

**Annexure 22**

**STUDENTS**

**KNOWLEDGE, ATTITUDE, PRACTICE (KAP) – PART I**

**Class:** \_\_\_\_\_ **Name of the student:** \_\_\_\_\_

1. **What is the age group of adolescents?**  
1. 0 – 5 years and above      2. 6 – 9 years      3. 10 – 19 years      4. 19 years and above
  
2. **Do you know that nutrition is important for adolescents?**  
1. No      2. Yes
  
4. **What is malnutrition?**  
1. Under nutrition      2. Over nutrition      3. Both over nutrition and under nutrition
  
3. **Why nutrition is important for adolescents?**  
1. Adolescence is a rapid growth period  
2. Physical and mental growth take place  
3. Muscle mass development take place in boys  
4. Adolescence is a time to prepare for healthy adult life.  
5. It is appropriate age to shape and strengthen healthy eating and life style behaviours.  
6. All of the above
  
11. **Do you know what is the most relevant method to assess your nutritional status (normal weight, under weight, over weight & obesity)?**  
1. No      2. Yes

**What is the name of the method? Give it's formula also.**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

13. **Calculate Body Mass Index for a child whose:**  
**Weight = 63.0 Kg**  
**Height = 5 feet 2 inches**  
**Note: 1 feet = 30.48 cm; 1 inch = 2.54cm**
  
5. **What are the causes of under nutrition?**  
1. Skipping breakfast      2. Unhealthy dietary practices  
3. Consumption of aerated drinks      4. Unhealthy school meal / tiffin.

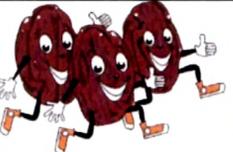
## 9. Do you know what is anemia?

1. No      2. Yes

Tick on the sources of haem iron?

 Chicken	 Kishmish (Raisins)
 Green leafy vegetables	 Fish
 Tea/ coffee	 Ascorbic acid
 Dates	 Fermented foods

## 31. Tick on the sources of non haem iron?

 Chicken	 Kishmish (Raisins)
 Green leafy vegetables	 Fish
 Tea/ coffee	 Ascorbic acid
 Dates	 Fermented foods

## 32. Tick on the enhancers (foods that increase iron absorption).

 <p><b>Chicken</b></p>	 <p><b>Kishmish</b> (Raisins)</p>
 <p><b>Green leafy vegetables</b></p>	 <p><b>Fish</b></p>
 <p><b>Tea/ coffee</b></p>	 <p><b>Ascorbic acid</b></p>
 <p><b>Dates</b></p>	 <p><b>Fermented foods</b></p>

33. Tick on the inhibitors (foods that reduces iron absorption).

 <p><b>Chicken</b></p>	 <p><b>Kishmish</b> (Raisins)</p>
 <p><b>Green leafy vegetables</b></p>	 <p><b>Fish</b></p>
 <p><b>Tea/ coffee</b></p>	 <p><b>Ascorbic acid</b></p>
 <p><b>Dates</b></p>	 <p><b>Fermented foods</b></p>