APPENDICES
KNOWLEDGE ASSESSMENT
QUESTIONNAIRE FOR SCHOOLCHILDREN

Implementation of Feeding Minds, Fighting Hunger (FMFH) Programme

1. Name : 

2. School : Class:

3. Age :

4. Gender : Male / Female

5. Father’s Education : 
   1. Illiterate  
   2. Primary  
   3. SSC  
   4. Graduate  
   5. Post Graduate  
   6. Others  
   (Specify - __________)

6. Mother’s Education : 
   1. Illiterate  
   2. Primary  
   3. SSC  
   4. Graduate  
   5. Post graduate  
   6. Others  
   (Specify - __________)

7. Father’s Occupation : 
   1. Govt. Servant  
   2. Pvt. Service  
   3. Business  
   4. Agriculture  
   5. Technical  
   6. Professional

8. Mother’s Occupation : 
   1. Govt. Servant  
   2. Pvt. Service  
   3. Business  
   4. Agriculture  
   5. Technical  
   6. Professional
   7. House Wife

9. What is the size of your family?

10. Total Monthly Family Income : Rs. ___________ (approx)

11. Do you have:
   a. Own house - Yes / No
   b. Two wheeler - Yes / No
   c. Telephone - Yes / No
   d. Four Wheeler - Yes / No
   e. TV - Yes / No
QUESTIONNAIRE

II. Please underline the correct option to every given question.

1. Why do we need different varieties of food?
   a. To get all necessary vitamins and minerals
   b. For proper growth and development
   c. To avoid disease
   d. All the above

2. What are the types of nutrients contained in the food?
   a. Cereals, pulses, vegetables, fruits and oils
   b. Oxygen, Carbon dioxide, nitrogen and helium
   c. Carbohydrates, proteins, fats, vitamins and minerals
   d. Roots, leaves and legumes

3. Lack of balanced diet leads to
   a. Poor growth
   b. Obesity and related problems
   c. Disease or morbidity
   d. All the above

4. Over nutrition and poor exercise causes
   a. Excellent growth
   b. Obesity and related disease
   c. Strength
   d. None of the above

5. People all round the world have the same kind of meal for getting essential nutrients
   a. Yes
   b. No
   c. Don’t Know

6. What is Hunger?
   a. Not getting enough food to meet the nutritional requirement
   b. It is a state of mind
   c. Urge to eat more and more
   d. None of these

7. Hunger is a problem in
   a. Under developed countries only
   b. Developed countries only
   c. Developing countries only
   d. Around the world
8. Malnutrition is  
   a. Only under nutrition  
   b. Only over nutrition  
   c. Both under nutrition and over nutrition  
   d. None of the above  

9. Food security means…  
   a. Securing food and saving it  
   b. Safeguarding food from insects, germs, rodents etc  
   c. Having access to food we need for active and healthy life  
   d. Security at the food storage points  

10. Major Energy yielding foods are  
    a. Cereals, fats and roots  
    b. Pulses only  
    c. Vegetables only  
    d. Fruits only  

11. Protein rich foods are  
    a. Roots and tubers  
    b. Fruits only  
    c. Cereals only  
    d. Pulses and some animal foods  

12. Which of the following is/are Vitamin A rich foods  
    a. Roots and tubers  
    b. Fruits, ground nut oil and fish  
    c. Green Leafy Vegetables, yellow and orange colour fruits and vegetables  
    d. None of the above  

13. Dietary iron is needed to  
    a. Maintain haemoglobin level in the blood  
    b. For the development of bones  
    c. To maintain beauty  
    d. For building the muscles  

14. The food group which can be consumed liberally  
    a. Fruits and vegetables  
    b. Pulses  
    c. Cereals  
    d. Animal foods  

15. The inadequate consumption of protein in children leads to  
    a. Stunted growth  
    b. Energy deficiency  
    c. Poor looks  
    d. Dark complexion
16. Lack of which mineral causes goiter
   a. Iron
   b. Folate
   c. Iodine
   d. Calcium

17. Calcium is important for
   a. Keeping away from goiter
   b. Body maintenance, strengthening bones and teeth
   c. Proper growth and development
   d. Building body tissues

18. Arrange the following steps of food system from field to table in right order
   a. Moving food from the field (   )
   b. Processing, selling or storing the food (   )
   c. Getting ready to grow food (   )
   d. Growing the food (   )
   e. Preparing and eating food (   )

19. World Food Day is celebrated every year on
   a. November 11th
   b. October 16th
   c. January 30th
   d. July 19th

20. FAO stands for
   a. Feeding All Obese
   b. Food Adulteration Organisation
   c. Food and Agriculture Organisation
   d. Forest and Aqua-culture Organisation
KNOWLEDGE ASSESSMENT
QUESTIONNAIRE FOR SCHOOLCHILDREN

Study on effect of two different educational tools on nutrition knowledge of school-going adolescents.

1. School name: ________________________________ 
2. Section: 
3. Board: 1. State 2. CBSE 
4. Name of the child: 
5. Roll No.: 
6. Age: 
7. Gender: 1. Male 2. Female 

Family Background 

9. Father’s qualification: 
10. Mother’s qualification: 

Occupation of the Parents 


13. Total income of the family per month:
ASSESSMENT OF KNOWLEDGE ON NUTRITION

A. Mark ‘√’ for the statements that are TRUE and ‘X’ for FALSE (12 marks)

1. Carbohydrates are the main source of energy in our diet
   
2. Fats provide higher energy than carbohydrates and proteins
   
3. Excess water in which vegetables are cooked should be thrown away
   
4. Vitamins are called as essential micronutrients
   
5. Ragi and milk are rich sources of calcium
   
6. Fermented food items are good for health

B. Fill in the blanks with a suitable answer (10 marks)

7. Body building foods mainly consist of ______________________ nutrient.

8. ______________ and _____________ which are rich in vitamins and minerals, are considered as protective foods.

9. The mineral ______________ is very much essential for growth and development of bones

10. Our staple foods (like rice, wheat, jowar etc) are main sources ____________

11. Low levels of haemoglobin leads to ____________

C. Match the NUTRIENTS in column ‘A’ with their FOOD SOURCES in column ‘B’ (10 marks)

<table>
<thead>
<tr>
<th>‘A’</th>
<th>‘B’</th>
</tr>
</thead>
<tbody>
<tr>
<td>13. Protein rich foods</td>
<td>b. Papaya, Leafy vegetables, Carrot</td>
</tr>
<tr>
<td>14. Vitamin B</td>
<td>c. Pulses, Fish, Egg, Meat</td>
</tr>
<tr>
<td>15. Vitamin C</td>
<td>d. Milk, Nuts, Pulses</td>
</tr>
<tr>
<td>16. Energy rich foods</td>
<td>e. Rice, Wheat, Jowar, Bajra, Ragi</td>
</tr>
</tbody>
</table>
D. Read the statement and underline the correct answer from the options in the brackets (20 marks)

17. The cooked food should be (covered/ uncovered).

18. The consumption of street food is (hygiene/ unhygienic).

19. Combination of pulses and legumes will ________ the nutritive value (increase/ decrease)

20. Consumption of yellow and orange colour fruits & vegetables will ________ the vision (improve/ not improve)

21. Milk and soya bean are rich in (carbohydrates/ protein)

22. Which one offers you more energy ____________ (one banana/ 100g grapes)

23. Sprouted gram should be included in the diet to get ____________ (more vitamins/ fat)

24. Grains should be stored in ____________ (wet/ dry containers)

25. Which will give more nutritive value ____________ (fried green gram/ sprouted green gram)

26. Which practice is correct ________________ (Wash the vegetable and cut/ Cut the vegetable and wash)

E. Indicate the correct answer in the box provided against each question (14 marks)

27. Vitamin D deficiency causes:
   a. Night blindness   b. beri beri  
   c. Scurvy           d. Rickets

28. Vitamin C deficiency causes
   a. Scurvy                   b. Blindness
   c. Bone diseases           d. Skin allergy

29. Iodine deficiency results in
   a. Anaemia         b. Goitre
   c. Rickets         d. Pellagra
30. Dietary Iron is richly available in
   a. Fruits   b. Vegetables
   c. Green leafy vegetables   d. Nuts

31. Vitamin A deficiency leads to
   a. Night blindness   b. Pellagra
   c. Anaemia   d. Scurvy

32. Anaemia can be prevented by consuming
   a. Plenty green leafy vegetables   b. More fruits
   c. Variety of cereals   d. Exposure to sunlight
KNOWLEDGE ASSESSMENT QUESTIONNAIRE

Study on nutrition education for student community volunteers -
A comparative study of two different communication methods

1. Name of the College :

2. Subject :
   a. Major literature    b. Economics
   c. Commerce          d. Science or Social Science

3. Name :

4. Age :

5. Gender :
   1. Male    2. Female

6. Religion :

7. Caste :
   1. FC    2. BC    3. SC   4. ST    5. Any other

8. FAMILY BACKGROUND

   Father's qualification:
   1. Illiterate  2. Primary  3. SSC  4. UG

   Father's occupation:

   Mother's qualification:
   1. Illiterate  2. Primary  3. SSC  4. UG

   Mother's occupation :

9. Total income of the family per month: Rs.

10. Total number of family members: Adult    Children
11. KNOWLEDGE ASSESSMENT QUESTIONNAIRE

Underline the correct answer

1. The major energy yielding foods are
   a. Cereals
   b. Pulses
   c. Cereals and pulses
   d. Vegetables

2. The sources of plant proteins are
   a. Pulses and legumes
   b. Vegetables
   c. Pulses legumes and nuts
   d. None of the above

3. An adult man leading sedentary life needs
   a. 2100 kcal/day
   b. 2400 kcal/day
   c. 2700 kcal/day
   d. None of the above

4. Your energy needs are adequately met with
   a. Combination of cereals and millets
   b. Only rice
   c. Only wheat
   d. None of the above

5. Fats are basically needed to
   a. Absorb the fat soluble vitamins
   b. Provide essential fatty acids
   c. Absorb the vitamins (A,D,E and K)
   d. All the above

6. Using varieties of oils is
   a. Good
   b. Not good
   c. Good, only if one type of oil is taken
   d. None of these

7. Invisible fats are present in
   a. Legumes and pulses
   b. Mustard and fenugreek seeds
   c. Green leafy vegetables
   d. All together

8. Obesity is a causative factor
   a. Hypertension
   b. Diabetes
   c. Heart diseases
   d. All of the above
9. Excessive and regular consumption of meat
   a. is good for health
   b. improves stamina
   c. may cause more fat formation which may lead to diseases
   d. none of the above

10. Vitamin D is required for
    a. Bone growth and calcium metabolism
    b. Absorption of calcium
    c. Both a & b
    d. None of the above

11. Goiter and cretinism are associated with the deficiency of
    a. Iron
    b. Iodine
    c. Calcium
    d. None of these

12. Normal haemoglobin level for an adult man is
    a. <12 g/ dl
    b. > 18g/ dl
    c. 14-16 g/ dl
    d. None of the above

13. Normal haemoglobin level for an adult woman is
    a. around 12 g/ dl
    b. > 14 g/ dl
    c. < 10 g/ dl
    d. none of the above

14. The adolescent age for boys starts from
    a. 10-12 years
    b. 15 years
    c. 18 years
    d. 21 years

15. The adolescent age for girls starts from
    a. 10-12 years
    b. 15 years
    c. 18 years
    d. 21 years

16. The oral rehydration solution can be made up of
    a. pinch of salt, a teaspoonful sugar in a pre-boiled water
    b. teaspoon slat and a pinch of sugar
    c. none of these
17. During pregnancy a woman needs
   a. Extra amount of protein
   b. Needs no extra proteins
   c. Needs less protein

18. Anaemia can be prevented by consuming
   a. plenty of green leafy vegetables
   b. more fruits
   c. variety of cereals
   d. exposure to sun light

II. Fill in the blanks with correct answers

19. HIV is associated with the disease ____________________________

20. The virus Hepatitis A is responsible for the disease ____________________

21. Hepatitis A spreads through _______________________

22. Cholera is a __________________________ borne disease

23. Malaria and Brain fever are caused by the bite of ___________________

24. Chickenpox is caused by the virus Varicella zoster True/ false

25. DPT is vaccination for Diptheria-Pertussis-tetenus True/ false

26. ELISA and Western blot methods are used to diagnose HIV True/ false

27. Hypertension and obesity have strong association True/ false

28. Ragi and milk are rich sources of calcium True/ false

29. Fermented food items are good for health True/ false

30. Milk and soybean are rich in proteins True/ false

31. Sprouted gram increases the vitamin levels True/ false
IN-DEPTH INTERVEIWS WITH
KEY COMMUNICATORS IN VARIOUS ORGANISATIONS

PROFILE OF THE INTERVIEWEE

1. Name:
2. Age:
3. Gender:
4. Education:
5. Designation:
6. Organization:
7. No. of years spent in the current position:
8. Key activities in the current position:

THEME GUIDE

1. Various nutrition communication/education activities of your organization
   Probes:
   (i) How do you communicate nutrition messages - what media, methods etc.
   (ii) Specific nutritional problems you refer to in your communication
   (iii) Who are your target audience

2. Are the nutrition communication activities planned efforts?
   Probes:
   (i) Were they planned to be carried out the way you mentioned them?
   (ii) What was the basis for selecting the media, methods or target audience?

3. How do you evaluate the success of your communication or education activity?
   Probes:
   (i) How do you measure success of your communication programmes
   (ii) Any impact evaluation done so far? If yes, was it ever done by an outside agency?
   (iii) What are/were parameters for success?
   (iv) Was evaluation component incorporated right at the planning stage?

4. Finances for these activities? Are they usually budgeted before hand?

5. Community participation in nutrition communication activities?
   Probes:
   (i) Is there any element of community participation in your programmes
   (ii) How are they involved in communication process (during planning, implementation, choice of media, methods etc)
   (iii) What are constraints you face for involving community at various stages of the communication process.