

Annexure 5

QUESTIONNAIRE FOR TEACHERS

General information:-

1. Write your name capital letters.

Surname: _____

Name: _____

2. Contact no.: _____

3. Address: _____

4. Religion: _____

5. Gender: _____

6. Education level:

A. Primary

B. Secondary

C. Graduate

D. Post graduate

E. Others, specify

Also, specify your degree.

7. Are you aware of your weight (in KG)? Mention if, yes.

A. Yes

B. No

8. How do you describe your weight?

A. Very underweight

B. Slightly underweight

C. About the right weight

D. Slightly overweight

E. Very overweight

9. Which class/standard do you teach?

10. Please mention your working hours and specify the timings.

11. Which subjects do you teach?

The next segment asks about eating habits & beverage intake.

12. Do you think it is important to teach about healthy behaviors and diet in school?

Give your reason.

- A. Yes
B. No
-
-

13. Do you think schools & teachers play any role in shaping a child's behaviors and eating habits? Discuss.

- A. Yes
B. No
-
-
-

14. Do you think the school canteen provides healthy food to meet a child's nutritional requirements?

- A. Yes
B. No
-
-
-

15. What is your idea of healthy food?
-
-
-

16. According to you, what is the number of complete meals a child should have in a day?

- A. 1
B. 2
C. 3
D. 4
E. More than 5

17. What do you think constitutes a healthy breakfast?

- A. Only milk
B. Milk and cereal(bread/chapatti/cornflakes/paratha)
C. Milk, cereal and some vegetable(excluding potato)
D. Milk, cereal, and fruits
E. Milk, cereal. Fruits and nuts.
F. All the above
G. Any other,

-
-
18. In your view important a breakfast as a meal for a child? Give your reasons.
- A. Very important
- B. As important as other meals
- C. Not very important
- D. Not at all important
19. How many servings of vegetables (excluding potatoes, sweet potatoes) do you think a child should eat per day? (please write)
- _____ se
 rving(s). #include one katori of cooked beans (whole legumes like rajma, kala chana, kabuli chana, lobia as 2 servings of vegetables) *one small katori of cooked dry vegetables to be taken as one servings.
20. How many servings of fruits do you think a child should have in a day? *one serving is small banana, orange, apple, 2chikus, one small katori of grapes etc.
- _____
- _____
21. Do you think soft drink can important health benefit to a child? Explain
- A. Yes
- B. No
- _____
- _____
- _____
22. In the current academic year, how many times have you taught your students regarding healthy behaviors or healthy diet?
- _____
- _____
- _____
23. Do you check your student's tiffin during breaks? if yes then specify the reasons.
- A. Yes
- B. No
- _____
- _____
- _____
24. Have you laid guideline for the parents as to what they should give as packed lunch for their child? Specify. If any.
- A. Yes
- B. No

The next * questions ask about physical activity and T.V watching. Physical activity is any that increases your heart rate and makes you get out of breath some of the time. Physical activity can be done in sports, playing with friends, or walking to school. Some examples of physical activity are running, fast walking, biking, dancing, or football.

25. Do you think it is important for a child to be physical active? Give your reasons.
- A. Yes
B. No
-
-
-
-
26. What is the minimum level of physical activity that a child should undertake in your view?
- A. Should not undertake at all
B. ½ hour
C. 1 hour
D. 1-2 hour
E. More than 2 hours
27. Do you allow/encourage your students to get involved in any kind of physical activity/games during leisure or free time after school?
- A. Yes
B. No
28. How many hours of T.V viewing do you think should be allowed when at home?
- A. Less than 1
B. 1 hour
C. 1-2 hours
D. 2-3 hours
E. More than 3 hours
29. Have you ever advised students as to how much time they should devote to T.V/ computer games?
- A. Yes
B. No
C.
30. Have you ever discouraged T.V watching or spending long hours on computers? Give your reasons.

- A. Yes
- B. No

31. Have you ever quizzed the students for how much time they devote to television/computers daily on an average? Support with your reasons.

- A. Yes
- B. No

32. Do you think prolonged T.V viewing can have an effect on a child's growth and development? Reasons.

- A. Yes
- B. No

THANK YOU FOR YOUR TIME!