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APPENDIX 1

QUESTIONNAIRE

The instrument used for the "community survey" :  
Knowledge and Practice of mothers of children aged six-months  
to three-years old on supplementary feeding in Harisiddi  
village of Nepal. The interviewer will fill up the  
questionnaire completely interviewing mothers of the study  
face to face.

Please put the mark / or word in the appropriate space.

( ) / -----

Interviewer: -----

Date : -----

Time : start:-----

: end :-----

:Total:---

Identification number : -----

Address : Village ----- Ward number : -----

## Part I

## Socioeconomic Characteristics :

1. What is your age ? ----- in years.
2. What is child age ? ----- in months.
3. What is your ethnic group ?
  - ( ) 1. Newar
  - ( ) 2. Brahmin
  - ( ) 3. Chhetry
  - ( ) 4. Other (specify) -----
4. What is your religion ?
  - ( ) 1. Hindu
  - ( ) 2. Buddhist
  - ( ) 3. Christian
  - ( ) 4. Other (specify) -----
5. Can you read ?
  - ( ) 1. Yes
  - ( ) 0. No

If yes, please go to question no. 5

6. What is your education ?

- 1. Primary school
- 2. High school
- 3. Other (specify) -----

7. What is your main occupation ?

- 1. Housewife
- 2. Agricultur
- 3. Self business
- 4. Other (specify) -----

8. What is your husband's occupation ?

- 1. Agriculture
- 2. Self business
- 3. Labor
- 4. Other ( specify) -----

9. What is your family Type ?

- 1. Single family
- 2. Joint family

10. What is your family annual income ?    -- -- -- -- --

11. How many children do you have now ?    -- --

## PART II

Statement concerned with mother's knowledge on supplementary feeding of the child. Mother would respond to



each statement that best describe which comes closest to her understanding on child's age of introducing supplementary food.

**Supplementary feeding age of the child.**

1. At what age of the child do you think you should introduce solid food ?     -- -- month
2. Do you think it is necessary to introduce supplementary food at specific child's age ?  
 1. Yes  
 0. No

**Types of supplementary food.**

1. Is supplementary food necessary for the child health ?  
 1. Yes  
 0. No
2. Does the cereal staple help children for growth and development ?  
 1. Yes  
 0. No
3. Does some oil or ghee added to food gives much energy ?  
 1. Yes  
 0. No
4. Does the baby needs supplementary food in boxes  
 1. Yes  
 0. No

5. Do you know starchy root as a staple food give only energy ?
1. Yes  
 0. No
6. Are peas and beans important foods for the child growth ?
1. Yes  
 0. No
7. Are dark green leafy vegetables important to make your child's blood rich in iron ?
1. Yes  
 0. No
8. Are food like eggs, fish and meat good to help children grow strong ?
1. Yes  
 0. No
9. Do you know fruit is important for keeping eyes healthy ?
1. Yes  
 0. No
10. Does child need breast feeding with supplementary feeding ?
1. Yes  
 0. No

**Preparation of food :**

1. Does the first food for the baby should be soft ?  
 1. Yes  
 0. No
  
2. Do more expensive supplementary food has more nutrition value than the cheaper one ?  
 1. Yes  
 0. No
  
3. Is it good to prepare staple porridge for the baby's first food ?  
 1. Yes  
 0. No
  
4. Should porridge be thick enough for the energy ?  
 1. Yes  
 0. No
  
5. Is mixed preparation of food is very nutritious for the child ?  
 1. Yes  
 0. No

**Frequency of feeding :**

1. Do you know it will take one or two months for a baby to learn to eat soft food ?  
 1. Yes  
 0. No

2. Do you think it is enough to feed gruel or porridge twice a day for 4-6 months infants ?
- ( ) 1. Yes  
( ) 0. No
3. Does the child needs frequent feeding because they grow very fast ?
- ( ) 1. Yes  
( ) 0. No
4. Do you think it is enough to feed supplementary food 4 times a day to the child aged six to nine months old ?
- ( ) 1. Yes  
( ) 0. No
5. Does baby needs something to eat about every two hours ?
- ( ) 1. Yes  
( ) 0. No

### **PART III**

Practice of the mother of children aged six-months to three-years old on supplementary feeding in Harisiddi village.

#### **Age of the child for introducing supplementary feeding.**

1. At what age do you first add solid food as a supplementary food to the child other than breast milk ? -- -- month

3. Why did you start supplementary food to the child ?

- 1. Baby is growing
- 2. Less milk
- 3. Baby hungry
- 4. Other (specify) -----

**Type of food:**

1. Did you give local staple porridge to your child as a first food ?

- 1. Yes
- 0. No

2. Do you give meat, egg and fish to your child regularly ?

- 1. Yes
- 0. No

3. Do you give peas and beans as a food to the child regularly ?

- 1. Yes
- 0. No

4. Do you give dark green leafy vegetable to the child in diet regularly ?

- 1. Yes
- 0. No

5. Do you give fruit to the child regularly ?

- 1. Yes
- 0. No

6. Do you give the child oils or ghee in food regularly ?

1. Yes  
 0. No

7. Do you give your child mixed diet regularly ?

1. Yes  
 0. No

8. Do you continue breast feeding along with supplementary feeding ?

1. Yes  
 0. No

**Preparation of food:**

1. Do you prepare semisolid food for the four to six months old baby ?

1. Yes  
 0. No

2. Do you cook thick enough porridge for the child ?

1. Yes  
 0. No

3. Do you cook green leafy vegetable chopping it for your baby ?

1. Yes  
 0. No

4. Do you prepare special meat, fish and egg for your child ?

1. Yes  
 0. No

5. Do you add oils or ghee when you prepare baby's food ?

1. Yes  
 0. No

6. Do you prepare multi-mix foods for the children ?

1. Yes  
 0. No

7. Do you prepare suitable food for the child from the family pot ?

1. Yes  
 0. No

8. Do you mash the food for infants between six to eight months ?

1. Yes  
 0. No

9. Do you mince or chop food for the infant aged nine to eleven months ?

1. Yes  
 0. No

**Frequency of feeding :**

1. How often did you give fruit to the child ?

- 1. Daily.
- 2. Two to three times a week.
- 3. Two to three times a month.
- 4. Other (specify) -----

2. How often did you give meat to the child ?

- 1. Daily.
- 2. Two to three times a week.
- 3. Two to three times a month.
- 4. Other (specify) -----

3. Did you feed staple food twice a day at the child age four to six months ?

- 1. Yes
- 0. No

4. Did you give one to two spoonful of porridge to the infant at the beginning?

- 1. Yes
- 0. No

5. Do you feed at least three to four times a day staple with other foods for six to nine months old child ?

- 1. Yes
- 0. No

6. By about child is twelve month do you give food that is cooked for the rest of the family ?

- 1. Yes
- 0. No



7. Do you feed the child staple and other foods four to six times a day at the age of twelve months ?

1. Yes  
 0. No

8. Do you gradually increase the amount of food from the family pot for the child by the age of two years ?

1. Yes  
 0. No

9. Does two year old child eat half as much as an adult ?

1. Yes  
 0. No

10. Do you wash your hand before each feeding of the child ?

1. Yes  
 0. No

11. Do you have any problem regarding supplementary feeding ?

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## Appendex 2

### GUIDELINE ON SUPPLEMENTARY FEEDING

#### BASED ON WHO, UNICEF GUIDELINE AND LEARNING PACKAGES

##### Supplementary feeding age of the child:

- \* Four to six months of age.

##### Type of supplementary food:

- \* Local staple.
- \* Family food.
- \* Available, cheaper and nutritious food.
- \* Cereals: eg. Rice, Maize, Wheat, Oats, Barley, Millet etc. for the energy.

##### Important groups of supplementary foods:

- \* Breast milk - continue through out the supplementary feeding period.
- \* Cereals: Rice, Maize, Wheat, Oats, Barley, Millet etc.  
For: energy, growth and development.
- \* Root food: Potato, Sweet Potato, Yam etc.  
For : energy.
- \* Peas and beans for growth and strength.
- \* Food from animal help growth and energy.
- \* Green leafy vegetable and orange vegetable for eyes and make

blood more rich in iron.

- \* Oil and fat for the taste, softening and energy.
- \* Fruits are useful for keeping eyes and skin healthy.

**Preparation of supplementary food:**

- \* Porridge : semisolid or thick enough soft but not watery or thin at first food.
- \* Cooking : Boil in water or milk.
  - : Add oil or fat.
  - : Not thin or watery.
- \* After two weeks of starting first porridge, can be added other food to diet.
- \* Mix other food chopped or minced with porridge separately.
- \* Animal food as soon as baby is used to porridge.

**Multi-mixes for babies:**

- \* Two mixes with oil or fat, fruit staple or other type.
- \* Three mixes with oil or fat, fruit, staple and two more foods.
- \* Four mixes with all four major food groups (staples, beans, animal food, and vegetable).
- \* If a baby eats a varieties of mixes, is good as a four mixes.
- \* By 12 months of child age preparation of child diet from the

family pot.

**Frequency of feeding :**

- \* Child needs frequent feeding because they grow very fast.
- \* Child takes one or two months to learn to eat soft food.
- \* Start porridge two times a day with one to two spoonful.
- \* 4 - 6 months: soft mixed porridge twice a day.
- \* 6 - 9 months: Porridge four times a day, with mashed vegetable and fruits.
- \* 9 - 12 months; soft cereal from adult diet twice a day.
- \* By about 12 months: supplementary food and other foods 4 - 6 times a day.
  - : vegetables and fruits
  - : Super porridge three times a day (equivalent)
- \* 12 months - 2 years: soft adult diet twice a day.
  - : porridge three times a day.
  - : fruits once or twice snacks.
  - : animal food daily ( or equivalent)
- \* 2 years : adult diet 2 - 3 times daily.
  - : porridge once.
  - : snack meals three times during the day.
- \* Babies need something to eat about every two hours.

## VITAE

Mrs. Radha Devi Shakya (Bangdel) was born on 21 October, 1958 in Tansen Palpa, West region, Nepal. She was graduated Bachelor Nursing in Paediatric from Maharajgunj Nursing Campus, Kathmandu, Nepal in 1988. She has been enrolled in Master of science in Health Education Profession, Faculty of Medicine, Chulalongkorn University Bangkok, Thailand since 1995. Currently she is working as a senior tutor at Lalitpur Nursing Campus, UMN, Kathmandu Nepal.