
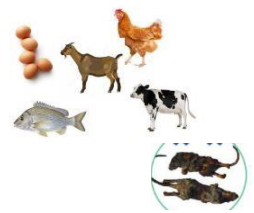










Knowledge checklist for graduating beneficiaries



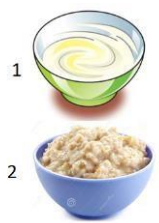

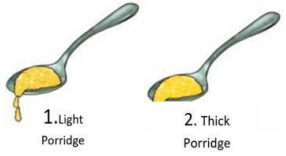

Name of person administering the questionnaire:		Beneficiary number:	
Ward/Camp:		Date:	

<p>Best start to life</p> <p>✓ <i>Tick if the beneficiary mentions the answers provided below</i></p> <p>Why does good nutrition matter for pregnant women?</p> <p><input type="radio"/> To be smart, healthy and strong</p> <p><input type="radio"/> For good child development and growth (smart, healthy and strong baby)</p> <p><input type="radio"/> For good brain development of the child</p> <p>Why does good nutrition matter for children under 2 years old?</p> <p><input type="radio"/> For good brain development</p> <p><input type="radio"/> For good child development and growth</p> <p><input type="radio"/> To become a smart, healthy and strong adult</p>	<p>Why is it important to eat a diverse diet/ food from all the different food groups?</p> <p><input type="radio"/> Good development of the body</p> <p><input type="radio"/> Protection against disease</p> <p><input type="radio"/> For energy</p> <p><input type="radio"/> To have normal body functions</p>
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<p>Tell me why each of the FOOD GROUPS is important:</p> <p>✓ <i>Tick if the beneficiary mentions the functions of the shown food groups:</i></p>					
					
Vegetables	Animal source	Legumes	Oils and Fats	Starch food	Fruits
<input type="radio"/> protect us from disease <input type="radio"/> answer not correct	<input type="radio"/> give us protein for body building <input type="radio"/> answer not correct	<input type="radio"/> give us protein for body building <input type="radio"/> answer not correct	<input type="radio"/> provide extra energy <input type="radio"/> answer not correct	<input type="radio"/> give us energy and fill us up <input type="radio"/> answer not correct	<input type="radio"/> protect us from disease <input type="radio"/> answer not correct

Healthy Diet for Pregnant and Breastfeeding Women, Better Breastfeeding and Complementary Feeding for Children 6-23 Months

			
<p>Why does a pregnant woman need to be smart, healthy and strong?</p> <ul style="list-style-type: none"> <input type="radio"/> To make a strong healthy baby <input type="radio"/> To have a successful childbirth <p>How can a pregnant woman manage to be smart, healthy and strong?</p> <ul style="list-style-type: none"> <input type="radio"/> Eat plenty and diverse, nutritious foods <input type="radio"/> Eat one extra small meal or snack each day <input type="radio"/> Go to antenatal check-ups 	<p>Why does a breastfeeding mother need to be smart, healthy and strong?</p> <ul style="list-style-type: none"> <input type="radio"/> To produce plenty of milk <input type="radio"/> To keep the baby healthy <input type="radio"/> To continue breastfeeding while she is working at home, in the fields, and in business 	<p>For how many months should the mother give only breastmilk to the baby?</p> <ul style="list-style-type: none"> <input type="radio"/> For six months <input type="radio"/> incorrect answer <p>What are the <i>benefits</i> of giving your baby only breastmilk for the first 6 months?</p> <ul style="list-style-type: none"> <input type="radio"/> It has all necessary nutrients and energy and helps your baby to grow smart, healthy and strong. <input type="radio"/> The stomach of the baby is not ready to fully digest food or water <input type="radio"/> It prevents diseases 	<p>At what age should complementary foods be introduced to young children?</p> <ul style="list-style-type: none"> <input type="radio"/> After six months <input type="radio"/> incorrect answer <p>Why do we need to introduce complementary foods?</p> <ul style="list-style-type: none"> <input type="radio"/> Breastmilk alone is not sufficient anymore to meet the growing demand <input type="radio"/> It supports the development of the growing child <input type="radio"/> To ensure children's bodies and brains develop very well





			
<p>Why does a baby need to be smart, healthy and strong?</p> <p><input type="radio"/> to grow up tall <input type="radio"/> to be intelligent in school <input type="radio"/> to be free from diseases</p>  <p>Which porridge is good for the health of babies (Probe for reasons)</p> <p><input type="radio"/> Picture 1 <input type="radio"/> Picture 2</p> <p>Probe why: <input type="radio"/> <u>the thicker porridge contains much vitamins or minerals</u></p>	<p>How many meals or snacks should a child between 6-9 months have in a day?</p> <p><input type="radio"/> 3 times per day</p> <p>How many meals or snacks should a child between 9-12 months have in a day?</p> <p><input type="radio"/> 5 times a day: early morning, midmorning, midday, midafternoon, and evening.</p> <p>What kind of meals or snacks should the baby eat?</p> <p><input type="radio"/> Porridge with groundnut powder for breakfast <input type="radio"/> Nshima with relish as main meal <input type="radio"/> Fruit as a snack</p>	<p>Between bowl # 1 and 2 in the picture which one has the right amount of food you give to a child 9 to 12 month. (probe for reasons)</p> <p><input type="radio"/> Picture 1 <input type="radio"/> Picture 2</p> <p>Correct is # 1, probe why:</p> <p><input type="radio"/> The child's bowls is only partially full because their stomach is still small. <input type="radio"/> The child is still breastfeeding <input type="radio"/> The porridge should be smooth and dense</p>	<p>How many meals or snacks should a child after 12 months have in a day?</p> <p><input type="radio"/> 5 times a day: early morning, midmorning, midday, midafternoon, and evening.</p> <p>Between bowl # 1 and 2 in the picture which one has the right amount of food you give to a child above 12 months.</p>  <p><input type="radio"/> Picture 1 <input type="radio"/> Picture 2</p> <p>Correct is # 2, probe why:</p> <p><input type="radio"/> When the child gets older, it can eat a larger amount at each meal. <input type="radio"/> The child is growing and has an increased demand for nutrients and energy</p>

Prevention of hand washing, food poisoning, water treatment and vegetable garden

✓ *Tick if the beneficiary mentions the answers provided below*

			
<p>Hand washing</p>	<p>Prevention of food poisoning</p>	<p>Treatment for drinking water</p>	<p>Homestead Garden</p>

<p>Tell me at least two moments that prompt you to wash your hands</p> <p><input type="radio"/> Before handling food</p> <p><input type="radio"/> Before eating, or feeding young children</p> <p><input type="radio"/> After using the latrine</p> <p><input type="radio"/> After cleaning your baby's bottom</p> <p><input type="radio"/> After touching dirty surfaces</p> <p><input type="radio"/> Other:</p>	<p>How do you prevent food from contamination?</p> <p><input type="radio"/> Cook thoroughly and reheat all left over foods until it boils</p> <p><input type="radio"/> Wash foods being eaten raw with treated water</p> <p><input type="radio"/> Prepare food on freshly washed surface with clean utensils.</p> <p><input type="radio"/> Cover food for protection from flies</p> <p><input type="radio"/> Wash hands</p> <p><input type="radio"/> Remove feces from the home and surroundings</p> <p><input type="radio"/> Other:</p>	<p>Explain and, if possible, show me how you make water safe for drinking, what method do you use.</p> <p><input type="radio"/> Boil the water for a 2-5 minutes</p> <p><input type="radio"/> Add bleach or chlorine</p> <p><input type="radio"/> Use water filters</p> <p><input type="radio"/> Solar disinfection</p> <p><input type="radio"/> Other:</p>	<p>Do you have a homestead, backyard, dimba or keyhole garden?</p> <p>The NV should observe to confirm (Tick if the household has any of the gardens mentioned)</p> <p><input type="radio"/> Available</p> <p><input type="radio"/> Not available</p>
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<p>WASH OBSERVATION:</p> <p>✓ The observer will ONLY tick under each picture after observing that the facility is available. Praise the beneficiaries where necessary and counsel them on the importance of having other facilities they do not have</p>			
			
<p>Tippy tap with water and soap</p>	<p>Pit latrine</p>	<p>Refuse pit</p>	<p>Dish rack</p>

<input type="radio"/> present BUT not functional <input type="radio"/> present AND functional incl. water and soap <input type="radio"/> not present	<input type="radio"/> present BUT not functional <input type="radio"/> present and functional incl. slab and cover <input type="radio"/> not present	<input type="radio"/> present BUT not functional <input type="radio"/> present AND functional <input type="radio"/> not present	<input type="radio"/> present BUT not functional <input type="radio"/> present AND functional <input type="radio"/> not present
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