

## Key Informant Module 2

### Food Preparation and Feeding Practices

#### Background

The purpose of this module is to generate a picture of caregiver behaviors in relation to food preparation and feeding practices. It uses open-end questions about specific food items to guide a discussion to obtain information on the following issues for each of the items: (1) Who prepares the food item? (2) How is it usually prepared? (3) Is a single portion prepared (or purchased) to be fed to the infant immediately, or is extra made and stored to be given later? If stored, in what kind of vessel? (4) Who feeds the baby this item? (5) How is the food given (e.g. spoon, bottle, mother's hand, pre-chewed by mother, given to child to hold by himself/herself.) (6) Is the item prepared specially for the child or is it made (or purchased) for the whole family? If for the family, is it modified for the infant (e.g., thinned out, less spicy)?

This module uses the “open-ended questions with guided discussion method.”

#### Procedures

Applying this module requires making some quick decisions, after you finish the Free Listing exercise, about which items to focus on in the guided discussion. This will be particularly challenging in the first few interviews because as the key informant interviews accumulate you will have a progressively better picture idea about which specific foods are the most essential to know about from the perspective of assessing the potential of the new or modified products GAIN is concerned with. There will be commonalities in the responses of informants, with many of them listing the same items. In making decisions about which foods to ask about keep in mind that your goal in this module is to find out more about the primary foods that families are using to feed their IYC, and these are likely to be the ones that are commonly mentioned.

Start with the list of foods for infants 6-8 months. This will probably be a short list. You may want to ask about all the items the respondent has mentioned. Use the Module 2 data-recording sheets. Start with a blank sheet and write the first food you will ask about on this sheet. Continue with the next food on a new sheet. Continue with other foods from the 6-8 month free list that you are interested in.

Next look at the responses for the 9-11 month olds. Remember that your goal is to learn about the foods that are most important in relation to the new product(s) of concern. Which foods are most important will depend on the type of product GAIN is assessing. For example, if the new product is a gruel or porridge, it is important to learn more about all of the cereals/gruels that are given to IYC. Some of these may not be given before 9 months, so be sure to ask about these with the Module 2 questions.

Continue with this procedure until you have asked about all of the food items you think are relevant. Remember to use a new sheet for each item, and be sure to record the comments that are made about the items in the course of discussion.

Make enough blank copies of the data-recording form to cover all the food items you are going to ask about in the interview.

## Module 2 Questions

You can introduce the discussion by explaining: *“I’d like to learn more about the foods that babies and small children are fed. This will help us understand what families do to prepare foods and how they feed them. To start I would like to ask you about \_\_\_\_\_ (first food)*

Here are the questions to ask about each food. The questions are also on the data-recording forms to help you keep a good flow in the discussion.

1. *Who prepares (the food item)?*

Probe: Does anyone else ever prepare it?

2. *How is it usually prepared?*

Probe for cooking fuel, cooking time, whether boiled water is used. If it is purchased ready-made, ask what the informant thinks the cooking procedures are.

3. *Is a single portion prepared (or purchased), which is fed to the infant immediately or is extra made and stored to be given later? If stored, in what kind of container is it kept? Is it refrigerated?*

4. *How is the food given to the baby?*

(e.g. spoon, bottle, mother’s hand, pre-chewed by mother, given to child to hold by himself/herself.)

5. *Who feeds the baby this item?*

(Ask specifically about what happens when the mother is away (e.g. working) or the baby is in a crèche)

6. *Does anyone else in the family eat this food or is it made (or purchased) just for the child? If for the family, is it modified for the infant (e.g., thinned out, less spicy)?*