



15. During the past 7 days, how often did you eat breakfast before you left for school ?

- 1) Less than 2 days      2) 2-4 days      3) More than 4 days      4) 7 days  
(If the option you have selected is "4", then do not attempt the next question)

16. If you skip your breakfast, mention the reason for it?

- 1) I do not have time for breakfast      2) I cannot eat early in the morning  
3) There is not always food in my home      4) Some other reason

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17. What do you usually consume for breakfast?

- 1) Pohe      2) Upma      3) Idli      4) Dosa  
5) paratha      6) Bread      7) Cornflakes      8) Daliya  
9) Egg      10) Milk      11) Fruits      12) Biscuits  
13) Maggi      14) pasta      15) Any other ( Please specify)

18. Do you generally eat after going home from school?

Yes / no

19. If yes, what do you generally eat?

- 1) Bread      2) pastries      3) biscuits      4) Chiwda  
5) farsan      6) Milk      7) Soft drinks      8) pohe  
9) upma      10) fruits      11) Lunch      12) Any other (please specify)

20. If lunch, what do you have?

- 1) Chapatti      2) Phulka      3) bhakri      4) paratha  
5) Rice      6) Usals      7) Dals      8) Salads  
9) Chicken      10) Meat      11) Fish      12) Sweets  
13) vegetables      14) Any other (please specify)

21. When you are very hungry, what do you normally eat at home?

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22. How many meals did you have yesterday?

Breakfast		Midmorning		Lunch	
Evening		Dinner		Bed time	

23. Since last year, were you taught in any of your classes the benefits of eating more fruits and vegetables?

- 1) Yes      2) No

24. If yes, how many times have you been taught in school about the benefits of eating more fruits and vegetables?

- 1) Never      2) Once      3) Twice      4) Three or more class lessons

5) Any other (specify) \_\_\_\_\_

25. What was taught about eating fruits and vegetables in school?

26. How many servings of fruits should you have in a day?

27. Define one serving of fruit?

28. In what form do you consume fruits?

1) Whole fruits peeled

2) Whole fruits unpeeled

3) Fruit juice

4) Do not consume

29. Reasons for not consuming fruits?

1. I do not have time

2. There is not always fruit in my home

3. I don't like fruits

4. Some other reason

30. Since yesterday at this time, how many glasses of water did you drink?

1 glass=200ml

31. If you were given a chance to choose your food, which ones from the following would you select? ( please select one food from each group of foods )

Group A

Group B

Group C

Potato

Chips

Pastries

Green leafy vegetables

Pohe

Ladoos

Cauliflower

Biscuits

Fruit salad

32. Do you add extra salt to the food at the dining table?

1. Yes

2. No

33. What accessories do you consume with your meals?

1) Curd

2) Chutney

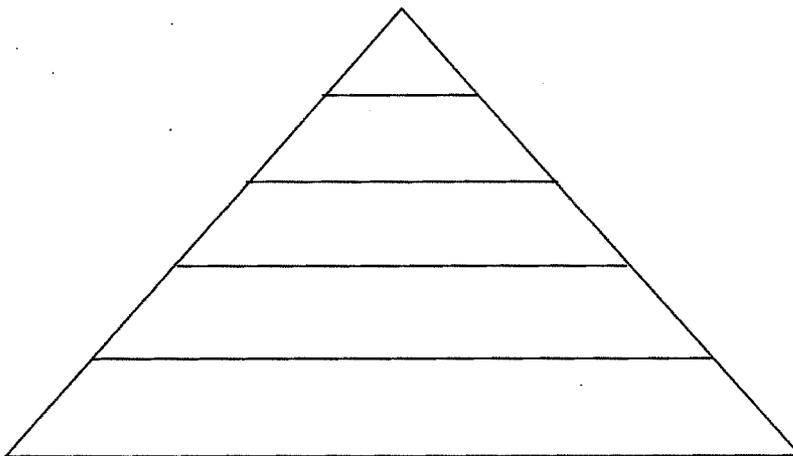
3) Papad

4) Pickles

5) Jams/ Murabbas

6) Any other

34. Fill in the food pyramid given below. The foods that you can consume in maximum amount should come at the bottom, and those to be had in the least amount should be at the top of the pyramid.



### **Fast-food and soft-drink intake**

35. Do you think soft drinks can impart any health benefit to you? Explain  
1. Yes 2.No
36. Do you think fast foods can impart any health benefit to you? Explain  
1. Yes 2.No
37. How many times in a week do you eat out? Actual \_\_\_\_\_  
1) Less than once a week 2) Once a week 3) 2-3 times a week or more
38. In the past 7 days how often have you eaten out (outside your home) with your Family/friends?  
1) 0 days 2) 1 day 3) 2 days 4) 3 days  
5) 4 days 6) 5 days 7) 6 days 8) 7 days
39. When you go out to eat, what are the foods that you like to have? ( Name at least three foods)
40. Do you get any pocket money?  
1. Yes 2.No
41. If yes, mention the average amount you get per week?
42. How much of it do you spend on food?
43. What kind of food do you purchase?
44. What do you purchase from street vendor/ shop outside the school?  
1) Biscuits and confectionaries 2) Fried foods  
3) Cold drink 4) Fruits  
5) Bakery items ( puff, biscuits, cream rolls etc. 6) wafers/ fryums  
7) any other

### **Food consumption pattern in the school**

45. Mention what you usually eat during your recess?  
1. I get my own packed lunch from home  
2. I consume MDM provided by school  
3. I buy food from outside (street)  
4. All of the above  
5. I go home for having lunch 6. None
46. Do you carry your lunch to the school?  
1. Yes 2. No





