

APPENDIX- X

Knowledge Attitude and Practices Questionnaire for Teachers

1. Name:
2. Class:
3. School:
4. Date of Birth:
5. Weight:
6. Height:
7. BMI
8. Waist:
9. Hip:
10. WHR:
11. Muac:
12. Wrist:
13. What age group does Adolescent period cover?
 - a) 0-5 years
 - b) 6-9 years
 - c) 10-19 years
 - d) 19 years and above
14. What according to you is important for Growth and development?
 - a) Food
 - b) Exercise
 - c) Both
 - d) Any other
15. According to you what are the steps that should be taken to address the nutritional requirements of a child in this age group?
 - a) Health check ups
 - b) Monitoring the dietary intake of the child at home
 - c) Restricting the child from eating out not more than twice a week
 - d) Restricting the intake of fast foods, soft drinks to not more than twice a week
 - e) Restricting the child not to purchase unhealthy snacks (samosas, puffs, French rolls etc.)
16. Any other
17. Do you know what 'Malnutrition' is?
 1. Yes
 2. No
18. Which age group does it affect?
 - a) 0-5 years
 - b) 6-9 years
 - c) 10-19 years
 - d) 19 years and above
19. Do you think it is important to get a child's nutritional status assessment done from time to time?
 1. Yes
 2. No

20. Do you know what is the most relevant method used to assess the nutritional status (normal weight, underweight, overweight, obesity) of adolescents? 1. Yes
2. No If yes name the method.
21. Do you know what Body Mass Index (BMI) is? 1. Yes 2. No
if yes give the formula:
22. Do you know what the causes of under nutrition (Underweight and anemia) are? 1. Yes
2. No
If yes, then what
a) Skipping breakfast
b) Unhealthy dietary practices
c) Consumption of aerated drinks
d) Unhealthy school meal
e) Any other
23. What according to you is Healthy Food?
24. What according to you is Healthy eating?
25. Give the different functions of food?
26. Name the different food groups?
27. Name at least 3 foods that help a child grow.
28. What is the number of complete meals a child should have in a day?
1) 1 2) 2 3) 3
4) 4 5) 5 6) more than 5
29. Do you think soft drinks can impart any health benefit to children? 1. Yes 2. No
Explain
30. Do you think Fast foods can impart any health benefit to children? 1. Yes 2. No
Explain
31. Do you think it is important for children to be physically active? 1. Yes
2. No
32. If yes for how many days do you think they should exercise in a week?
a) Everyday b) 3-4 times a week c) Twice a week d) Any other

33. What kind of exercise should they undertake?

Exercise	Time

34. Do you know the calories in the foods you eat regularly? 1. Yes 2. No

35. Do you limit the portion size of the foods you tend to overeat? 1. Yes

2. No

36. Do you use whole legumes instead of dals regularly 1. Yes 2. No

37. Peel the skin of fruits like apple and chickoo? 1. Yes 2. No

38. Know what affects the nutritional needs of individual?

1. Age

2. Sex

3. Activity

4. Any other

39. Give two benefits of giving fruits and vegetables to children?

a.

b.

40. What are the benefits of giving green, yellow and orange vegetables and fruits to children?

41. Growing children should eat a lot of fat (ghee/oil). Is this true?

42. Have you anytime made decisions to purchase or consume certain foods based on information or advertisements from newspapers, magazines or television? 1. Yes

2. No

If yes, which foods and why?

43. Do you believe in the concept of hot and cold foods?

1. Yes

2. No

If yes give examples of some

Hot foods

Cold Foods

44. Should mothers make restrictions for the above mentioned foods in a child's diet?

1. Yes 2. No

If yes, when and why?

45. What are the foods that you would serve A child recovering from illness

46. What are the foods that you would serve After a child comes back from play

47. What are the foods that you would serve A child for breakfast

48. What are the foods that you would serve A child for evening snacks

49. What are the foods that you would serve A child for Tiffin