years of formal education has the household head completed? *[If not respondent]*	Years
D7	What is your (the respondent's) main occupation? *[Do not read out, tick only one]*	1. ☐ Farmer 2. ☐ Casual farm or non-farm laborer 3. ☐ Regular employment 4. ☐ Business owner (e.g. shopkeeper) 5. ☐ Housewife / taking care of children 6. ☐ Other, specify:
D8	What is the household head's main occupation? *[Do not read out, tick only one]*	1. ☐ Farmer 2. ☐ Casual farm or non-farm laborer 3. ☐ Regular employment 4. ☐ Business owner (e.g. shopkeeper) 5. ☐ Housewife / taking care of children 6. ☐ Other, specify:
D9	In the last 12 months, did your household earn cash from selling vegetables? *[Include only commercial production, not selling of vegetables from the home garden]*	1. ☐ Yes 2. ☐ No
D10	a. How many persons are part of your household including yourself? *[See definition above]*	Persons
	b. How many of these are female (women and girls)?	Persons
	c. How many are **girls** below 16?	Persons
	d. How many are **boys** below 16?	Persons
D11	Is there a grandmother who is part of your household?	1. ☐ Yes 2. ☐ No
D12	How many older brothers and/or sisters does the child have in the household?	

D13	Was your household affected by any adverse shocks or events in the last 12 months?	1. ☐ Yes 2. ☐ No (→ continue to D14)
	Please name the adverse shocks or events that your households experienced in the last 12 months. *[Do not read out, tick as many as apply]*	1. ☐ Severe illness of a household member 2. ☐ Death of a household member 3. ☐ Flood, drought, other weather shocks 4. ☐ High unexpected expenses 5. ☐ Loss of job or business 6. ☐ Marriage or expenses in religious rituals 7. ☐ Other, specify:
D14	How was your household affected by the 2015 earthquake? *[Do not read out, tick as many as apply]*	1. ☐ Not directly affected 2. ☐ One/more household members died 3. ☐ One/more hh members injured 4. ☐ House completely/partially destroyed 5. ☐ Loss of livestock 6. ☐ Loss of other assets 7. ☐ Other, specify:
D15	a. In the last 12 months, have you received training in hygiene/sanitation (WASH)?	1. ☐ Yes 2. ☐ No
	b. In the last 12 months, have you received training in nutrition?	1. ☐ Yes 2. ☐ No
	c. In the last 12 months, have you received training in vegetable production?	1. ☐ Yes 2. ☐ No
D16	a. Who is the main person responsible for preparing meals in your household? *[Do not read out, tick only <u>one</u>]*	1. ☐ Child's mother 2. ☐ Child's father 3. ☐ Child's grandmother 4. ☐ Child's grandfather 5. ☐ Child's aunt 6. ☐ The grade 4/5 school child 7. ☐ Another child (under 16) 8. ☐ Other, specify:
	b. Which other household members regularly help preparing meals for the household? *[Do not read out, tick as many as apply]*	1. ☐ Child's mother 2. ☐ Child's father 3. ☐ Child's grandmother 4. ☐ Child's grandfather 5. ☐ Child's aunt 6. ☐ The grade 4/5 school child 7. ☐ Another child (under 16) 8. ☐ Other, specify:
	c. Who is the main person deciding what meal is cooked in the household? *[Do not read out, tick only <u>one</u>]*	1. ☐ Child's mother 2. ☐ Child's father 3. ☐ Child's grandmother 4. ☐ Child's grandfather 5. ☐ Child's aunt 6. ☐ The grade 4/5 school child 7. ☐ Another child (under 16) 8. ☐ Other, specify:

E. HOME GARDEN VEGETABLE PRODUCTION - 12-month recall

E1	a. In the last 12 months, did your household produce any vegetables in a home garden? *[A <u>home garden</u> is a small plot of land near the house used for producing fruit and vegetables for home consumption, and excludes plants and trees scattered around the house]*	1. ☐ No ➔ Go to **E1b** 2. ☐ Yes ➔ Go to **E1c**
	b. [*If no*] Would you be interested to establish a home garden?	1. ☐ No ➔ Go to **F1** 2. ☐ Yes➔ Go to **F1**
	c. [*If yes*] How large your home garden?	Aana

E2 Name the vegetables and fruits that your household produced in the home garden during **<u>summer</u>** (month to month)

Fruit and vegetable name	How was it used? *[Tick as many as apply]*		
	Home consumed	Sold	Shared with others
1.	☐	☐	☐
2.	☐	☐	☐
3.	☐	☐	☐
4.	☐	☐	☐
5.	☐	☐	☐
6.	☐	☐	☐
7.	☐	☐	☐
8.	☐	☐	☐
9.	☐	☐	☐
10.	☐	☐	☐

E3 Name the vegetables and fruits that your household produced in the home garden during **<u>rainy season</u>** (month to month)

Fruit and vegetable name	How was it used? *[Tick as many as apply]*		
	Home consumed	Sold	Shared with others
1.	☐	☐	☐
2.	☐	☐	☐
3.	☐	☐	☐
4.	☐	☐	☐
5.	☐	☐	☐
6.	☐	☐	☐
7.	☐	☐	☐
8.	☐	☐	☐
9.	☐	☐	☐
10.	☐	☐	☐

E4	Name the vegetables and fruits that your household produced in the home garden during **winter season** (month to month)			
	Fruit and vegetable name	How was it used? *[Tick as many as apply]*		
		Home consumed	Sold	Shared with others
	1.	☐	☐	☐
	2.	☐	☐	☐
	3.	☐	☐	☐
	4.	☐	☐	☐
	5.	☐	☐	☐
	6.	☐	☐	☐
	7.	☐	☐	☐
	8.	☐	☐	☐
	9.	☐	☐	☐
	10.	☐	☐	☐

E5	In the last 12 months, which of the following techniques or skills did you use in vegetable production? *[Read out, tick as many as apply]*	
	1. ☐ Seed from a seed pack 2. ☐ Saving own seed 3. ☐ Animal manure 4. ☐ Composting 5. ☐ Removal of infested plant materials 6. ☐ Use of natural pesticides such as cow urine	7. ☐ Mulching 8. ☐ Strong fences to keep out animals 9. ☐ Crop rotation 10. ☐ Pruning/thinning of plants 11. ☐ Nursery to raise seedlings 12. ☐ Raised planting beds or planting on ridges
E6	Who is the main person in your household responsible for taking care of the garden? *[Do not read out options, tick one only]*	1. ☐ Child's mother 2. ☐ Child's father 3. ☐ Child's grandmother 4. ☐ Child's grandfather 5. ☐ Child's aunt 6. ☐ The grade 4/5 school child 7. ☐ Another child (under 16) 8. ☐ Other, specify:
E7	Which other household members also helped taking care of the garden? *[Do not read out, tick as many as apply]*	1. ☐ Child's mother 2. ☐ Child's father 3. ☐ Child's grandmother 4. ☐ Child's grandfather 5. ☐ Child's aunt 6. ☐ The grade 4/5 school child 7. ☐ Another child (under 16) 8. ☐ Other, specify:
E8	In the last 12 months, what were the main challenges your household faced in producing vegetables from the home garden? *[Do not read out, tick as many as apply]*	1. ☐ No problems 2. ☐ Not enough land 3. ☐ Not enough water 4. ☐ Poor quality of land 5. ☐ No money for inputs 6. ☐ Not enough time 7. ☐ Garden too far from the house 8. ☐ Pests and diseases 9. ☐ Destruction by animals 10. ☐ Theft 11. ☐ Other, specify:

F. HOUSEHOLD ASSETS

F1	a. Does your household have its own house?	1. ☐ No 2. ☐ Yes
	b. What is main construction material of the walls of your house?	1. ☐ Mud/stone 2. ☐ Concrete/brick 3. ☐ Tin sheets 4. ☐ Other
F2	How many of the following farm animals does your household own?	
	a. Cattle (incl. buffalo)	animals
	b. Goats/sheep	animals
	c. Chicken	animals
	d. Other animals	animals
F3	How many of the following household items does your household own?	
	a. Car/truck	number
	b. Motorbike	number
	c. Bicycle	number
	d. Handheld tractor	number
	e. Power tiller/plow	number
	f. Refrigerator/freezer	number
	g. TV	number
	h. Radio	number
	i. Mobile phone	number
	j. Sewing machine	number

G. Food practices

I will read out eight statements about food practices in your household. For each statement, please indicate how often you practice it in your household. You can say either, Very Often, Often, Rarely, or Never.

including Strongly Agree, Agree, Disagree, and Strongly Disagree?

Statement	Very often 1	Often 2	Rarely 3	Never 4
1. I include a vegetable in the lunch and dinner that I prepare for my household.	☐	☐	☐	☐
2. Children in my household buy junk food.	☐	☐	☐	☐
3. Children in my household eat a meal before going to school.	☐	☐	☐	☐
4. I encourage children in my household to eat lots of fruits and vegetables.	☐	☐	☐	☐
5. I eat dinner together with the children in my household.	☐	☐	☐	☐
6. I give milk to the children in my household.	☐	☐	☐	☐
7. I cook meat for the children in my household.	☐	☐	☐	☐
8. The children in my household wash their hands with soap before eating.	☐	☐	☐	☐

Please thank the respondent for her frank answers and time. Please inform her again that we plan to do the same survey next year.

[END]

Annex 1a: Vegetable codes

1.	Ash, white gourd	Kubhindo	
2.	Asparagus	Kurilo	कुरिलो
3.	Beet root	Beet Root	बीट रूट
4.	Beet roots	Guliyo Moola – Chukander	
5.	Bell pepper, chili pepper	Bhede khursani	भेडे खुर्सनि
6.	Bitter gourd	Tite karela	तिते करेला
7.	Black eye beans, Green	Bodi	बोडी
8.	Bottle gourd	Lauka	लौका
9.	Bottle gourd, calabash	Lauka	
10.	Brinjal/ eggplant	Bhanta	भन्टा
11.	Broccoli	Brokauli	ब्रोकौली
12.	Cabbage	Banda kovi	बन्दा कोवि
13.	Carrot	Gajar	गाजर
14.	Cauliflower	Kauli	कौलि
15.	Celery	Selery	सेलरी
16.	Chayote fruits	Iskush	
17.	Chayote tender shoots	Eiskus	इस्कुस
18.	Chili/ green pepper	Khursani	खुर्सनि
19.	Choerospondias axillaris	Lapsi	लप्सी
20.	Colocassia fruit/yam	Pidaloo	पिडालु
21.	Colocassia leaf	Karkalo	कर्कलो
22.	Coriander / cilantro	Dhaniya	धनिया
23.	Cucumber	Kakro	काँक्रो, खीरा, ककरी
24.	Cucumber		
25.	Dill	Sauf	सोउफ
26.	Fenugreek green	Methi ko Saag	मेथीको साग
27.	Fern	Nigro	निग्रो
28.	Fiddlehead fern	Niuro	
29.	Fresh maize	Makai	मकै
30.	Garden peas	Kerau or Matar	
31.	Hyacinth bean	Hiunde Simi	
32.	Indian Rape	Tori	
33.	Indian spinach	Poi Saag	
34.	Jack Bean, Sward Bean	Tarware Simi	
35.	Kohlrabi	Gyathkopi	ग्याँठ कोपी
36.	Lady Fingers/okra	Ramtoriya	रमतोरिँया,
37.	Lufa		
38.	Mint	Babri , Pudinaa	बबरी, पुदिना

39.	Moringa leafs		
40.	Mustard green	Rayo Sag	रायो साग
41.	Onion	Pyaaj	प्याज
42.	Pointed gourd	Parwar	
43.	Poorman orchid	Koirala	कोइराला
44.	Potato	Aalu	आलू
45.	Pumpkin	Farsi	फर्सि
46.	Pumpkin shoots	Pharsi ko Munta	
47.	Radish greens, leafs	Moola ko Saag	
48.	Radish, red	Gante Mula	गान्टे मुला
49.	Radish, white	Mula	मूला
50.	Snake gourd		
51.	Spinach	Palungo	पालुङो
52.	Sponge gourd	Ghiraula	घिरौला
53.	Squash	Farsi	फर्सि
54.	Stinging nettle	Sisno	सिस्नो
55.	String beans	Ghiu Simi	घीउ सिमी
56.	Sweet potato	Sakar khanda	सकर् खन्ड
57.	Tomato	Golbheda	गोल्भेडा
58.	Tree tomato	Tyammatar	ट्यम्मटर
59.	Vegetable soybean	Bhatmas	भट्मास
60.	Velvet bean, horse-eye bean	Kause Simi	
61.	Yardlong bean	Tane Bodi	तने बोडी
62.	Vegetable smart weed (polygonum)	Thotne	
63.	Bamboo shoots	Taama Bans	

Annex 1b: Fruit codes

100.	Apple	Shayau	
101.	Apricot	Khurpaani	
102.	Banana	Kera	
103.	Bay berry	Kaaphal	
104.	Bead plum	Haade Bayer	
105.	Black plum, Java plum	Jaamun	
106.	Cherry	Paiyun	
107.	Chinese pear	Chinia Naspaati	
108.	Coconut	Nariwal	
109.	Custard apple	Ram Phal	
110.	Fig	Anjir	
111.	Gooseberry	Amalaa	
112.	Grape	Angoor	
113.	Grape	Daakh	
114.	Green lime	Kaagati	
115.	Guava	Ambaa or Ammaa	
116.	Indian plum, Chinese date	Bayar	

117.	Jack fruit	Rukh Kathar	
118.	Junar orange	Junaar	
119.	Kumquat	Muntalaa	
120.	Lemon	Bimiro	
121.	Lemon	Jyaamir	
122.	Lemon, yellow	Nibua	
123.	Lychee	Lichi	
124.	Mango	Aanp	
125.	Mild orange	Chaaksi	
126.	Mulberry (black, red)	Kimbu	
127.	Musk melon	Kharbooza	
128.	Nepalese hog plum	Lapsi	
129.	Orange (sweet)	Maushambi	
130.	Papaya	Papitaa or Mewaa	
131.	Peach	Aru	
132.	Pear	Nashpaati	
133.	Persimmon	Haluaabed	
134.	Pineapple	Bhuin Katahar	
135.	Plum	Alubukhara	
136.	Pomegranate	Anaar	
137.	Pomegranate	Daarim	
138.	Pomel	Bhogate	
139.	Raspberry	Ainselu	
140.	Rough lemon	Kaathe Jyamir	
141.	Sugar apple	Sariphaa	
142.	Sweet fruit (Nepal sumac)	Sati Bayar	
143.	Tangerine	Suntalaa	
144.	Watermelon	Tarbooza	
145.	Wild pear	Mayal	
146.	Wood apple	Bel	
147.	Apple	Shayau	
148.			
149.			
150.			