



a Child's best start  
www.OrphanNutrition.org

## Nutrition Basics Monitoring and Evaluation Checklist

Go through this checklist to ensure that these areas in nutrition basics have been evaluated:

### Practices:

- Nutrition-related practices: menu planning, food preparation, and serving sizes

### Knowledge:

- Relationship between diet and health of children
- Food groups: Nutritional value and requirements for children
- Local foods and seasonality
- Carbohydrates: Role, food sources, requirements, deficiency symptoms in children
- Fat: Role, food sources, requirements, deficiency symptoms in children
- Protein: Role, food sources, requirements, deficiency symptoms in children
- Vitamins: Role, food sources, requirements, deficiency symptoms in children
- Minerals: Role, food sources, requirements, deficiency symptoms in children
- Water: Role, requirements, and deficiency symptoms in children
- Bioavailability of nutrients: Protein, iron, and zinc
- Factors that decrease and increase bioavailability of nutrients
- Methods to improve meals and menus for children

### Attitudes

- Personal beliefs regarding nutrition and food
- Personal food and eating habits
- Local cultural beliefs, traditions and taboos regarding food and health in children

### Training

- Satisfaction with training information, delivery and materials
- Satisfaction with skills acquired in training
- Perceived strengths in nutrition knowledge and skills after training
- Gained confidence in nutrition knowledge and skills previously perceived as weaknesses
- Barriers to implementing acquired nutrition knowledge and skills

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