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| **Module X: Food Consumption Score Nutrition** | | | |
| **How many days over the last 7 days, did most members of your household (50% +) eat the following food items, inside or outside the home?**  **And what was their source?**  *Note for enumerator: Determine whether the consumption was only in small quantities. If so, register as a condiment.* | | | |
|  |  | **Number of days**  **eaten in the past 7 days**  *If 0 days, do not specify the main source* | **How was this food acquired?**  *Write the main source over the past 7 days* |
|  | **Cereals, grains, roots and tubers, such as:** rice, pasta, bread, sorghum, millet, maize, potato, yam, cassava, white sweet potato, plantain | |\_\_\_| | *|\_\_\_\_|\_\_\_\_|\_\_\_\_|\_\_\_\_|* |
|  | **Pulses/legumes, nuts and seeds, such as:** beans, cowpeas, lentils, soy, pigeon pea, peanuts, or other nuts | |\_\_\_| | *|\_\_\_\_|\_\_\_\_|\_\_\_\_|\_\_\_\_|* |
|  | **Milk and other dairy products, such as:** milk, yoghurt, cheese, and other dairy products  *[Exclude margarine/butter or small amounts of milk for tea/coffee]* | |\_\_\_| | *|\_\_\_\_|\_\_\_\_|\_\_\_\_|\_\_\_\_|* |
|  | **Meat, fish and eggs, such as:** goat, beef, chicken, pork, fish, canned tuna, insects, escargot, other seafood, eggs  *[Exclude meat and fish consumed in in small quantities as a condiment]* | |\_\_\_| | *|\_\_\_\_|\_\_\_\_|\_\_\_\_|\_\_\_\_|* |
| If 0 skip to question 5 | | | |
| **4.1** | **Flesh meat, such as:** beef, pork, lamb, goat, rabbit, chicken, duck, other birds, insects | |\_\_\_| | *|\_\_\_\_|\_\_\_\_|\_\_\_\_|\_\_\_\_|* |
| **4.2** | **Organ meat, such as:** liver, kidney, heart and/or other organ meats | |\_\_\_| | *|\_\_\_\_|\_\_\_\_|\_\_\_\_|\_\_\_\_|* |
| **4.3** | **Fish/shellfish, such as:** fish, including canned tuna, escargot, and/or other seafood (fish in large quantities and not as a condiment) | |\_\_\_| | *|\_\_\_\_|\_\_\_\_|\_\_\_\_|\_\_\_\_|* |
| **4.4** | **Eggs** | |\_\_\_| | *|\_\_\_\_|\_\_\_\_|\_\_\_\_|\_\_\_\_|* |
|  | **Vegetables and leaves, such as:** spinach, onion, tomatoes, carrots, peppers, green beans, lettuce | |\_\_\_| | *|\_\_\_\_|\_\_\_\_|\_\_\_\_|\_\_\_\_|* |
| If 0 skip to question 6 | | | |
| **5.1** | **Orange vegetables (vegetables rich in Vitamin A), such as:** carrot, red pepper, pumpkin, orange sweet potatoes | |\_\_\_| | *|\_\_\_\_|\_\_\_\_|\_\_\_\_|\_\_\_\_|* |
| **5.2** | **Green leafy vegetables, such as:** spinach, broccoli, amaranth and/or other dark green leaves, cassava leaves | |\_\_\_| | *|\_\_\_\_|\_\_\_\_|\_\_\_\_|\_\_\_\_|* |
|  | **Fruits, such as:** bananas, apples, lemon, mango, papaya, apricot, peach | |\_\_\_| | *|\_\_\_\_|\_\_\_\_|\_\_\_\_|\_\_\_\_|* |
| If 0 skip to question 7 | | | |
| **6.1** | **Orange fruits (Fruits rich in Vitamin A), such as:** mango, papaya, apricot, and peach  [Exclude oranges] | |\_\_\_| | *|\_\_\_\_|\_\_\_\_|\_\_\_\_|\_\_\_\_|* |
|  | **Oil, fat and butter, such as:** vegetable oil, palm oil, shea butter, margarine, and other fats/oil | |\_\_\_| | *|\_\_\_\_|\_\_\_\_|\_\_\_\_|\_\_\_\_|* |
|  | **Sugar and sweets, such as:** sugar, honey, jam, candy, cookies, pastries, cakes, sugary drinks and other sweets | |\_\_\_| | *|\_\_\_\_|\_\_\_\_|\_\_\_\_|\_\_\_\_|* |
|  | **Condiments, such as:** tea, coffee, cocoa powder, salt, garlic, spices, yeast, baking powder, tomato paste or sauce, and small amounts of meat, fish, milk or other food items consumed as a condiment | |\_\_\_| | *|\_\_\_\_|\_\_\_\_|\_\_\_\_|\_\_\_\_|* |
| **Food acquisition codes**  100 = Own production (crops, animal)  200 = Fishing/hunting  300 = Gathering  400 = Loan  500 = Market (purchase with cash)  600 = Market (purchase on credit)  700 = Begging for food  800 = Exchange labour or items for food  900 = Gift (food) from family relatives or friends  999 = Other  1000 = Food aid from civil society, NGOs, government, WFP, etc. | | | |