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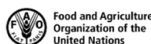


Cadre Harmonisé



MODULE 2: CADRE HARMONISE

SESSION 2.2: Food Consumption Score - FCS



PLAN

- **OBJECTIVE**
- **DEFINITION OF FCS**
- **FCS DATA COLLECTION**
- **FOOD PRODUCTS, GROUPS AND WEIGHTS**

SESSION OBJECTIVE

At the end of this session, participants will be able to:

- Understand the content of the FCS: questionnaire and weighting;
- Understand the FCS calculation process;
- Know how to interpret the FCS.

DEFINITIONS

Diversity of food consumption

The number of foods or food groups consumed during a reference period

Food consumption frequency

Number of days a specific food was consumed by a household during the reference period

Household food consumption

Food consumption takes into account the frequency and diversity of consumption of certain food groups over the past seven days

WHAT DOES THIS INDICATOR MEASURE?

The FCS is an indicator household food security proxy

It is a measure of:

- Diet diversity (number of food groups consumed by a household during a 7-day reference period)
- Consumption frequency (number of days each food group is consumed) and,
- Nutritional importance relative of different food groups.

USEFULNESS

The FCS is used to classify households into three groups of alimentary consumption: poor, borderline and acceptable.

- **Poor** :Households that do not consume staple foods and vegetables every day and never or very rarely consume protein-rich foods such as meat or milk.
- **Limit** :Households that consume staple foods and vegetables every day, accompanied by oil and pulses a few times a week.
- **Acceptable**:Households that consume staple foods and vegetables every day, frequently accompanied by oil, vegetables and occasionally meat, fish and dairy products.

DATA GATHERING

- ❖ Data should be collected based on typical food items, specific to the country context. **It is therefore necessary to contextualize the questionnaire;**
- ❖ Foods are grouped according to standard food groups;
- ❖ The difference between foods and condiments should be clarified during data collection. In particular meat and fish consumed in small quantities or used to season sauce should be considered condiments

FOOD PRODUCTS, GROUPS AND WEIGHTS

Foodstuffs	Band	Weightings (a)	Frequency (b)	Results = axb
Cereals: rice, wheat flour, bread, cornmeal, bulgur	Cereals and tubers	2	7	14
Roots and tubers: potato, yam, cassava, sweet potato, taro and/or other tubers				
Legumes/nuts: beans, cowpeas, peanuts, lentils, walnuts, soybeans, pigeon peas and/or other nuts	Legumes	3	5	15
Orange vegetables (vegetables rich in vitamin A): carrot, red pepper, pumpkin, orange sweet potatoes,	Vegetables and leaves	1	3	3
Green leafy vegetables: spinach, potato leaves, cassava leaves and/or other dark green leaves				
Other vegetables: onions, tomatoes, cucumber, radishes, green beans, peas, lettuce, etc.				
Orange fruits (fruits rich in vitamin A): mango, papaya, apricot, peach	Fruits	1	4	4
Other fruits: banana, apple, lemon, tangerine, orange, plantain, date				
Animal proteins: meat, goat, beef, chicken, pork	Egg, meat and fish	4	5	20
Meat in large quantities and not as a condiment				
Organ meats such as liver, kidneys, heart and/or other red organs				
Fish/Seafood: fish, including canned tuna and sardines, snails and/or other seafood				
Fish in large quantities and not as a condiment				
Eggs	Milk and other dairy products	4	4	16
Milk and other dairy products: fresh/sour milk, yogurt, cheese, other dairy products				
Exclude margarine/butter or small amounts of milk for tea/coffee	Oil and fat	0.5	7	3.5
Oil/fat/butter: vegetable oil, palm oil, shea butter, margarine, other fats/oil				
Sugar or candy: sugar, honey, jam, cakes, donuts, candies, cookies, pastries, cakes and other sweet drinks	Sugar and sweet products	0.5	7	3.5
Condiments/Spices: tea, coffee/cocoa, salt, garlic, spices, yeast/baking powder, tomato/sauce, meat or fish in condiment, condiments including a small amount of milk/coffee to tea.	Condiments	0	7	0

FSN THRESHOLDS

Once the FCS is calculated, thresholds for groups should be determined based on frequency of scores and knowledge of consumption behavior in that country/region.

FCS THRESHOLDS

Typical thresholds	Food Consumption Profile	Daily oil and sugar intake thresholds (7 days per week)
0 – 21	Poor	0-28
21.5 - 35	Limit	28.5 - 42
≥ 35.5	Acceptable	≥ 42.5

END