

Annexure 9

Dear STUDENTS, following is a simple questionnaire which you are required to fill. The questions do have any right or wrong answers. You only have to answer which you feel is correct. The information you are providing and your identity would not be disclosed. The data would only be used for research purpose. The answers would not affect your class marks or any grades.

YOUR NAME: _____

CLASS: _____

DATE: _____

The next 3 questions ask about information on your age and gender.

1. Mention your date of birth: _____
2. What is your sex?
 - A. Male
 - B. Female

The next 10 questions ask about your dietary habits.

12. During the past 7 days, how often did you eat breakfast before you left for school?
 - A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always

12 (a): If you skip your breakfast, mention the reasons for it

- A. I do not have time for breakfast.
- B. I cannot eat early in the morning.
- C. I have to finish my home work in the morning.
- D. Some other reason

13. What do you usually consume for breakfast?

- A. Only milk
- B. Milk and cereal (bread/ chapatti/cornflakes/parantha)
- 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

14. What do you usually eat before coming to school?

15. During the past 7 days, how many days did you **usually** eat fruit, such as apple, mango, banana, pineapple, papaya, jackfruit, guava, or chikoo?

- A. One day
- B. Two days
- C. Three days
- D. Four days
- E. Five days
- F. All days

16. During the past 7 days, how **times in a day** did you **usually** eat fruit, such as apple, mango, banana, pineapple, papaya, jackfruit, guava, or chikoo?

- A. I did not eat fruit during the past 30 days
- B. Less than one time per day
- C. 1 time per day
- D. 2 times per day
- E. 3 times per day
- F. 4 times per day
- A. 5 or more times per day

17. Since yesterday at this time, how many fruits did you eat? (Please write)

Write the name of the fruit and the number of fruits:

18. During the past 7 days, how many **day** did you **usually** eat vegetables, such as cauliflower, ladyfinger, pumpkin, brinjal, cabbage, spinach, peas, tomato, cucumber, or beans?

- A. One day
- B. Two days
- C. Three days
- D. Four days
- E. Five days
- F. All days

19. During the past 7 days, how **many times per day** did you **usually** eat vegetables, such as cauliflower, ladyfinger, pumpkin, brinjal, cabbage, spinach, peas, tomato, cucumber, or beans?

- A. I did not eat vegetables during the past 30 days
- B. Less than one time per day
- C. 1 time per day
- D. 2 times per day
- E. 3 times per day
- F. 4 times per day
- A. 5 or more times per day

20. Since yesterday at this time, how many servings of vegetables excluding potatoes, sweet potatoes did you eat? (Please write)

Write the name of the vegetable and the number of katories you had:

The next 5 questions ask about fast-foods you might eat and your soft-drink intake.

22. During the past 7 days, how many **day** did you usually drink carbonated soft drinks, such as Coke, Pepsi, Limca, or Fanta?

- A. A. One day
- B. Two days
- C. Three days
- D. Four days
- E. Five days
- F. All days

23. Since yesterday at this time, how many **servings of soft /carbonated drink** did you take? (Please write)

_____ Glass (es)

24. During the past 7 days, on how many **days** did you eat at a fast food restaurant, such as McDonalds, Goodies, Pizza Hut, Fridgetemp or at those serving quick meals (eg. Samosas, patties, burgers, noodles, tikkis, or ice creams)? Also take into account the fast food like burger, franky Chinese samosa etc, that you might have eaten in the school canteen.

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days
- G. 6 days
- H. 7 days

25. In the past 7 days how often have you eaten out (outside your home) with your family?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days
- G. 6 days
- H. 7 days

26. In the past 7 days how often have you eaten out (outside your home) with your friends?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days
- G. 6 days
- H. 7 days

The next questions ask about your food consumption pattern in the school.

27. How many recess breaks do you have in the school? Also mention at what time you get the breaks.

- A. None
- B. One _____
- A. Two _____

28. Mention what you usually eat during your recess:

- A. I get my own packed lunch
- B. I buy food from the canteen.
- C. Both

29. What do you usually buy from your school canteen during your free time?

30. Do you carry your lunch to the school? Mention what you usually carry for lunch/

- A. Yes
- B. No

31. During the past 7 days, how often did you bring your lunch box to school?

- A. Never
- B. Rarely
- C. Sometimes
- D. Most of the time
- E. Always

The next questions ask about physical activity and T.V watching. Physical activity is any activity 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.

ADD UP ALL THE TIME YOU SPEND IN PHYSICAL ACTIVITY EACH DAY. DO NOT INCLUDE YOUR PHYSICAL EDUCATION OR GYM CLASS.

33. During the past 7 days, on how many days were you physically active for a total of at least 60 minutes (1 hour) per day?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days
- G. 6 days
- H. 7 days

34. Since yesterday at this time, how many minutes did you exercise at home? (Please write) _____ Minutes

35. During a typical or usual week, on how many days are you physically active for a total of at least 50-60 minutes per day?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days
- G. 6 days
- H. 7 days

The next questions ask about physical education class and stretching exercises.

36. During this school year, on how many days did you go to physical education class each week?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 or more days

37. During the past 7 days, on how many days did you do stretching or strengthening exercises, such as toe touches, knee bends, or push-ups?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days
- G. days
- H. 7 days

The next questions asks about the time you spend mostly sitting when you are not in school or doing homework

38. Typically, how many hours do you sleep per day?

- A. Less than 4 hours
- B. 4 to 6 hours
- C. 6 to 8 hours
- D. 8 to 10 hours
- E. More than 10 hours

39. How much time do you spend during a **typical or usual** day sitting and watching television, playing computer games, talking with friends, or doing other sitting activities, such as listening to music?

- A. Less than 1 hour per day
- B. 1 to 2 hours per day
- C. 3 to 4 hours per day
- D. 5 to 6 hours per day
- E. 7 to 8 hours per day
- F. More than 8 hours per day

40. Since yesterday at this time, how many hours TV did you watch or played on computer?

(Please write) _____ Hour(s)

The next questions ask about going to and coming home from school.

41. What is your mode of transportation to and from school?

- A. Walking
- B. Bicycle
- C. Public transport
- D. Automated vehicle

42. During the past 7 days, on how many days did you **walk or ride a bicycle** to and from school?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days
- G. 6 days
- H. 7 days

43. During the past 7 days, how long did it **usually** take for you to get to and from school each day? **ADD UP THE TIME YOU SPEND GOING TO AND COMING HOME FROM SCHOOL.**

- A. Less than 10 minutes per day
- B. 10 to 19 minutes per day
- C. 20 to 29 minutes per day
- D. 30 to 39 minutes per day
- E. 40 to 49 minutes per day
- F. 50 to 59 minutes per day
- G. 60 or more minutes per day

Thank you for your time

Annexure 10 to 14 (In the CD)