

Annexure 27

STUDENTS

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
2. Heart problems
- 3: Both

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. Do you know how much (gm/day) fruits and vegetable you should consume daily?

1. Less than 400 gm / day
2. Equal to or more than 400 gm/day

29. Do you know that you should engage in 30-45 minutes of vigorous physical activity.

1. No
2. Yes
3. Don't know

30. How long you should watch T.V. or sit on computer?

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