

APPENDICES

APPENDIX A

Research Questionnaire

The issue of malnutrition in adolescent girls should be of great concern since these girls are the future potential mothers, lack of proper nutrient at this crucial stage in life can go a long way affect these girls in term of their health and in childbirth. This questionnaire is based on the master thesis topic Malnutrition in Adolescent Girls in Ghana focusing on adolescent girls 10-15years of age and their caregivers. It is intended solely for academic purpose and nothing else.

Please tick and write the appropriate responses (pupil's questionnaires)

1. How old are you?

10 [] 11 [] 12 [] 13 [] 14 [] 15 []

2. Indicate your class

3. Have you had your first menstrual period (menarche).

Yes [] No []

4. Which of these meals do you take at home?

a. Breakfast []

b. Lunch []

c. Supper []

d. Breakfast and supper []

5. How many times do you eat in a day?

a. Once []

b. Two times []

c. Three times []

d. Four times []

6. How many siblings do you have?

3 [] 4 [] 5 [] 6 [] 7 [] 8 []

7. Do you have knowledge on adolescent malnutrition?

Yes [] No []

8. If yes how often

a.Once []

b.Twice []

c.Others []

9. Where did you hear this information?

a.Radio []

b.Television []

c.School []

10. Who is your caregiver?

a.Both parents []

b.Mother []

c.Father []

d.Guardian []

Frequency of food consumption per week

Frequency	Number of certain foods taking by adolescents						
	beans	maize	milk	Fish & chicken	beef	Green vegetables	fruits
2-3times a week							
Once per week							
seldom							
never							

INTRODUCTION

The issue of malnutrition in adolescent girls should be of great concern since these girl are the future potential mothers, lack of proper nutrient at this crucial stage in life can go a long way affect t these girls in term of their health and in childbirth. This questionnaire is based on the master thesis topic Malnutrition In Adolescent Girls In Ghana focusing on adolescent girls

10-15years of age and their caregivers. It is intended solely for academic purpose and nothing else.

Please tick the appropriate responses (caregivers questionnaires)

1. What is your occupation?

- a.Petty trading
- b.Salaried worker
- c.Unemployed

2. What is the size of your household?

- 5 6 7 8 9

3.Educational background

- a.Primary b.MSCL/JSS/JHS
- c.School certificate d.Diploma
- e.Degree f.No formal education

4. Do you have any knowledge on adolescent girl malnutrition?

- Yes No

5.If yes how often do you here this information?

- a.Always
- b.Quaterly
- c.Half a year
- d.Anually

6.Where do you hear this information?

- a.Radio
- b.Television
- c. Newspaper

7. Do put this information into practice.

- Yes No

APPENDIX B



PHOTO: Showing the period of questionnaire administration