



EVALUATING THE GPN BADGE

Instructions for leaders

Use the GPN Badge Survey (see next page) to better understand the success of the badge activities. The survey measures **food diversity**: how many food groups your group members eat before GPN, compared to how many they eat after finishing the badge.

You can use the results from these surveys in many ways. You may simply wish to know how effective the GPN badge activities were, and decide to share this with your MO. You might use the results to promote the benefits of nutrition education to other groups!

The GPN Badge Survey is entirely **optional**. If your group agrees to take part, you should:

- ★ Explain to your group the purpose of the GPN Badge Survey and how you will use or share their results.
- ★ Make sure every member of your group **completes the survey twice**: once **before** starting GPN and once **after** finishing the badge, e.g, at the celebration or badge ceremony. The survey is the same both times.
- ★ Choose how to fill out the survey:
 - **Online** (if your group has access to smartphones): Scan the relevant QR code below with your browser or app and follow the steps. Leaders write down each participant's two total scores, their birthday and initials, and keep safe.



Start Survey

(before any GPN activities)



Finish Survey

(after finishing all GPN activities)

- **Paper**: Make copies in advance: one per participant for the start of the badge, and one per participant at the end (see next page).

When your group has completed the survey twice, collate each participant's start and finish surveys by matching their initials and birthday. You could then interpret the results as follows:

- ★ Compare the results of each person:
 - If the total number of "Yes" answers (and total number of foods) has **increased**, this means that this member's food diversity has improved since starting GPN!
 - If the total number of "Yes" answers (and total number of foods) has **decreased**, this means that this member's food diversity has reduced. **Please note** that these surveys *only capture one day in their life and may not be representative of their regular diet*.
 - If the totals have stayed the **same**, their food diversity has not changed.
- ★ Find the averages of your whole group's start and finish surveys, and compare these two results. To do this, add up everyone's "Yes" answers from the start survey, then divide by the number of start surveys completed. Then, compare this to the average at the end of the badge by adding up everyone's "Yes" answers from the finish survey, and dividing by the number of finish surveys completed.

Take the analysis further by exploring your group's ideas for why these changes have happened. For example, you could ask whether the changes were due to GPN or other external influences.



GPN BADGE SURVEY

Join girls around the world who are sharing their understanding of nutrition! Complete the GPN Badge Survey on your own and give to your leader.

Taking part is optional. If you choose to complete the survey, this means you agree for your leader to use and share this information (they won't share your name).

Initials (e.g. AK)

Birthday (e.g. 25.08.10)

What to do:

1. To begin, think of all the food you ate yesterday (breakfast, lunch, dinner, snacks).
2. Mark "Yes" for each food group you ate at least once, and "No" for any you didn't eat.
3. Then, under each "Yes" food group, tick each food you ate (or write in the blank space).
4. At the end, count how many "Yes" answers you gave, and how many foods you ticked. Write the totals in the boxes at the bottom.

If you ate composite foods (several foods mixed together) such as soup, curry, stew, lasagne, tacos, try to break them down into the foods they are made from. Pizza, for example, is bread (a grain), tomato (a fruit), cheese (a milk/dairy product) etc.

Note: The foods below are grouped according to the GPN Food Guide.

Did you eat any **GRAINS** yesterday? Yes No

Which grains did you eat? Tick below.

- Cereals e.g. corn, rice, bread, pasta, grains, noodles, ugali, porridge
- Roots and tubers e.g. potato, yam, plantain, cassava, sweet potato, corn on the cob
- Other _____



Did you eat any **PROTEIN FOODS** yesterday? Yes No

Which protein foods did you eat? Tick below.

- Meat e.g. beef, pork, chicken, lamb, goat, camel
- Meat e.g. liver, kidney, heart, other organ meats
- Fish and shellfish e.g. fish, prawns, crab, sardines, mussels
- Pulses, seeds and nuts e.g. chickpeas, lentils, black beans, peanuts, tofu, edamame, soy products, hummus
- Eggs
- Milk and dairy products (calcium-rich) e.g. milk, cheese, whey, yoghurt, cream
- Other _____





GPN BADGE SURVEY

Did you eat any VEGETABLES yesterday? Yes No

Which vegetables did you eat? Tick below.

- Green e.g. spinach, kale, broccoli, cassava leaves, cabbage, chard, seaweed
- Orange, red and yellow e.g. pumpkin, carrot, squash, peppers, tomato
- Other e.g. eggplant, onions, cauliflower
- Other _____



Did you eat any FRUITS yesterday? Yes No

Which fruits did you eat? Tick below.

- Fresh fruits e.g. mango, cantaloupe, grapefruit, watermelon, papaya, apricot, tangerine, guava, passion fruit, pineapple, berries, banana, lychees
- Dried fruits e.g. raisins, dates, apricots
- Other _____



TOTAL "YES" ANSWERS: **(out of 4)**

TOTAL TICKED BOXES: **(out of 17)**