

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
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).

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

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

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