

GUIDELINES FOR FGDS (For Adolescents)

Questions framed to elicit information related to

- A- Project info rules etc
- B- Ice breaker self intro
- C- General living conditions
- D- Health
- E- Diet
- F- Food choice
- G- Physical activity

Location:

FGD No:

Date:

Time:

A) Brief information about project, rules, consent/assent forms.

B) Introduction: 1) Facilitator, observer & team

2) Participants: i) Name?

ii) Which class do they study in?

iii) What is your favorite subject at school?

iv) Rapport building activities if necessary.

C) General-1) which village/community you belong to/or stay?

2) What do you like about your village?

3) If given a chance, what would you like to change about your living conditions?

4) Are you happy/ satisfied about your life?

D) Health- 1) what is your idea of health?

2) Who according to you is a healthy person? Idol?

3) How do your parents take care of your health?

4) What measures do you take to make yourself more healthy & fit?

5) Why do you feel food is important for your health?

E) Diet- 1) How many meals do you have in a day?

- 2) How does your day start? Or what do you generally have for breakfast?
- 3) What do you have during school recess?
- 4) What snacks do you eat after school hours?
- 5) What do you eat for dinner typically?
- 6) Do you think what you eat is adequate for you?

F) Food choices/habits- 1) What foods do you like & dislike?

- 2) What influences your food choice?

(Advertisement, parents, siblings, friends, self)

- 3) Who decides the menu for the family? How?

(Family like dislike, season, and availability, cost etc)

- 4) How often & what do you eat outside?
- 5) Which foods, according to you are good or bad for your health?
- 6) Are there any special foods included or avoided in your diet? Why?
- 7) How would you like to make changes in your present food pattern?

G) Physical Activity-

- 1) how much distance/time do you walk to school?
- 2) What type of games do you play in school?
- 3) What other sports/activities you are engaged in?
- 4) Other physical activities in routine work? (Water & Farming etc)
- 5) What do your parents feel about your sports activities?
- 6) How is physical activity related to good health?

Thanks for your valuable contribution

GUIDELINES FOR FGDS (for care givers/parents)

Location:

Date:

Time:

- A) Brief information of project consent & assent form Rules
- B) Introduction: Facilitator, Observer, Team, Participants
(Rapport building activity if possible)
- C)
 - 1) What do you think about your child's health?
 - 2) What factor contribute to health?
 - 3) How do you think food supports your child's health?
 - 4) What foods do you include in your child's diet?
 - 5) What measures do you take to make the diet more nutritious?
 - 6) How many times do you cook food?
 - 7) What cooking practices do you follow?
 - 8) Which foods do you specifically include or excludes your child's diet?
 - 9) Who decides the menu for the day?
 - 10) How do you influence your child's eating behavior?
 - 11) How do you inculcate food hygienic practices?
 - 12) How do you encourage your child to engage in sports?
 - 13) How often do you buy grocery? From where?
 - 14) What changes do you expect for your child's betterment?