

## Annexure 21

## PARENTS

## 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

## 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

## 4. What is malnutrition?

1. Under nutrition    2. Over nutrition    3. Both over nutrition and under nutrition
5. \_\_\_\_\_

## 6 Do you know what is the most relevant method to assess your child's nutritional status (normal weight, under weight, over weight &amp; obesity)?

1. No      2. Yes

## 12. 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









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









## 30. 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).

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

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

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

34. Water melon seeds are rich in iron. **True/False**
35. Never drain out boiled water of green leafy vegetables, rice and cottage cheese (while making paneer). That water can be used to make gravies, dals and can be used to knead doughs. **True/False**
36. Green leafy vegetables may be added to dals, rice, khichdi and snacks to increase the iron content. **True/False**
37. Knead the flour with green leafy vegetables or left over dals, to make parathas or chappatis. **True/False**
38. Cauliflower greens are rich sources of iron. **True/False**
39. Sprouted legumes, salads with lemon toppings may be used as a snack or should be eaten along with meals to improve iron status. **True/False**
40. Fruits should be cut just before eating in order to prevent excessive exposure to air, which results in the destruction of vitamin C. **True/False**