



APPENDICES

ลิขสิทธิ์มหาวิทยาลัยเชียงใหม่

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APPENDIX 1

Question asked for calculating net calories per adult equivalent.

Please give us the information about crop and livestock as following? (If grown/ kept)

a) Crop (if amount is not possible please give information on percentage of total)

| Name of the crops | Area | Total Production (Amount) | Sold from production | Kept for seed | Paid in kind to the labor* | Used for religious function | Prevailing price |
|-------------------|------|---------------------------|----------------------|---------------|----------------------------|-----------------------------|------------------|
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| | | | | | | | |

* Please include given to your relatives (if any)

b) Livestock

| Type of livestock | Number of Livestock | Total Production (Amount) | Home consumption (% of the total amount) | Sales (% of the total amount) | Used for religious function | Prevailing price |
|-------------------|---------------------|---------------------------|--|-------------------------------|-----------------------------|------------------|
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Did you receive any food items from your relatives or as a wage?

a) Yes No

If yes Please specify the amount you received. (Last year)

| Name of food items | Amounts | | Total |
|--------------------|-----------|------|-------|
| | Relatives | Wage | |
| | | | |
| | | | |
| | | | |
| | | | |

Did you keep any food items from the last year's production? If yes, please give following information. (From last year's production)

a) Yes No

if yes

| Food Items | Amount | Remark |
|------------|--------|--------|
| | | |
| | | |
| | | |
| | | |

Have you bought any food items from the market?

Yes

No

If yes, please give us the following information? (last year)

| Food items | Amount | Total expenditure | Remark |
|------------|--------|-------------------|--------|
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APPENDIX 2

Calories values of some common food items.

| | | <i>Calories per 100 grams of edible portion</i> | |
|-------------------------|----------|---|----------|
| Food Stuff | Calories | Food Stuff | Calories |
| Rice, Parboiled, Milled | 346 | Colocasia Leaves | 56 |
| Rice, Raw, Milled | 345 | Coriander leaves | 44 |
| Rice Puffed | 325 | Carrot | 48 |
| Wheat Flour (whole) | 341 | Onion (big) | 50 |
| Wheat Flour (Refined) | 348 | Onion (small) | 59 |
| Maize Dry | 342 | Cucumber | 13 |
| Maize Tender | 125 | Cabbage | 27 |
| Bengal gram | 372 | Potato | 97 |
| Black gram | 347 | Radish (pink) | 32 |
| Cow pea | 323 | Radish (white) | 17 |
| Lentil | 343 | Bitter gourd | 25 |
| Pigeon pea | 335 | Egg plant | 24 |
| Soybean | 432 | Bottle gourd | 12 |
| Bamboo tender shoots | 43 | Cauliflower | 30 |
| Tomato | 23 | Ladies finger | 35 |
| Spinach | 26 | Pumpkin leaves | 57 |
| Ridge gourd | 17 | Groundnut roasted | 570 |
| Banana, Ripe | 116 | Orange | 48 |
| Guava | 51 | Mango, Ripe | 74 |
| Jack fruit | 88 | Pomegranate | 65 |
| Lemon | 57 | Pineapple | 46 |
| Litchi | 61 | Apple | 59 |
| Papaya, Ripe | 32 | Grape, green | 71 |

Source: MOA, 1994

Calories values of some common food items (contd.).*Calories per 100 grams of edible portion*

| Food Stuff | Calories | Food Stuff | Calories |
|--------------------------|----------|--------------------------|----------|
| Fish, Katla | 111 | Rice pudding (kheer) | 176 |
| Fish, Rahu | 97 | Ghee(Cow) | 900 |
| Duck egg | 181 | Ghee (Buffalo) | 900 |
| Hen egg | 173 | Cooking Oil | 900 |
| Fowl meat | 109 | <i>Koiralo</i> | 54 |
| Mutton, muscle | 194 | Rape leaves | 48 |
| Snail, small | 74 | Mint leaves (Pudina) | 38 |
| Pork, muscle | 114 | Mushroom | 43 |
| Milk (buffalo) | 117 | <i>Ghod tapre</i> | 68 |
| Milk (cow) | 67 | <i>Betha Saag</i> | 64 |
| Curd (Cow's milk) | 60 | <i>Halhale Saag</i> | 31 |
| Khoa (whole cow milk) | 413 | | |

Source: MOA, 1994

APPENDIX 3

Extraction, wastage and wastage percentage of some common food items.

| S.N | Commodities | Extraction Rate (%) | Wastage Rate (%) | Other Losses (%) |
|-----|---------------------------|---------------------|------------------|------------------|
| 1 | Paddy/ Rice | 64.87 | 10 | 1.75 |
| 2 | Paddy/ Bran | 8 | - | - |
| 3 | Wheat/ Flour | 96 | 10 | 1 |
| 4 | Wheat/ Bran | 3.9 | - | - |
| 5 | Maize/ Flour | 97 | 10 | 1 |
| 6 | Potato | - | 15 | - |
| 7 | Roots and Tubers | - | 15 | - |
| 8 | Sugarcane/ Sugar | 8.46 | - | - |
| 9 | Sugarcane/ Raw Sugar | 9 | 1 | - |
| 10 | Oil seeds/oil | 38 | 5 | - |
| 11 | Lentil | - | 5 | - |
| 12 | Pigeon pea | - | 5 | - |
| 13 | Black gram | - | 5 | - |
| 14 | Chickpea | - | 5 | - |
| 15 | Vegetable | - | 10 | - |
| 16 | Fruits | - | 15 | - |
| 17 | Egg | - | 5 | - |
| 18 | Milk | - | 5 | - |
| 19 | Cow milk/skim milked | 96 | - | - |
| 20 | Buffalo milk/Skimmed milk | 95 | - | - |
| 21 | Cow milk/Ghee | 4 | 1 | - |
| 22 | Buffalo milk/ Ghee | 5 | 1 | - |
| 23 | Spices | - | 5 | - |
| 24 | Coffee | - | 5 | - |

Source: Tiwari and Manandhar, 1999

APPENDIX 4

Adult equivalent coefficient

| Reference person | | Adult equivalent coefficient |
|------------------|--------------------|------------------------------|
| Reference man | 20-39 years | 1.00 |
| | 40-49 years | 0.95 |
| | 50-59 years | 0.90 |
| | 60-69 years | 0.80 |
| | 70 and above years | 0.70 |
| Reference woman | 20-39 years | 0.74 |
| | 40-49 years | 0.71 |
| | 50-59 years | 0.67 |
| | 60-69 years | 0.60 |
| | 70 and above years | 0.52 |
| Infant | 6- 11 months | 0.38 |
| Child | 1-3 years | 0.51 |
| | 4 – 6 years | 0.64 |
| | 7- 9 years | 0.72 |
| Boy | 10-12 years | 0.88 |
| | 13 -15 years | 0.97 |
| | 16- 19 years | 1.05 |
| Girl | 10-12 years | 0.84 |
| | 13 -15 years | 0.85 |
| | 16- 19 years | 0.80 |

Source: De Vega, M. C. and B. S. Fisher, 1983, Cited in Ojha, 1999

APPENDIX 5

Livestock unit coefficient.

| Livestock | Coefficient |
|-------------------------|-------------|
| Cattle | |
| Cross –bred cow | 1.00 |
| Cross-bred heifer | 0.70 |
| Cross bred calf | 0.30 |
| Local cow | 0.80 |
| Local heifer | 0.50 |
| Local calf | 0.30 |
| Local male (adult bull) | 1.00 |
| Buffalo | |
| Adult | 1.23 |
| Heifer | 0.93 |
| Calf | 0.48 |
| Sheep/ Goat | |
| Adult | 0.10 |
| Kids | 0.05 |
| Swine | |
| Adult | 0.12 |
| Piglets | 0.05 |
| Chicken | 0.02 |

Source: Conlin and Falk, 1979., Guenat, 1991., Thapa, 1996., Poudyal, 1997., Cited in Ojha, 1999)

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