




How to Use a Food Group Questionnaire

- Photocopy the form below and use the client's answers to fill it in.
- Note: Different countries may classify foods into different food groups.

What did the client eat yesterday? *(Tick the appropriate cell)*

Food	Breakfast	Lunch	Dinner	Snacks
<p>Cereals (rice, biscuits, bread), roots or tubers (potatoes, cassava)</p> 				
<p>Meat, fish, seafood, beans (soy, tofu), milk and milk products</p> 				
<p>Fruit or fruit juice</p> 				

Vegetables



Oils



Sugar

Does your household grow any vegetables? Y/N
If yes, what kind?

Does your household raise any animals for food? Y/N
If yes, what kind?

Client eats food from at least 4 food groups a day

Client eats food from fewer than 4 food groups a day and needs counseling

Photos: Centre for Counselling, Nutrition and Health Care (COUNSENUH) in Tanzania.