

APPENDICES

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Appendix 1. Community entry



Appendix 2. Individual method



Appendix 3. Focus Group interviews

Appendix 4. FPFs consumed in studied communities (Source: Author's Personal Observation, 2015)



Tuozaafi



Furufuru



Koko



Dawadawa



Koose



Pito



Fuura



Kenkey



Maasa



Tubaani



Banku

Appendix 5. Different Preparation techniques of selected FPFs and a community house in Paga Zenga (Source: Author's Personal Observation, 2015).



Preparation of Kenkey



Preparation of Maasa



Preparation of Tuozaafi / Banku



Preparation of Pito



Preparation of Koose



Community house in P. Zenga

Appendix 6: Informed Consent Handout

INFORMED CONSENT HANDOUT

Informed Consent Handout

Kingsley Buaben Obeng

Question:

Are you a user of any fermented food product? (If yes, then continue.)

Question:

Would you be willing to let me read a statement about my research interests? (If yes, then read the following.)

Statement:

I am a research student from the Czech University of Life Sciences Prague, Faculty of Tropical AgriSciences. I am also Ghanaian. I was born in Accra and came to Czech Republic alone in 2014 when I was twenty four years old. I grew up in Accra. At the Czech University of Life Sciences Prague I am studying Tropical Crop Management and Ecology in Prague. I am gathering this type of information through interviews with men and women from different generations.

Question:

Would you be willing to participate in this research and allow me to interview you about food? Data from the interviews will be processed anonymously (using only number codes). A summary of the research will be written in English; I will give you a copy. Would you be willing to allow me to publish the results of these studies? I will receive no money for the results of this work.

Statement:

If at any time during the course of my research, I ask you questions or ask you to do something that you do not feel is appropriate or makes you feel uncomfortable, please let

me know and we will not continue. I want to be respectful of your personal and cultural views.

Following completion of the survey

Question:

May I visit with you again to conduct the second part of the survey? (If yes, then arrange for a convenient time to return.)

Contact information:

If you have any questions about this research or need to contact me, please reach me at 00233-247933510 or +420776391604. If you cannot obtain satisfactory answers to your questions or have comments or complaints about your treatment in this study, contact: doc. Ing. Zbyněk Polesný, Ph.D., Department of Crop Sciences and Agroforestry, Faculty of Tropical AgriSciences, Czech University of Life Sciences Prague, Phone: +420 224382167.

Appendix 7. Research Questionnaire

Research Questionnaire

Data about the informant:

Date:

Name:

Gender:

Age/age range:

Occupation/livelihood:

Region:

Community:

Ethnicity:

Number of household members:

Questions:

1. What food do you normally eat? What did you eat yesterday?
2. List the plants which you use in your daily cuisine
 - 2.1. Which of these plants you cultivate?
 - 2.2 Do you collect some of these plants in the wild?
3. List the plants which you eat occasionally (once per month or less frequently)
4. Can you explain how you use each particular plant? (*Ask informants according to the appropriate table below*)
5. Generally, how often do you eat fermented plant foods?
6. Who eats fermented plant foods in your household? A) Whole family, B) mostly men, C) mostly women, D) mostly parents, E) mostly children, F) mostly elderly members

Table 1. Cultivated plants used for food purposes

Local name and part of the plant ¹	Is the plant available all year round? <i>Note for researcher:</i> If not then ask informant to specify the season)	What do you do with the plant after you harvest it? ²	Why do you process the plant? ³ <i>Note for researcher:</i> ask this question only if the informant answers for the previous question that he process the plant.	Which type of processing do you use? ⁴	Can you describe in detail how do you process the particular plant step by step? ⁵ <i>Note for researcher:</i> Use this question mainly for plants processed at least partially through some type of fermentation. In case of enough time or if the practice seems to be interesting you can also document other types of traditional processing aside of fermentation.	How long time you can usually store particular fermented plant product with no signs of spoilage? <i>Note for researcher:</i> Ask this question only in case of plants being processed through fermentation	Is the plant product produced through fermentation good for health? <i>Note for researcher:</i> If the answer is “Yes” always ask why?

Table 2. Wild plants used for food purposes

Local name and part of the plant ¹	Is the plant available all year round? <i>Note for researcher:</i> If not then ask informant to specify the season)	What do you do with the plant after you harvest it? ²	Why do you process the plant? ³ <i>Note for researcher:</i> ask this question only if the informant answers for the previous question that he process the plant.	Which type of processing do you use? ⁴	Can you describe in detail how do you process the particular plant step by step? ⁵ <i>Note for researcher:</i> Use this question mainly for plants processed at least partially through some type of fermentation. In case of enough time or if the practice seems to be interesting you can also document other types of traditional processing aside of fermentation.	How long time you can usually store particular fermented plant product with no signs of spoilage? <i>Note for researcher:</i> Ask this question only in case of plants being processed through fermentation	Is the plant product produced through fermentation good for health? <i>Note for researcher:</i> If the answer is “Yes” always ask why?

Notes on tables:

¹ After filling the questionnaire ask each informant to show you all the plants mentioned “on site” and make the pictures of plants. In case of wild plants also collect plant samples for herbarium reference collection. Do not forget to code the pictures and plant samples and associate it with corresponding plants documented in the questionnaire.

² Informant will probably respond something like: e.g. we eat it fresh/raw; we store it directly without any post-harvest processing and we use it for meal preparation when needed; it needs further processing prior to use for meal preparation. We can also expect that informant will mention some post-harvest handling like drying of the seeds and possibly their cleaning from the impurities, etc.

³ The reasons could be for example: e.g. the plant/plant part is not edible in the fresh form – then ask why?; the processing increase subsequent storability of the plant product (the product can be stored for a longer time); the processing gives a special properties to the product, e.g. special taste or health-beneficial properties.

⁴ Here we can expect that people will mention several types of processing practices they use for different plants (if some of them are processed using fermentation it should be mentioned here)

⁵ Optimally, this question should be complemented with direct observation of people during the task - to see how they practically process the plant.

Appendix 8. Preference ranking exercise Questionnaire

**Contribution of fermented foods to food security
Preference Ranking Exercises**

Community:

Score 5 = most tasteful; Score 1 = least tasteful

Multidimensional preference ranking (direct matrix ranking)

Product(s))	Taste	Perception on nutritive value	Socio-cultural value	Perception on health-beneficial value	Monetary Value	Other value(s))	TOTAL	Ranking

NB: This exercise can be performed individually or in group – in the latter case, a consensus (if necessary through vote) is reached within the group.