

**REPORT OF THE ADAPTATION AND PRE-TESTING OF
HOUSEHOLD FOOD INSECURITY TOOLS IN MANGOCHI
AND MWANZA, MALAWI**

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Prepared by:
Beatrice Mtimuni and Numeri Geresomo
University of Malawi
Bunda College of Agriculture
Dept of Home Economics and Human Nutrition

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1.0 INTRODUCTION

Food security concept is complex and multidimensional hence measuring food insecurity at household and individual level continues to be problematic. Food and Nutrition Technical Assistance (FANTA) project has supported a number of research initiatives to explore and test various options in order to come up with relatively simple indicators for assessing the different dimensions of food insecurity. This has resulted in development of several tools that require pre-testing to test their validity.

The Nutrition Division of FAO, under the EC/FAO Programme on Food Security Information for Action, is providing training and technical assistance for the adaptation, use, analysis and interpretation of simple household food and nutrition security monitoring tools in several countries. The tools to be adapted are the Household Food Insecurity Access Scale (HFIAS), developed by FANTA and which measures food access, and dietary diversity scores which assess food consumption at household and individual levels. Malawi is one of the 6 countries (Malawi, Kenya, Mozambique, West Bank/Gaza Strip, Burkina Faso and Somalia) where this activity is taking place.

The current report details the pre-testing of survey tools that have been tested in other settings but not in Malawi. The three survey tools tested were: the FANTA-developed Household Dietary Diversity Score (HDD); the FANTA-developed Household Food Insecurity Access Scale (HFIAS); and an individual dietary diversity score (IDD).

In Malawi the pretesting of the survey instruments was carried out by Dr. Beatrice Mtimuni and Mr. Numeri Geresomo of Bunda Collage who were accompanied by Dr. Terri Ballard, a consultant with FANTA and Ms. Amélie Solal-Céligny, a consultant with FAO. The fieldwork was conducted in two districts of Mangochi and Mwanza where FAO in collaboration with UNICEF and WFP is supporting implementation of a project “Protecting and improving food and nutrition security

of orphans and HIV/AIDS affected children". The project is aimed at strengthening capacity of families, communities, community based organizations (CBOs) and other relevant institutions at local and district level to improve livelihoods of orphans and HIV and AIDS affected children and their families.

Prior to initiating the field work, a briefing session was held in each of the districts (Mangochi on July 13, 2006 and in Mwanza district on July 14, 2006). The briefing sessions were aimed at:

1. Sensitising and informing the relevant officers in the District Assemblies and other stakeholders working in the project catchment areas and;
2. Identifying officers among the stakeholders to participate as enumerators (three for each site) during the pre-testing exercise.

2.0 BACKGROUND OF THE PARTICIPATING DISTRICTS

2.1 Mangochi District

Mangochi is located on the southern shores of lake Malawi on the eastern border with Mozambique. It is about 185 kilometers from the largest commercial city of Blantyre and about 250 kilometers from the Lilongwe the capital city of Malawi.

Most of the households along the lake depend on fishing as a source of livelihood while those living on the upland rely on agriculture as the main source of food and income. In most years, households do not produce enough food to last throughout the year due to natural disasters such as frequent floods along the lakeshore and general crop failure on the highlands. Mangochi is a tourist district with a number of hotels and lodges along the lakeshore. Petty trading of woodcarvings and fish along the streets to the holiday resorts is also part of livelihood strategy of households. In the centre of Mangochi Township, bicycle taxis and commuter minibuses form part of the transport system.

Mangochi is one of the districts with the highest prevalence of HIV/AIDS in Malawi. This is due to a number of factors. The first factor is the cultural practices of the people of Mangochi, which encourages the youths to indulge in sexual activities at an early age. Most of the youths are therefore involved in unprotected sexual behaviour. The second factor is that Mangochi is a lakeshore district, which attracts tourists from different parts of the world who may also indulge in exchanging money for sex.

The high prevalence of HIV and AIDS has attracted the attention of many non-governmental organizations such as Total Life Care, Save the Children (USA) and Emmanuel International which are working with communities in Mangochi to mitigate or prevent the spread and impact of HIV/AIDS.

2.2 Mwanza District

Mwanza district is located on the western border with Mozambique about 80 kilometers northwest of the city of Blantyre. It is a district on the border between Malawi and Mozambique. Mwanza border forms the main land port linking Malawi to its regional trade partners namely Mozambique, Zimbabwe, Botswana and South Africa. Many cargo trucks pass through Mwanza border to and from Malawi. People from different countries always patronize this township and this puts the people at risk of contracting HIV. Mwanza district has also a high level of prevalence of HIV/AIDS and orphans.

Most people in the district depend on agriculture for livelihood. However, the district is in the rain shadow area of the Shire highlands and rainfall is often erratic. Hence many of the households are prone to chronic household food insecurity. A number of non-governmental organizations (NGOs) such as Action Aid, CADECOM, Malawi Red Cross and World Vision work in the district to assist communities to attain food security.

3.0 FIELD PRE-TESTING OF THE TOOLS

3.1 Objectives of the pre-testing of the tools

The objectives of the pre-testing were as follows:

1. To adapt the questionnaires to the local situation in the field
2. To test the clarity of the questionnaires
3. To estimate the amount of time required to complete the questionnaires per household
4. To identify any shortfalls that would need additional information to support the three basic instruments.

3.2 Training for Field Testing of the Tools

3.2.1 Training team

The field-testing exercise was conducted by a team of four persons, with the help of six enumerators (three in Mangochi and three in Mwanza) as outlined in Annex 1. The six enumerators comprised of three officers from Ministry of Agriculture (two Food and Nutrition Officers with experience in conducting nutrition and food security surveys and one Monitoring and Evaluation Officer with no experience in conducting surveys), one person from Total Life Care (an NGO working in Mangochi) with experience in food aid and relief work, a person working with Emmanuel International NGO with experience in community mobilization and relief work and the District Monitoring and Evaluation Officer from Mwanza District Assembly who had some experience in conducting surveys. The diversity in enumerators selected was deliberate to assist in building capacity for some of the organizations working in the two districts.

3.2.2 Training process for pre-testing of the tools

The six enumerators were trained to carry out the field test. The training was conducted in two sessions: one session in Mangochi district and the other session in Mwanza district. The training sessions took an average of one and half days and included the following aspects:

1. Review of basic food security and livelihood concepts
2. Briefing on the objectives of the pre-test
3. Explanation of objectives of each of the survey instruments
4. Discussion of each of the questionnaires in detail (question by question).
The questionnaires had initially been translated into Chichewa by the Malawian researchers.
5. Refining of the *Chichewa* translation of the questionnaires.

The enumerators also used role-play to consolidate the training and get to know the tools well to help facilitate their interviewing skills and technique. Thereafter, the enumerators interviewed the key informant based on the guidelines (Annex 2). The researchers and the FAO consultants accompanied the enumerators as active observers and any points that required corrections and strengthening were noted and discussed either between interviews or at base.

After key informant interviews, two focus group discussions (one all male and the other all females) were conducted by the enumerators with the Malawian researchers and the FAO consultants to capture the responses and note any areas that required improvements. By the end of the training session, further corrections in the translation were made to the tools.

It is important that the enumerators understand perfectly the meaning of the questions and the kind of information that the questionnaires are supposed to collect. They will then be able to clarify the questions to the respondents if they are not sure that the person understood correctly.

4.0 FIELD TESTING OF THE TOOLS

The actual field-testing of the tools started immediately after training of the enumerators. In each of the districts, pre-testing of the tools started with interviewing of key informants in the communities. The Key informants included local leaders, institutional heads such as head teachers in schools, Medical Assistant, Health Surveillance Assistant from health facilities within the target community, extension workers from Ministry of Agriculture and Food Security and non-governmental organizations in the communities. Thus the following were included in the interviews:

Agriculture field officer	2
Health personnel in the area	2
Village Headmen (picked at random)	4
Head Teachers	4
Village AIDS Coordinating Committee (one member)	1
Community AIDS Coordinating Committee (one member)	1
Community Based Organization	2

In addition, two focus groups were conducted in each of the two areas: one comprising men only and the other of women only (ten people for each group). The checklist to guide the key informant and focus group discussions covered the following areas:

- Concept of the household
- Distinguishing characteristics between the better-off, average and poor households in the area
- Typical diet of the area
 - Preferred foods
 - Least preferred foods (famine foods, low choice foods)
- Purchasing practices and
- Food availability in the area (shortages of certain food items)

Appendix 2 shows the Key Informant interview guide that was also used for the focus group discussions.

In addition, during the focus groups discussions, the 9 HHFIAS questions were also discussed to correct the *Chichewa* translation of the questions where necessary. Each of the questions was asked by the enumerator to the group. The enumerator then asked a volunteer from the group to explain what was understood from the question that had been posed. This was done to test whether or not the question had conveyed the intended meaning. In the event that the meaning was distorted, discussions continued until a consensus was reached on appropriate rewording in *Chichewa* that gave the intended meaning of the original English question.

The results of the focus group discussions and key informant interviews were then discussed during a debriefing session and common terms were agreed upon in terms of:

1. Characteristics for better off, average and poor households
2. Typical diet:
 - Preferred food
 - Non preference foods
3. The most appropriate word for household
4. How to express “lack of economic resources”
5. Common words and terms used by communities in their local language such as “inde” instead of “eee” for “yes”.

These were then incorporated into the questionnaires before the household

In Mangochi district, key informant interviews and focus group discussions were held on the same day because the exercise was well coordinated by Total Life Care staff so that all the key informants were found within the project area. The situation was different in Mwanza district where the key informants were interviewed during the first day after training. Based on the findings further

corrections were made to the questionnaires. The focus group discussions were then conducted on the second day.

Household interviews were conducted during the third day in Mangochi and the fourth day in Mwanza. Each interviewer interviewed five households (a total of fifteen households in each area). On average, the household interviews took 21 minutes to complete in both areas. The process followed for administering the questionnaires proved to be most suitable; the enumerators had become conversant with the questionnaires by the time household interviews were conducted.

4.1 Sequence of household interviews

The most appropriate sequence in administering the questionnaires was to start with the “Household Food Insecurity Access Scale (HFIAS)” followed by the “Household Dietary Diversity” and end with the “Individual Dietary Diversity for Women 15 – 49 years. This sequence is logical as it deals with general concepts then building up to more specific elements at household level and eventually capturing the individual dietary diversity.

5.0 FINDINGS

Most of the questions were clear but there were some questions that needed probing in order to capture the original “English meaning”.

5.1 Household

Direct translation of “a household in the local language” is problematic. From focus group discussions (FGDs) and key informant interviews (KI), the most appropriate Chichewa terms were *Panyumba* in Mangochi and *Pakhomo* in Mwanza. *Panyumba* in Mwanza literally means the yard around the house and may not refer to a unit where people share food from the same pot. Similarly in Mangochi *pakhomo* also refers at the area around the house. However, in both cases there was need to explain the element of “a unit sharing food from the same pot” as a necessary feature for a household.

It therefore follows that there is need to probe all the time to ensure that the respondent is indeed referring to “a true household” otherwise biological children residing elsewhere are likely to be included.

With respect to the characteristics distinguishing the better off households, the average and the poor households, the focus group discussions outcomes showed how the characteristics vary from one location to the other as shown Table 1.

The major distinguishing features for a good and a bad year were similar in the two areas and quite distinct. A good year in the one hand is associated with adequate rainfall, bumper harvest, abundance of food at all levels, purchase of assets and clothing for all family members. A bad year by contrast, is associated with poor rainfall pattern resulting in poor harvest and food scarcity at markets resulting in escalation of food prices.

Table 1: Distinguishing characteristics of better off, average and poor household

Household Class	Distinguishing Characteristics	
	Mangochi	Mwanza
Better off <i>Opeza bwino</i> (Mangochi) <i>Ochita bwino</i> (Mwanza)	<ul style="list-style-type: none"> - Big house with corrugated iron roof - House adequately furnished they own high value assets e.g. car, TV, radio - Surplus food available always, meats often form part of daily meals - Household members are healthy and happy with adequate clothing 	<ul style="list-style-type: none"> - House with iron roof - Own livestock such as cattle - Have fruit trees especially tangerines - Have enough food throughout the year and surplus
Average	<ul style="list-style-type: none"> - Smaller house with grass thatch but with adequate beddings - Scanty furniture in the house - Less use of rice and cooking oil - Food available but often runs out a month or two before next harvest 	<ul style="list-style-type: none"> - May own small stock e.g. few chickens - Low harvest that does not lasts till the next harvest - Small house - May have few fruit trees
Poor <i>Osowa</i> (Mangochi) <i>Ochepekedwa</i> (Mwanza)	<ul style="list-style-type: none"> - Small house with grass thatch and in poor condition - Chronically food insecure and rely on ganyu (piece work) - Household members miserable and in poor health - Poor clothing 	<ul style="list-style-type: none"> - Poor house - Hardly any fruit trees - Perpetually food insecure hence rely - Unable to buy production inputs

This information could be used for probing particularly for Q2 and Q4 where there is need to clarify that the non preferred foods are those that normally would not be eaten but only eaten because there is no choice “as it happens when a household is poor”. Thus it can be used a probe for accuracy. Otherwise, this information goes beyond these tools.

5.2 Definition Food

In most communities the word ‘food’ is associated with the staple food. For example in Mangochi and Mwanza districts most respondents mentioned ‘nsima’ (thick porridge made from maize flour) as food leaving out relish, fruits, roots and tubers and other cereals. After discussions all the key informants and FGDs defined food as anything that is consumed and nourishes the body.

Due to the tradition of thinking of *nsima* as food, there is need to probe further when asking about foods eaten by household members to make sure all foods are considered and not just staples. This is very important in using these tools

because if the exact meaning of food is not clear, many responses of the HFIAS questions will not be accurate.

5.3 Household food insecurity access scale (HFIAS)

In both areas the preferred mode of asking each of the 9 questions was to start with “In the past 4 weeks, did you or any household member...” The past 30 days was considered to be too far a period to remember what had happened. Enumerators also found it easier to probe which they did by taking the respondent through the four weeks week by week.

The suggested response options in the original questionnaire were clear and easily translated by both the KIs and through FGDs into Chichewa as shown in Table 2. There were hardly any differences between the two districts.

Table 2: Responses for the HHFIAS

English	Chichewa	Frequency equivalent
No	Ayi	-
Yes	Eya/Eee	-
Rarely	Mwa apo ndi apo	1 to 2 times per 4 weeks
Sometimes	Nthawi zina	1 to 2 times per week
Often	Kawiri kawiri	At least 3 times per week

Some errors were observed in recording responses for **Q8** and **Q9** where (1) was recorded yet the meal had not been prepared because a maize mill had broken down to process the maize. In this case food was available in the house and money to pay for milling the maize into flour was also available. This may have been due to failure by enumerators to adequately probe further to solicit correct information from the respondents. Therefore supervisors must be vigilant in identifying possible sources of errors as early as possible so that amendments are made while still in the field.

Presented in Table 3 is a summary of some difficulties encountered in administering the HFIAS measurement tool. With each category of respondents and even the enumerators, the questions appeared to be too similar. However

the differences became apparent as the questions were repeated with the exception of Q2 and Q4.

Table 3: Summary of some difficulties experienced in using the tools

Question	Problem	Prompt
Q2 & Q4	These are practically the same	-
Q6	Element of frequency not easily captured in Chichewa although “kangati” (how many times?) was inserted.	<ul style="list-style-type: none"> • Ask number of times eat in good times then and specify meal type. • Ask if any one ate less times than normal by meal type. • Substitute “mosakwanira” with “mopelewera”
Q9	Several similar terms used for “going hungry whole day”.	<ul style="list-style-type: none"> • Use Kuchoma ndi njala or • Kuswera ndi njala

Question 6 was probably the most problematic in that the *chichewa* version failed to directly capture the element of meal frequency. It appears there is no single word for it. Meal frequency was always confused with quantity of food consumed. Probing necessitating the soliciting of information on meal frequency considered to be appropriate for good health and type of meals that is, breakfast, lunch, supper, snacks in between meals. This was then followed with a question on whether in the past 4 weeks anyone in the household had eaten fewer meals than what had just been narrated. This question will always require probing and this point need to be emphasized during training of enumerators.

Almost every question required probing to ensure that the question is correctly understood so that the most correct response is extracted from the respondents (Table 4). In some cases the probe was just a word but in other cases a whole conversation ensued and took some time to reach a consensus.

Table 4: Probes for the HFIAS Measurement Tools

Question	Appropriate Probe
Question 1	<ul style="list-style-type: none"> • Explain that food include staples and any other food consumed. • Reminder that a household is a unit that share food from the same pot. • Members may be staying in different houses. • Should exclude biological children and others staying away from the homestead.
Question 2	<ul style="list-style-type: none"> • “Resources” include both include both food, money and other for accessing food • Food could be available but not the type a household member likes
Question 3	<ul style="list-style-type: none"> • Emphasize the variety or different types of food rather than the quantity of food
Question 4	<ul style="list-style-type: none"> • Food eaten only when there are no other foods the household can access
Question 5	<ul style="list-style-type: none"> • Emphasize on reduction in quantity and not necessarily variety • Amount eaten is less than the amount a member would have wanted to eat.
Question 6	Reduction in meal frequency i.e. fewer number of times than usual: <ul style="list-style-type: none"> • Ask “how many times normally eat/day during period of plenty”. Then investigator ask average meal frequency the past 4 weeks
Question 7	<ul style="list-style-type: none"> • Emphasize total lack food in house and not only staples
Question 8	<ul style="list-style-type: none"> • Emphasize that reason for going to bed hungry should be “food shortage” and not for example; “loss of appetite feeling too full”.
Question 9	<ul style="list-style-type: none"> • Emphasize that reason for not eating any food the whole day due to “food shortage” and not for example; “loss of appetite feeling too full”.
General	All the time emphasize: <ul style="list-style-type: none"> • “in the past 4 weeks” and; • Each of the questions refer to “the respondent and any of the household members”

5.4 Dietary diversity

With the dietary diversity questionnaires, each question was reviewed with the enumerators in order to compile a comprehensive list of foods locally available in the area. This was necessary to be able to capture all the food and drink likely to have been consumed by the sampled households the day before the survey. The consultants even visited a local market to capture some of the foods available in the area.

Since the Household Dietary Diversity (HDD) questionnaire is very similar to the Individual Dietary Diversity (IDD) questionnaire and the two are only

differentiated by the question on “Coffee/tea consumption the day before the survey). Due to the similarities, errors were made in recording the responses. It is therefore recommended that question (1) of Individual Dietary Diversity questionnaire should become question (16).

Equally, it is important to emphasize the fact that the HDD, excludes food eaten outside of the home while the IDD includes even food eaten away from home.

6.0 Conclusion

These tools have shown that they may be useful in assessing household food diversity and insecurity because:

1. They can easily be modified and adapted for collecting information from communities with divergent languages since following the process gives an opportunity to document the locally available foods in local language. Where the languages are similar the modifications may just mean probing further as illustrated by the minor differences in Appendices 4 and five for Mangochi and Mwanza.
2. The tools may help to provide information that may show trends in vulnerability of different households during different seasons of the year which is vital in the formulation of area and time specific food security interventions.
3. These tools also capture information on different types of foods consumed by communities. This may therefore assist in identification of foods and time of their availability in different areas of Malawi. This would provide possible areas of research (agronomic and value adding and utilization) for promotion of such foods in households.
4. It is clear that the pre-testing exercise is an initial essential element whenever these tools are to be used in a new location in order to establish a list of the likely available foods, terminologies used in the area and to determine appropriate probes for quality data collection.
5. Input of key informants can be captured through focus group discussion instead of interviewing them individually. The consensus reached is likely to capture the true situation in the community. Some of the key informants such as Extension personnel may not be indigenous to the area. The process of training can therefore be reduced to one day before the actual data collection.

6.1 Important observations on the pre-test and Recommendations

- During training of enumerators, there is need for enumerators to practice the questions through role-play to ensure that they are conversant with the tools. In this way the enumerators know the sequence of the questions, hence the interview becomes more focused and the respondent is not likely to lose interest.
- In the decentralized environment it is recommended that the district administration, district agricultural authorities and any other relevant institutions and local leadership should be briefed before the actual data

collection. During such briefings the appropriate institutions and enumerators are identified before hand. Their involvement facilitates ownership of the exercise, the data collected and the tools as well.

Use of local enumerators is positive since it contributed to capacity development in the two districts. In fact Mwanza District Evaluation Officer was convinced that the tools would be appropriate for his own work and eagerly waits for the finalization and the scoring procedure of the tools.

- There is need to streamline the number of key informants to be interviewed depending on the type of information that needs to be collected. For instance, more local leaders should be included when seeking information on locally used terminologies and details of local foods for each of the food categories in the questionnaires. Eight key informants were could have been reduced to 6 since the responses did not vary that much.
- Enumerators should give special attention to the terms and concepts as expressed in local languages. It is very important to ensure that correct words are used to ensure that the questions are understood but also to avoid offending local sensibilities.
- The major challenge is the scoring of the collected data so that appropriate interpretation can be made for decision making.
- Enumerators should be well versed with the sequence of questions used and relationships among the questions to avoid repetition, redundancy and boredom interviewing which may irritate the respondents and to be able to identify inconsistent answers.
- During the focus group discussions, enumerators should guide the discussions but without suggesting responses to the group or influencing their opinion. If the responses are not satisfactory, it should be recorded on the questionnaire to be considered during data analysis.
- To capture household food security situation, both the HFIAS and the "Household dietary diversity" questionnaires may be used concurrently. The "Individual dietary diversity" on the other hand can easily be adapted and used for other vulnerable groups where quality of the diet is a concern.
- Initial briefing of local communities is a must so that they understand the purpose of the exercise to ensure quality in the data collected. It was felt that false responses could be given if the enumerator was thought to be registering those in need of free handouts.

Annex 1: Pre-testing team

Beatrice Mtimuni	Malawian Researcher
Numeri Geresomo	Malawian Researcher
Terri Ballard	FANTA Consultant
Judith Chisale	Enumerator, Emmanuel International
Mary M'bobo	Enumerator, Ministry of Agriculture
Harold Chipale	Enumerator, Total Life Care
Klema Hau	Enumerator, Mwanza District Assembly
Kondwani Amin	Enumerator, Ministry of Agriculture
Catherine Tsoka	Enumerator, Ministry of Agriculture

Annex 2: SCHEDULE FOR THE PRE TESTING OF THE THREE HOUSEHOLD-LEVEL FOOD SECURITY TOOLS

Day 1: Training

Objectives of the pre-test:

The three basic tools are:

1. the Household Food Insecurity Access Score (HFISA)
2. the Household Dietary Diversity Score (HDDS)
3. an individual dietary diversity score (IDDS) for adult women.

Coverage:

1. Introduction to the concepts of food security
2. Discussion of concepts of household food access and dietary diversity,
3. Introduction to the elements of the questionnaires to be developed, adapted and tested Household Food Insecurity Access Scale, Household and Individual Dietary Diversity.
4. Group work on the wording and meaning of the questionnaire items to be developed, adapted and tested including identification of potential obstacles to comprehension or to getting valid responses
5. Review of schedule for field work – key informant interviews, focus groups, household testing of questionnaire.
6. Role play.

Day 2 to Day 4: Pretesting of the tools

1. .Key informant interviews
2. Focus group discussions
3. Modifications of the tools baased on field experience
4. Household interviews using HDD and IDD questionairres
5. Final modification of the tools

Appendix 3: Key Informant interview guiding questions

Ndondomeko yochezera ndi anthu

These were conducted individually in the respondents' homes and included the following

- 1 Agriculture field officer
- 1 Health personnel in the area
- 2 Village Headmen (picked at random)
- 2 teachers (in Mangochi there were 2 schools hence the Head teacher from each school was interviewed. In Mwanza ther were 4 schools in the catchment area and 2 Head teachers that were interviewed were picked at random)
- Village Action Coordinating Committee (VACC) - one member
- CAC.C (one member)

Guiding questions:

1. Definition of household (eg nuclear or extended families, separate families under one roof, polygamous families under same or separate roofs etc.)

Kodi tikati panyumba pa munthu kwa inuyo zimatanthauza chiyani?

2. Definition of food

Kodi mau akuti chakudya kwa inu amatanthauza chiyani?

3. Characteristics that in the area distinguish:

- the better-off households
- an average households
- a poor households

Kodi mungasiyanitse bwanji kuti pa nyumba apa ndi:

- **popeza bwino**
- **popeza bwino pang'ono**
- **Posowa**

4. Food availability in the area include:

- When you say that there is enough food in your area what do you mean?
- What are the characteristics that distinguish a good year and a bad year?
- What are the common sources of food during a bad year?
- **Kodi mukati kuno kuli zakudya zokwanira mumatanthauza chiyani?**
- **Mumasiyanitsa bwanji kuti chaka chino ndi cha njala kapena chopanda njala?**
- **Kodi anthu amapeza bwanji chakudya nthawi ya njala?**

5. Typical diet in the area

Kodi ndi kadyedwe kotani kamene kuno mumawerengera kuti ndi

koyenera?

- The preferred foods
Tchulani zakudya zimene inu mumazikonda.
- The least preferred foods, i.e. foods only eaten because there is no choice.
Nanga ndi zakudya ziti zimene mumadya pokhapokha mukavutika?
- Average number of meals per day in normal times (definition of a meal should include composition).
**Kodi anthu amadya kangati pa tsiku nthawi yoti kulibe njala?
(fotokozani chakudya chimenechi, amadya nthawi yanji ndipo pamakhala zakudya zANJI?)**

6. Purchasing practices / **Magulidwe a zinthu**

- List the items that families purchase and frequency of purchase during:
Tchulani zomwe mumagula ndipo mumagula kangati pa nthawi yomwe:
 - Period of plenty / **Kulibe njala**
 - Period of food scarcity / **Kuli njala**

These guiding questions were also used in day 2 to conduct two focus group discussions: one comprising of men and the other of women only.

Annex 4: Chichewa HFIAS and dietary Diversity Tool

Household Food Insecurity Access Scale (HFIAS) Measurement Tool

Muyeso wa kuperewera kwa chakudya pakhomo

Name of Enumerator:

Name of Respondent:

Village:

Date:

Mwafunso linalililonse mwa mafunso otsatilawa, onetsetsani chimene chachitika pa milungu inayi apitawo. Ngati yankho ndi “inde”, mwa apo ndi apo (kamodzi kapena kawiri), nthawi zina (katatu kufikira ka khumi), kapena kawirikawiri (kupitilira khumi) mmilungu inayi yapitayi?			
NO.	FUNSO	Mayankho	Code
		<u>Ayi = sichinachitikepo milungu inayi yapitayi</u> Mwa apo ndi apo = kamodzi kapena kawiri milungu inayi yapitayi Nthawizina = katatu kufikira khumi milungu inayi yapitayi <u>Kawirikawiri = kupitilira khumi milungu inayi yapitayi</u>	
1.	Kodi munakhalapo ndi nkhawa kuti mukhala ndi chakudya chosakwanira mnyumba mwanu milungu inayi yapitayi?	0 = ayi Ngati inde: 1 = mwa apo ndi apo 2 = nthawi zina 3 = Kawirikawiri	__
2.	Kodi inu kapena wina aliyense wa mnyumba mwanumu analephera kudya zakudya zimene amafuna kudya milungu inayi yapitayi chifukwa cha kusowa?	0 = ayi Ngati inde: 1 = mwa apo ndi apo 2 = nthawi zina 3 = Kawirikawiri	__

3.	Kodi inu kapena wina aliyense mnyumba mwanumu analephera kudya zakudya zosiyanasiyana milungu inayi yapitayi chifukwa cha kusowa?	0 = ayi Ngati inde: 1 = mwa apo ndi apo 2 = nthawi zina 3 = Kawirikawiri	<input type="text"/>
4.	Kodi inu kapena wina aliyense wamnyumba mwanumu milungu inayi yapitayi anadyapo zakudya zoti sazikonda chifukwa chochepekedwa kuti mupeze zakudya za mitundu ina?	0 = ayi Ngati inde: 1 = mwa apo ndi apo 2 = nthawi zina 3 = kawirikawiri	<input type="text"/>
5.	Kodi inu kapena wina aliyense wamnyumba mwanumu anadya chakudya chochepa chifukwa kunalibe chakudya chokwanira milungu inayi yapitayi?	0 = ayi Ngati inde: 1 = mwa apo ndi apo 2 = nthawi zina 3 = kawirikawiri	<input type="text"/>
6.	Kodi kapena wina aliyense wamnyumba mwanumu milungu inayi yapitayi sanadye mmawa kapena masana kapena madzulo chifukwa chochepa kwa chakudya?	0 = ayi Ngati inde: 1 = mwa apo ndi apo 2 = nthawi zina 3 = Kawirikawiri	<input type="text"/>
7.	Kodi pali nthawi ina iriyonse milungu inayi yapitayi yomwe munakhalapo opanda chakudya chifukwa chakusowa?	0 = ayi Ngati inde: 1 = mwa apo ndi apo 2 = nthawi zina 3 = Kawirikawiri	<input type="text"/>

8.	Kodi inu kapena wina aliyense wamnyumba mwanumu anagonapo ndi njala chifukwa chakudya chinali chosakwanira milungu inayi yapitayi?	0 = ayi Ngati inde: 1 = mwa apo ndi apo 2 = nthawi zina 3 = Kawirikawiri	__
9.	Kodi inu kapena wina aliyense wamnyumba mwanumu anakhalapo osadya tsiku lonse milungu inayi yapitayi chifukwa chosowa chakudya?	0 = ayi Ngati inde: 1 = mwa apo ndi apo 2 = nthawi zina 3 = Kawirikawiri	__

MAFUNSO AKUDYA KWA KASINTHASINTHA PAKHOMO

Name of Enumerator:

Name of

Respondent: _____

Village: _____

Date: _____

Tsopano ndikufunsani za zakudya ndi zakumwa zimene inu kapena wina aliyense wa mnyumba mwanu anadya kapena kumwa dzulo usana ndi usiku.

Kodi inu kapena wina aliyense wa mnyumba mwanumu anadya kapena kumwa:

YES NO
(1) (2)

- | | | | |
|---|---|--------------------------|--------------------------|
| 1 | Chakudya china chilichonse monga izi: nsima, phala, buledi, sikono, chikonda moyo, mputa haya, mabisiketi, thobwa, mbule, mangungu, lusenga, ngamba, mpunga kapena zakudya zinazilizonse zochokera ku mawere, mapira, chimanga, Mpunga, tiligu, mchewere? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 | Chinachilichonse mwa izi maungu, karoti, kapena mbatata za kholowa za chikasu? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 | Chinachilichonse mwa izi mbatata zoyera, chilazi, chinangwa, mbatatesi, koko, kapena zakudya zina zilizonse zochokera ku mizu. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 | Ndiwo za masamba zobiliwira kuphatikizapo za ku tchire monga izi: chisoso, luni, bonongwe, mtapasya, kholowe, chewe, mpiru, kamganje, lepu, mkhwani, chitambe, khwanya. | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 | Kapena ndiwo zina ziri zonse za masamba monga izi: Chinese, chidede, kabichi, mabiringanya? | <input type="checkbox"/> | <input type="checkbox"/> |
| 6 | Zipatso zilizonse monga izi: Papaya, maguwafa? | <input type="checkbox"/> | <input type="checkbox"/> |
| 7 | Zipatso zina zirizonse kuphatikizapo zakutchire monga izi: malalanje, mandimu, bwemba, maye, masawo? | <input type="checkbox"/> | <input type="checkbox"/> |
| 8 | Nyama ina iriyonse monga izi: Nyama ya ng'ombe, ya nkhosa, ya mbuzi, ya kalulu, ya m'tchire, ya nkuku, bakha kapena mbalame zina, chiwindi, impso, mtima, kapena nyama yina ya zamkati, kapena chakudya chilichonse cha nyama? | <input type="checkbox"/> | <input type="checkbox"/> |

- 9 Mazira a mtundu wina ulionse?
- 10 Nsomba zaziwisi kapena zowuma?
- 11 Mtundu wina uliwonse wa nyemba monga izi: Nyemba/mbwanda, khobwe, nandolo, kalongonda, nkhangudzu, kabaifa, nzama, soya, nseula, chimbamba, nthanga za maungu, mpendadzuwa, mtedza?
- 12 Zakudya zochokera ku mkaka monga: mkaka?
- 13 Mafuta ena alionse monga: mafuta ophikira, mafuta ochokera ku nyama, majalini, kapena batala zimene zinaonjezedwa ku zakudya kapena munagwiritsa ntchito pophika?
- 14 Chakudya china chilichonse chotsekemera monga izi: shuga, uchi, zakumwa zosaledzeretsa monga fanta, kokakola, sprite, cocopina, kapena zakudya za sugar monga chokoleti, masiwiti?
- 15 Chinachilichonse mwa izi: zokometsera zakudya ngati binichira (kale), Khofi, tea kapena zakumwa zoledzeletsa monga kachaso, chikokeyani, chitukwi?

**MAFUNSO A AMAYI A ZAKA 15 - 49 PAOKHAPAOKHA MMENE
AMADYERA ZAKUDYA ZA KASINTHASINTHA**

Name of Enumerator:

Name of

Respondent: _____

Village: _____

Date: _____

	YES (1)	NO (2)
A. Kodi dzulo linali tsiku la phwando kapena chikondwerero kumene munadya zakudya zomwe sizionekaoneka (monga chikondwerero, chikwati, sadaka, chinkhoswe, chinamwali ndi zina)?	<input type="checkbox"/>	<input type="checkbox"/>
B. Kumadera a kumidzi okha. Kodi munapita ku msika dzulo?	<input type="checkbox"/>	<input type="checkbox"/>
C. Ngati munapita. Munadyako chakudya china chilichonse?	<input type="checkbox"/>	<input type="checkbox"/>

Tsopano ndikufunsani za zakudya ndi zakumwa zimene inu munadya kapena kumwa dzulo lusana ndi usiku kunyumba kapena kwinakulikonse.

Zofunikira kwa enumerator: Auzeni kuti mafunsowa ndiofunika kuyankha amayi osati wina aliyense wa munyumbamo?

Kodi munamwa kapena kudya:

- | | | | |
|---|--|--------------------------|--------------------------|
| 1 | Tiyi wina aliyense, kapena khofi? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 | Chakudya china chilichonse monga : nsima, phala, buledi, sikono, chikonda moyo, mputa haya, mabisiketi, thobwa, mpunga kapena zakudya zinazilizonse zochokera ku mawere, mapira, chimanga, Mpunga, tiligu? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 | Chakudya chinachilichonse mwa izi: maungu, karoti, kapena mbatata za kholowa za chikasu? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 | Chinachilichonse mwa izi: mbatata zoyera, chilazi, chinangwa, mbatatesi, koko, kapena zakudya zina zilizonse zochokera ku mizu. | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 | Ndiwo za masamba zobiliwira kuphatikizapo za ku tchire monga izi: | <input type="checkbox"/> | <input type="checkbox"/> |

chisoso, luni, bonongwe, mtapasya, kholowe, chewe, mpiru, kamganje, lepu, mkhwani, chitambe, khwanya?

- 6 Kapena ndiwo zina ziri zonse za masamba monga izi: Chinese, chidede, kabichi, mabiringanya?

--	--
- 7 Zipatso zilizonse monga izi: Papaya, maguwafa?

--	--
- 8 Zipatso zina zirizonse kuphatikizapo zakutchire monga izi: malalanje, mandimu, bwemba, maye, masawo?

--	--
- 9 Nyama ina iriyonse monga chiwindi, impso, mapapo, mtima kapena chakudya china chirichonse chochokera ku nyama?

--	--
- 10 Nyama ina iriyonse monga izi: Nyama ya ng'ombe, ya nkhusa, ya mbuzi, ya kalulu, ya m'tchire, ya nkuku, bakha kapena mbalame zina, chiwindi, impso, mtima, kapena nyama yina ya zamkati, kapena chakudya chilichonse cha nyama?

--	--
- 11 Mazira a mtundu wina uliwonse?

--	--
- 12 Nsomba zaziwisi kapena zowuma?

--	--
- 13 Mtundu wina uliwonse wa nyemba monga izi: Nyemba/mbwanda, khobwe, nandolo, kalongonda, nkhangudzu, kabaifa, nzama, soya, mtedza?

--	--
- 14 Zakudya zochokera ku mkaka monga: mkaka?

--	--
- 15 Mafuta ena alionse monga: mafuta ophikira, mafuta ochokera ku nyama, majalini, kapena batala zimene zinaonjezedwa ku zakudya kapena munagwiritsa ntchito pophika?

--	--
- 16 Chakudya china chilichonse chotsekemera monga izi: shuga, nzimbe, uchi, zakumwa zosaledzeretsa monga fanta, kokakola, sprite, cocopina, freezes, kapena zakudya za sugar monga chokoleti, masiwiti?

--	--
- 17 Chinachilichonse mwa izi: zokometsera zakudya, Khofi, tea kapena zakumwa zoledzeletsa monga kachaso, chikoke yani?

--	--

APPENDIX 5: BACK-TRANSLATED TOOLS

Household Food Insecurity Access Scale (HFIAS) Measurement Tool

Muyezo wa kuperewera kwa chakudya pakhomo

Name of Enumerator _____

Name of Respondent: _____

Village: _____

Date: _____

Mwafunso linalililonse mwa mafunso otsatilawa, onetsetsani chimene chachitika pa masabata anayi apitawa. Ngati yankho liri “ee”, fotokozani ngati ndi: Mwa apo ndi apo (kamodzi kapena kawiri), nthawi zina (katatu kufikira khumi), kawirikawiri (kupitilira khumi) masabata anayi apitawa.

For each of the following questions, make sure that you refer to the past four weeks. If the answer is ‘yes’, explain whether: sometimes (once or twice), often (three times to ten times), frequently (more than ten times)

NO.	QUESTIONS/FUNSO	Mayankho/Answers	Code
		<p><u>0 =Ayi (sichinachitikepo masabata anayi apitawa)</u></p> <p>No =(Never in the past four weeks)</p> <p>1 =Mwa apo ndi apo (kamodzi kapena kawiri masabata anayi apitawa)</p> <p>Some times (Once or twice in the past four weeks)</p> <p>2 =Nthawizina (katatu kufikira khumi masabata anayi apitawa)</p> <p>Often (three to ten times in the past four weeks)</p> <p>3 =Kawirikawiri (kupitilira khumi masabata anayi apitawa)</p> <p>Frequently (more than ten times in the past four weeks)</p>	
1.	<p>Kodi pa masabata anayi apitawa, munakhalapo ndi nkhawa kuti mukhala ndi chakudya chosakwanira pakhomo panu?</p> <p>In the past 4 weeks, were you ever worried that you may not have enough food in your household</p>	<p>0 = ayi Ngati ee: 1 = mwa apo ndi apo 2 = nthawi zina 3 = Kawirikawiri</p> <p>0 = No If yes: 1 = Rarely 2 = Some times 3 = Frequently</p>	_
2.	<p>Kodi pa masabata anayi apitawa, pali wina aliyense pakhomo pano analephera kudya zakudya zimene amafuna kudya chifukwa cha kuchepekedwa?</p> <p>Was there anyone in this household who failed to eat his or her favorite food</p>	<p>0 = ayi Ngati ee: 1 = mwa apo ndi apo 2 = nthawi zina 3= Kawirikawiri</p> <p>0 = No If yes: 1 = Rarely</p>	_

	because of poverty?	2 = Some times 3 = Frequently	
3.	Kodi pa masabata anayi apitawa, pali wina aliyense pakhomo pano analephera kudya zakudya zosiyanasiyana chifukwa cha kuchepekedwa? In the past four weeks was there any household member who failed to have a diversified diet because of poverty?	0 = ayi Ngatiee: 1 = mwa apo ndi apo 2 = nthawi zina 3 = Kawirikawiri 0 = No If yes: 1 = Rarely 2 = Some times 3 = Frequently	<input type="text"/>
4.	Kodi pa masabata anayi apitawa, pali wina aliyense wa pakhomo pano anadyapo zakudya zoti sazikonda chifukwa chochepekedwa? In the past four weeks was there any household member who ate food that he/she would not have liked to eat due to poverty?	0 = ayi Ngati ee: 1 = mwa apo ndi apo 2 = nthawi zina 3 = kawirikawiri 0 = No If yes: 1 = Rarely 2 = Some times 3 = Frequently	<input type="text"/>
5.	Kodi pa masabata anayi apitawa, pali wina aliyense wa pakhomo pano anadya chakudya chochepa chifukwa kunalibe chakudya chokwanira? In the past four weeks was there anyone in this household who ate less amount of food because there was'nt enough food?	0 = ayi Ngati ee: 1 = mwa apo ndi apo 2 = nthawi zina 3 = kawirikawiri 0 = No If yes: 1 = Rarely 2 = Some times 3 = Frequently	<input type="text"/>
6.	Kodi pa masabata anayi apitawa, pali wina aliyense wa pakhomo pano anadya mopereweza pa tsiku (kangati) chifukwa kunalibe chakudya chokwanira masabata anayi apitawa? In the past four weeks was there any household member who did ate fewer times per day because there wasn't enough food?	0 = ayi Ngati ee: 1 = mwa apo ndi apo 2 = nthawi zina 3= Kawirikawiri 0 = No If yes: 1 = Rarely 2 = Some times 3 = Frequently	<input type="text"/>

7.	<p>Kodi pa masabata anayi apitawa, pali tsiku lina lirilonse lomwe munakhalapo opanda chakudya chirichonse chifukwa chochepekedwa?</p> <p>In the past four weeks was there a day when you did not have food because of lack of resources?</p>	<p>0 = ayi Ngati ee: 1 = mwa apo ndi apo 2 = nthawi zina 3 = Kawirikawiri 0 = No If yes: 1 = Rarely 2 = Some times 3 = Frequently</p>	_
8.	<p>Kodi pa masabata anayi apitawa, pali wina aliyense wa pakhomo pano anagonapo ndi njala chifukwa chakudya chinali chosakwanira?</p> <p>In the past four weeks, was there any member of this household who went to bed on an empty stomach because there wasn't enough food in the house?</p>	<p>0 = ayi Ngati ee: 1 = mwa apo ndi apo 2 = nthawi zina 3 = Kawirikawiri 0 = No If yes: 1 = Rarely 2 = Some times 3 = Frequently</p>	_
9.	<p>Kodi pa masabata anayi apitawa, pali wina aliyense wa pakhomo pano amene anachoma ndi njala tsiku lonse chifukwa chakudya chinali chosakwanira?</p> <p>In the past four weeks was there any household member who had spent a whole day without eating because there wasn't enough food in the house?</p>	<p>0 = ayi Ngati ee: 1 = mwa apo ndi apo 2 = nthawi zina 3 = Kawirikawiri 0 = No If yes: 1 = Rarely 2 = Some times 3 = Frequently</p>	_

MAFUNSO AKUDYA KWA KASINTHASINTHA PAKHOMO

QUESTIONNAIRE ON HOUSEHOLD DIETARY DIVERSITY

Name of Enumerator: _____

Name of Respondent: _____

Village: _____

Date: _____

Tsopano ndikufunsani za zakudya ndi zakumwa zimene wina aliyense wa pakhomo pano anadya kapena kumwa dzulo kuyambira pamene munadzuka kufikira nthawi yogona (*kupatula zakudya kapena zakumwa zimene munakadya kwina*).

Now I will ask you questions about food stuffs and drinks that any household member ate or drank yesterday from the time he/she woke up until he/she went to bed (Do not include food or drink taken elsewhere).

Kodi dzulo panali wina aliyense wa pakhomo pano anadya kapena kumwa izi?

Did any household member eat or drink any of the following yesterday?

Funso Question	Gulu la chakudya Type of food	Zitsanzo Examples	Ee (1)	Ayi (0)
1	Zakudya za mgulu la chimanga (Cereals)	Chakudya china chilichonse monga : nsima, phala, buledi, supageti, sikono, mtakula, mabisiketi, thobwa, mpunga, mitama, chigumu, mandasi, African, chimtuwitsa, mandasi, zitumbuwa, kapena zakudya zinazilizonse zochokera ku mawere, mapira, chimanga, Mpunga, mchewere, tiligu? <i>Any food such as Nsima, porridge, bread, spaghetti, scones, biscuits, rice, boiled whole maize grain, sweetbeer, boiled samp, milk scone, doughnuts, maize-banana pan cake, or any food made from finger millet, sorghum, bullrush millet, maize and wheat?</i>		
2	Zakudya za masamba ndi mizu yokhala ndi vitamini A (Vitamin A rich vegetables and tubers)	Chakudya chinachilichonse mwa izi: maungu, karoti, kapena mbatata za kholowa za chikasu,? <i>Any food such as: pumpkins, carrots or sweet potatoes having yellow pigment?</i>		
3	Mbatata ndi zakudya za mizu zoyera (White tubers and roots)	Chinachilichonse mwa izi: mbatata zoyera, chilazi, chinangwa, mbatatesi, koko, kapena zakudya zina zilizonse zochokera ku mizu? <i>Any food in the group of: white sweet potatoes, coco yams, cassava, irish potatoes, yams or any white roots and tubers?</i>		
4	Ndiwo za masamba zobiliwira (Dark greenleafy vegetables)	Ndiwo za masamba zobiliwira kuphatikizapo za ku tchire monga izi: chisoso, luni, bonongwe, chigwada, mtoliro, mpiru (lobo), kamganje, lepu, mnkhwani, chitambe, khwanya, denje? Relish of dark green leafy vegetables as well as the indgenous vegetables including, Cat's whiskers leaves, Amaranthus, cassava leaves, sweet potato leaves, mastard, rape, local rape, pumpkin leaves, cow peas leaves, bean leaves, denje, black jack leaves?		

5	Ndiwo zina zirizonse za masamba (any other vegetables)	Kapena ndiwo zina ziri zonse za masamba monga izi: Chinese, thelele lobala, kabichi, mabiringanya, matimati, anyezi, green pepper, zitheba? Any kind of relish from leafy vegetables e.g Chinese cabbage, okra, cabbage, egg plants ,tomatoes, onions, green pepper and green beans?		
6	Zipatso zokhala ndi Vitamini A (Vitamin A rich fruits)	Zipatso zilizonse monga izi: Papaya, mango? Any fruits like papaya (pawpaw)?		
7	Zipatso zina zirizonse (Other fruits)	Zipatso zina zirizonse kuphatikizapo zakutchire monga izi: malalanje, manachesi, mandimu, bwemba, nthema, masawo, mapeyala, nthochi, malambe? Any other fruits including the indigenous wild fruits e.g oranges, tangerines, lemons, tamarind, elephant fruits, masawo, avocado pears, bananas and baobab fruits?		
8	Nyama (Meats)	Nyama ina iriyonse monga izi: Nyama ya ng'ombe, ya nkhusa, ya nkhumba, ya mbuzi, ya kalulu, mbewa, ya m'tchire, ya nkhuuku, bakha, toulukauluka monga nkhunguni, nkhanganga, kapena mbalame zina, chiwindi, impso, mtima, kapena nyama yina ya zamkati, kapena chakudya chilichonse cha nyama? Any meat e.g beef, lamb, pork, goat meat, rabbit meat, mice, wild game, poultry duck, flying insects e.g nkhunguni, guinea fowl or any other bird, liver, kidney, heart, offals or any other meat product?		
9	Mazira (Eggs)	Mazira a mtundu wina uliwonse? Eggs of any kind?		
10	Nsomba (Fish)	Nsomba zaziwisi kapena zowuma? Fresh or dried fish?		
11	Nyemba, mtedza ndi nthanga (Legumes, nuts and seeds)	Mtundu wina uliwonse wa nyemba monga izi: Nyemba, khobwe, nandolo, nkhangudzu, nsawawa, nzama, soya, mtedza, mphodza, nseula, tchana? Any type of beans and peas e.g beans, cow peas, pigeon peas, nkhangudzu, peas, ground beans, soya beans, ground nuts, green gram, custard apple, Nseula, chick peas?		
12	Mkaka ndi zopangidwa kuchoka ku mkaka (Milk and milk products)	Zakudya zochokera ku mkaka monga: mkaka, yogati, chambiko? Milk and Food made from milk e.g yoghurt, sour milk?		
13	Mafuta ophikira ndi a nyama (Oils and Fats)	Mafuta ena alionse monga: mafuta ophikira, mafuta ochokera ku nyama, majalini? Any type of fats or oils e.g. cooking oil, animal fats and margarine used for cooking or added to food?		

14	Zakudya zotsekemera (Sweets)	Chakudya china chilichonse chotsekemera monga izi: shuga, uchi, zakumwa zosaledzeretsa monga fanta, fizesi, kokakola, sprite, cocopina, zakumwa zothirako shuga, kapena zakudya za sugar monga chokoleti, masiwiti? Any sweet, sugar, honey, soft drinks such as fanta, fizzes, cocacola, sprite cocorpina, drinks to which sugar has been added or sugary foods e.g chocolate, sweets?		
15	Zokometsera zakudya (spices, caffeine and alcoholic beverages)	Chinachilichonse mwa izi: zokometsera zakudya monga adyo, tsabola, kale, Khofi, tea kapena zakumwa zoledzeletsa monga chibuku, carsberg, powers No. 1, Kuchekuche, wine, kachaso, Tambirani, wa masese? Any of the following: garlic, pepper, curry, coffee, tea or any alcoholic drinks such as: locally brewed beer, bottled er, spirits, wine, traditional spirits, traditional brews?		

MAFUNSO A AMAYI A ZAKA 15-49 PAOKHAPAOKHA MMENE AMADYERA ZAKUDYA ZA KASINTHASINTHA

QUESTIONNAIRE ON INDIVIDUAL DIETARY DIVERSITY OF WOMEN 15 – 49 YEARS

Name of Enumerator: _____

Name of Respondent: _____

Village: _____

Date: _____

		Ee (1)	Ayi (0)
A	Kodi dzulo linali tsiku la phwando kapena chikondwerero monga: chikwati, sadaka, chinkhoswe, chinamwali kumene munadya zakudya zomwe sizionekeoneka? Was yesterday a party or a celebration day e.g wedding, feast or engagement, initiation ceremony where you ate special food?		
B	Kodi munapita ku msika dzulo? Did you go to the market yesterday?		
C	Kodi dzulo munadyako chakudya china chilichonse kwina kwake? Did you eat any type of food wherever you went yesterday		

Tsopano ndikufunsani za zakudya ndi zakumwa zimene inu munadya kapena kumwa dzulo usana ndi usiku kunyumba kapena kwinakulikonse.

Now I am going to ask you questions about the food stuffs or drinks that you took yesterday during the day or night here at home or elsewhere.

Zofunikira kwa enumerator: Auzeni kuti mafunsowa ndiofunika kuyankha amayi osati wina aliyense wa munyumbamo?

Important to the enumerator: Tell them that the questions are to be answered by only women.

Funso Question	Gulu la chakudya Food group	Zitsanzo Examples	Ee (1) Yes	Ayi (0) No
1	Zakudya za mgulu la chimanga (Cereals)	Chakudya china chilichonse monga : nsima, phala, buledi, supageti, sikono, mtakula, mabisiketi, thobwa, mpunga, mitama, chigumu, mandasi, African, chimtuwitsa, mandasi, zitumbuwa, kapena zakudya zinazilizonse zochokera ku mawere, mapira, chimanga, Mpunga, mchewere, tiligu? <i>Any food such as Nsima, porridge, bread, spaghetti, scones, biscuits, rice, boiled whole maize grain, sweetbeer, boiled samp, milk scone, doughnuts, maize-banana pan cake, or any food made from finger millet, sorghum, bullrush millet, maize and wheat?</i>		
2	Zakudya za masamba ndi mizu yokhala ndi vitamini A (Vitamin A rich vegetables and tubers)	Chakudya chinachilichonse mwa izi: maungu, karoti, kapena mbatata za kholowa za chikasu,? <i>Any food such as: pumpkins, carrots or sweet potatoes having yellow pigment?</i>		
3	Mbatata ndi zakudya za mizu zoyera (White tubers and roots)	Chinachilichonse mwa izi: mbatata zoyera, chilazi, chinangwa, mbatatesi, koko, kapena zakudya zina zilizonse zochokera ku mizu?		

		Any food in the group of: white sweet potatoes, coco yams, cassava, irish potatoes, yams or any white roots and tubers?		
4	Ndiwo za masamba zobiliwira (Dark green leafy vegetables)	Ndiwo za masamba zobiliwira kuphatikizapo za ku tchire monga izi: chisoso, luni, bonongwe, chigwada, mtoliro, mpiru (lobo), kamganje, lepu, mnkhwani, chitambe, khwanya, denje? Relish of dark green leafy vegetables as well as the indgenous vegetables including, Cat's whiskers leaves, Amaranthus, cassava leaves, sweet potato leaves, mastard, rape, local rape, pumpkin leaves, cow peas leaves, bean leaves, denje, black jack leaves?		
5	Ndiwo zina zirizonse za masamba (any other vegetables)	Kapena ndiwo zina ziri zonse za masamba monga izi: Chinese, thelele lobala, kabichi, mabiringanya, matimati, anyezi, green pepper, zitheba? Any kind of relish from leafy vegetables e.g Chinese cabbage, okra, cabbage, egg plants ,tomatoes, onions, green pepper and green beans?		
6	Zipatso zokhala ndi Vitamini A (Vitamin A rich fruits)	Zipatso zilizonse monga izi: Papaya, mango? Any fruits like papaya (pawpaw) mango?		
7	Zipatso zina zirizonse (Other fruits)	Zipatso zina zirizonse kuphatikizapo zakutchire monga izi: malalanje, manachesi, mandimu, bwemba, nthema, masawo, mapeyala, nthochi, malambe? Any other fruits including the indigenous wild fruits e.g oranges, tangerines, lemons, tamarind, elephant fruits, masawo, avocado pears, bananas and baobab fruits?		
8	Nyama (Meats)	Nyama ina iriyonse monga izi: Nyama ya ng'ombe, ya nkhusa, ya nkhumba, ya mbuzi, ya kalulu, mbewa, ya m'tchire, ya nkhuuku, bakha, toulukauluka monga nkhanguni, nkhanganga, kapena mbalame zina, chiwindi, impso, mtima, kapena nyama yina ya zamkati, kapena chakudya chilichonse cha nyama? Any meat e.g beef, lanb, pork, goat meat, rabbit meat, mice, wild game, poultry duck, flying insects e.g nkhanguni, guinea fowl or any other bird, liver, kidney, heart, offals or any other meat product?		
9	Mazira (Eggs)	Mazira a mtundu wina uliwonse? Eggs of any kind?		
10	Nsomba (Fish)	Nsomba zaziwisi kapena zowuma? Fresh or dried fish?		
11	Nyemba, mtedza ndi nthanga (Legumes, nuts and seeds)	Mtundu wina uliwonse wa nyemba monga izi: Nyemba, khobwe, nandolo, nkhangudzu, nsawawa, nzama, soya, mtedza, mphodza, nseula, tchana? Any type of beans and peas e.g beans, cow peas, pigeon peas, nkhangudzu, peas, ground beans, soya beans, ground nuts, green gram, custard apple, Nseula, chick		

		peas?		
12	Mkaka ndi zopangidwa kuchoka ku mkaka (Milk and milk products)	Zakudya zochokera ku mkaka monga: mkaka, yogati, chambiko? Milk or Food made from milk e.g yoghurt, sour milk?		
13	Mafuta ophikira ndi a nyama (Oils and Fats)	Mafuta ena alionse monga: mafuta ophikira, mafuta ochokera ku nyama, majalini? Any type of fats or oils e.g. cooking oil, animal fats and margarine for cooking or added to dishes?		
14	Zakudya zotsekemera (Sweets)	Chakudya china chilichonse chotsekemera monga izi: shuga, uchi, zakumwa zosaledzeretsa monga fanta, fizesi, kokakola, sprite, cocopina, zakumwa zothirako shuga, kapena zakudya za sugar monga chokoleti, masiwiti? Any sweet, sugar, honey, soft drinks such as fanta, fizzes, cocacola, sprite cocorpina, drinks to which sugar has been added or sugary foods e.g chocolate, sweets?		
15	Zokometsera zakudya (spices, coffee and alcoholic beverages)	Chinachilichonse mwa izi: zokometsera zakudya monga adyo, tsabola, kale, Khofi, tea kapena zakumwa zoledzeletsa monga chibuku, carsberg, powers No. 1, Kuchekuche, wine, kachaso, Tambirani, wa maseese? Any of the following: garlic, pepper, curry, coffee, tea or any alcoholic drinks such as: locally brewed beer, bottled er, spirits, wine, traditional spirits, traditional brews?		
16	Khofi/tiyi Coffee/tea	Tiyi wina aliyense, kapena khofi? Any kind of tea or coffee		