

## APPENDIX –XII

### SCORE GUIDE FOR INDIVIDUAL COMPONENT

| S. No. | Component             | OPTIONS                                                                | SCORES |
|--------|-----------------------|------------------------------------------------------------------------|--------|
| 1      | Breakfast             | None                                                                   | 0      |
|        |                       | 1-4 Days                                                               | 1-4    |
|        |                       | ≥ 5 Days/Week                                                          | 5      |
| 2      | Breakfast Food Item   | None                                                                   | 0      |
|        |                       | Tea/Coffee+ Biscuits ≥5 Days/ wk                                       | 1      |
|        |                       | Milk Alone ≥5 Days/ wk                                                 | 2      |
|        |                       | Milk+Biscuit ≥5 Days/ wk                                               | 3      |
|        |                       | Milk +Cereal ≥5 Days/ wk                                               | 4      |
|        |                       | Milk+Cereal+Veg ≥5 Days/ wk                                            | 5      |
| 3      | Mid Morning           | None                                                                   | 0      |
|        |                       | 1-4 Days/ wk                                                           | 1-4    |
|        |                       | ≥ 5 Days/ wk                                                           | 5      |
| 4      | Mid Morning Food Item | None                                                                   | 0      |
|        |                       | Cereal Alone ≥5 Days/ wk                                               | 1      |
|        |                       | Cereal+Veg ≥5 Days/ wk                                                 | 3      |
|        |                       | Cereal+Pulse+Milk/Veg ≥5 Days/ wk                                      | 5      |
| 5      | Carry Lunch To School | None                                                                   | 0      |
|        |                       | 1-4 Days/ wk                                                           | 1-4    |
|        |                       | ≥ 5 Days/ wk                                                           | 5      |
| 6      | Vegetable             | None                                                                   | 0      |
|        |                       | 1-4 Days/ wk                                                           | 1-4    |
|        |                       | ≥ 5 Days/ wk                                                           | 5      |
| 7-10   | Component             | Roots & Tubers ≥ 5 Days/ wk                                            | 1      |
|        |                       | Other Veg ≥ 5 Days/ wk                                                 | 2      |
|        |                       | Glv's / Other Veg/ Yellow & Orange Veg+<br>Roots & Tubers ≥ 5 Days/ wk | 3      |
|        |                       | Glv+Yellow & Orange Veg /Other Veg/<br>Roots & Tubers ≥ 5 Days/ wk     | 4      |
|        |                       | Glv+Yellow & Orange Veg +Other<br>Veg+Roots & Tubers ≥ 5 Days/ wk      | 5      |
| 11     | Fruits                | None                                                                   | 0      |
|        |                       | 1-4 Days/ wk                                                           | 1-4    |
|        |                       | ≥ 5 Days/ wk                                                           | 5      |
| 12     | Any Fruit             | None                                                                   | 0      |
|        |                       | 1-4 Days/ wk                                                           | 1-4    |
|        |                       | ≥ 5 Days/ wk                                                           | 5      |
| 13     | Local Fruit           | None                                                                   | 0      |
|        |                       | 1-4 Days/ wk                                                           | 1-4    |
|        |                       | ≥ 5 Days/ wk                                                           | 5      |

|    |                                |                                                        |     |
|----|--------------------------------|--------------------------------------------------------|-----|
| 14 | Evening Snacks                 | None                                                   | 0   |
|    |                                | 1-4 Days/ wk                                           | 1-4 |
|    |                                | $\geq 5$ Days/ wk                                      | 5   |
| 15 | Evening Snacks Food Item       | Milk +Cereal+ Fruits $\geq 5$ Days/ wk                 | 5   |
|    |                                | Milk + Fruits $\geq 5$ Days/ wk                        | 4   |
|    |                                | Milk Only $\geq 5$ Days/ wk                            | 3   |
|    |                                | Milk & Biscuits $\geq 5$ Days/ wk                      | 2   |
|    |                                | Milk + Namkeen/ Farsan /Bakery Items $\geq 5$ Days/ wk | 1   |
|    |                                | Namkeen & Farsan $\geq 5$ Days / wk                    | 0   |
|    |                                | Biscuits & Bakery $\geq 5$ Days / wk                   | 0   |
| 16 | Outside Food                   | None                                                   | 5   |
|    |                                | 1-4 Days / wk                                          | 4-1 |
|    |                                | $\geq 5$ Days / wk                                     | 0   |
| 17 | Water Intake (Daily)           | None                                                   | 0   |
|    |                                | 1 Glass                                                | 1   |
|    |                                | 2-3 Glass                                              | 2   |
|    |                                | 3-5 Glass                                              | 3   |
|    |                                | 6-7 Glass                                              | 4   |
|    |                                | $\geq 8$ Glass                                         | 5   |
| 18 | Activity : Playtime (Daily)    | < 20 Min                                               | 0   |
|    |                                | 20-30 Min                                              | 1   |
|    |                                | 30-40 Min                                              | 2   |
|    |                                | 40-50 Min                                              | 3   |
|    |                                | 50-60 Min                                              | 4   |
|    |                                | $\geq 60$ Min                                          | 5   |
| 19 | Activity: Leisure time (Daily) | >2 Hrs                                                 | 0   |
|    |                                | 1 1/2 – 2 Hrs                                          | 1   |
|    |                                | 1-1 1/2 Hrs                                            | 2   |
|    |                                | 1/2-1 Hrs                                              | 3   |
|    |                                | 0-1/2 Hrs                                              | 4   |
|    |                                | 0                                                      | 5   |
| 20 | Activity: Study time (Daily)   | >11 Hrs                                                | 0   |
|    |                                | >10-11 Hrs                                             | 1   |
|    |                                | >9-10 Hrs                                              | 2   |
|    |                                | >8-9 Hrs                                               | 3   |
|    |                                | >7-8 Hrs                                               | 4   |
|    |                                | 6-7 Hrs                                                | 5   |