

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

