

## Annexure 24

## KNOWLEDGE, ATTITUDE, PRACTICE (KAP) – PART II

Class:

Name of the student:

## 1. Five food groups contain:

1. Cereals, bread and potatoes
3. Milk and milk products
5. Oil, salt and sugar.

2. Pulses and legumes
4. Fruits and vegetables
6. All of the above

## 20. High intake of salt leads to:

1. High Blood Pressure
- Both

2. Heart problems

3.

## 21. High intake of sugar leads to:

1. Increased weight gain

2. Diabetes

3. Both

## 22. High intake of saturated fat leads to:

1. Increased blood cholesterol

2. Heart disease

3. High Blood Pressure

4. All of the above

## 23. How much (gm/day) your child should consume fruits and vegetables daily?

1. Less than 400 gm/day

2. Equal to or more than 400 gm/day

## 27. How much time daily your child should be practically active vigorously?

1. Less than 60 minutes

2. Equal to or more than 60 minutes

## 28. How long your child should watch T.V. or sit on computer?

1. More than 2 hours
2. Less than 2 hours

## Annexure 25 (In the CD)