

Module 2: Baseline Assessment  
**SESSION 10: INTRODUCTION TO KILOJOULE CALCULATIONS**

**ANSWER SHEET 1**

**Food quantities needed to meet joule requirements**

Food Sources	KJ per kg	Requirements (kg)	
		Per person per day	Per HH per year (HH size =5)
Cereals			
Sorghum (whole)	14860	0.59	1077
Maize (whole)	15200	0.58	1059
Barley (whole)	14190	0.62	1132
Wheat (whole)	14400	0.61	1113
Millet (whole)	15200	0.58	1059
Livestock products			
Cow milk (whole)	2680	3.28	5986
Cow milk (skimmed)	1420	6.18	11279
Goat milk	2970	2.96	5402
Sheep milk	4520	1.94	3541
Butter	31190	0.28	511
Eggs	6615	1.33	2427
Meat			
Beef (mod. fat)	9840	0.89	1624
Goat meat	6070	1.45	2646
Roots and Tubers			
Sweet potatoes	4770	1.84	3358

Food Sources	KJ per kg	Requirements (kg)	
		Per person per day	Per HH per year (HH size =5)
Pulses			
Lentils	14190	0.62	1132
Cowpeas	14235	0.62	1132
Field beans	14190	0.62	1132
Soya beans	15990	0.55	1004
Fruits			
Mango	2640	3.33	6077
Banana	4860	1.81	3303
Papaya	1630	5.38	9819
Leaves			
Pumpkin leaves	1170	7.5	13688
Wild cabbage	960	9.13	16662
Oil Seeds			
G/Nuts, dried	24240	0.36	657
Pumpkin seeds	25540	0.34	621