INTERVIEW SCHEDULE - I

Impact Of Nutrition And Health Education And Food Technological Practices On The Nutritional Status Of Women Working In Self Help Groups In Sivagangai District.

I. Socio-Economic Background of the Respondents

1. Block :

2. Village :

3. District :

4. Address :

5. Age (years) :

6. Education :

7. Caste :

8. Religion :

9. Marital Status :

10. Family income :

11. Occupation :

12. Type of family :

13. Type of house :
### 14. Mode of Savings

<table>
<thead>
<tr>
<th>S.No</th>
<th>Mode of Savings</th>
<th>Per day</th>
<th>Per week</th>
<th>Per month</th>
<th>Per day</th>
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</thead>
<tbody>
<tr>
<td>1.</td>
<td>Post Office</td>
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<td>2.</td>
<td>Bank</td>
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<td>3.</td>
<td>Co-operative Society</td>
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<td>4.</td>
<td>Mahalir Mandram</td>
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</tbody>
</table>

### 15. Expenditure

<table>
<thead>
<tr>
<th>S.No</th>
<th>Sources of Expenditure</th>
<th>Per day</th>
<th>Per week</th>
<th>Per month</th>
<th>Per year</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Food</td>
<td></td>
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<td>2.</td>
<td>Clothing</td>
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<td>3.</td>
<td>Shelter</td>
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<td>4.</td>
<td>Education</td>
<td></td>
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<tr>
<td>5.</td>
<td>Medicine</td>
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<tr>
<td>6.</td>
<td>Transport</td>
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<td>7.</td>
<td>Recreation</td>
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<td>8.</td>
<td>Loan payment</td>
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<td>9.</td>
<td>Fuel</td>
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</table>
### 16. Details of food expenditure per month

<table>
<thead>
<tr>
<th>S.No</th>
<th>Particular</th>
<th>Quantity</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Per day</td>
<td>Per week</td>
</tr>
<tr>
<td>I</td>
<td>Cereals &amp; Milks</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td></td>
<td>1. Rice</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>2. Wheat</td>
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<td></td>
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<td></td>
<td>3. Ragi</td>
<td></td>
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<td></td>
<td>4. Any other</td>
<td></td>
<td></td>
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<tr>
<td>II</td>
<td>Pulses</td>
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<tr>
<td></td>
<td>1. Red gram dhal</td>
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<td></td>
<td>2. Green gram dhal</td>
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<td>3. Black Gram dhal</td>
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<td></td>
<td>4. Any other</td>
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<td></td>
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<tr>
<td>III</td>
<td>Vegetables</td>
<td></td>
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<td></td>
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<td></td>
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<tr>
<td></td>
<td>1. Brinjal</td>
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<tr>
<td></td>
<td>2. Ladies finger</td>
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<td></td>
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<td></td>
<td>3. Beans</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>4. Drumstick</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>5. Any other</td>
<td></td>
<td></td>
</tr>
<tr>
<td>IV</td>
<td>Fruits</td>
<td></td>
<td></td>
</tr>
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<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1. Mango</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2. Papaya</td>
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<td></td>
</tr>
<tr>
<td></td>
<td>3. Banana</td>
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<td></td>
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<tr>
<td></td>
<td>4. Any other</td>
<td></td>
<td></td>
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<tr>
<td>V</td>
<td>Root vegetables</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td></td>
<td>1. Potato</td>
<td></td>
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</tr>
</tbody>
</table>
2. Carrot
3. Yam
4. Any other

**VI Green leafy veggies**
1. Drumstick leaves
2. Amaranth
3. Any other

**VII Milk & Milk products**
1. Milk
2. Butter milk or curd

**VIII Flash foods**
1. Fish
2. Meat
3. Any other

**IX Sugar and Jaggery**

**X Fats**

**XI Spices & condiments**

**XII Ready to use foods**
1. Biscuits
2. Preserve food
3. Extruded products

**XIII Beverages**
1. Coffee
2. Tea
3. Other drinks
4. Bottled drinks
### 17. Food consumption pattern of women

<table>
<thead>
<tr>
<th>S.no</th>
<th>Food stuffs</th>
<th>Daily</th>
<th>Alternative days</th>
<th>once in week</th>
<th>Occasionally</th>
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</thead>
<tbody>
<tr>
<td>1.</td>
<td>Cereals</td>
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<tr>
<td>2.</td>
<td>Rice</td>
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<tr>
<td>3.</td>
<td>Wheat</td>
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<tr>
<td>4.</td>
<td>Ragi</td>
<td></td>
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<tr>
<td>5.</td>
<td>Pulses</td>
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<tr>
<td>6.</td>
<td>Vegetables</td>
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<td>7.</td>
<td>Root vegetables</td>
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<tr>
<td>8.</td>
<td>Green leafy veggies</td>
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<tr>
<td>9.</td>
<td>Fruits</td>
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<tr>
<td>10.</td>
<td>Milk</td>
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<td>11.</td>
<td>Fleshly foods</td>
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<td>12.</td>
<td>Egg</td>
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<td>13.</td>
<td>Sugar &amp; Jaggery</td>
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<td>14.</td>
<td>Fat</td>
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### 18. Food intake pattern (Three consecutive days)

**Meal Pattern**

<table>
<thead>
<tr>
<th>I Day</th>
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<tbody>
<tr>
<td></td>
<td>Breakfast</td>
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<tr>
<td></td>
<td>Lunch</td>
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<tr>
<td></td>
<td>Dinner</td>
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<tr>
<td></td>
<td>Others</td>
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</tbody>
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<table>
<thead>
<tr>
<th>II Day</th>
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</table>
### Breakfast

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### Lunch

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### Tea

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### Dinner

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### Others

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### III Day

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</table>

### 19. Details regarding food beliefs and taboos

1. Hot foods
2. Cold foods
3. Gas Producing
4. Bile producing
5. Foods causing Skin disease
6. Abortive foods
7. Food increasing milk secretion
8. Foods which make person dull
9. Healthy foods
20. Programmes which are active in the village to improve the nutritional status of women

<table>
<thead>
<tr>
<th>Name of the programme</th>
<th>Participants</th>
<th>Suggestion for improving opinion</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tbody>
</table>

21. Intake of Non-Vegetarian foods

<table>
<thead>
<tr>
<th>S.No</th>
<th>Particulars</th>
<th>Daily</th>
<th>Weekly</th>
<th>Monthly</th>
<th>Rarely</th>
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</thead>
<tbody>
<tr>
<td>1.</td>
<td>Fish</td>
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</tr>
<tr>
<td>2.</td>
<td>Egg</td>
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<tr>
<td>3.</td>
<td>Mint</td>
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<tr>
<td>4.</td>
<td>Dry fish</td>
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<tr>
<td>5.</td>
<td>Chicken</td>
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<tr>
<td>6.</td>
<td>Others</td>
<td></td>
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</tr>
</tbody>
</table>

22. Foods included or Avoided during illness

<table>
<thead>
<tr>
<th>S.No</th>
<th>Illnesses</th>
<th>Foods include</th>
<th>Avoided</th>
<th>Reasons</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Cold</td>
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<tr>
<td>2.</td>
<td>Fever</td>
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<tr>
<td>3.</td>
<td>Diarrhea</td>
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<td>4.</td>
<td>Jaundice</td>
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<td>5.</td>
<td>Others</td>
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</tr>
</tbody>
</table>
23. What type of food do you have for lunch?
   a. Breakfast
   b. Variety Rice
   c. Meals
   d. Fruits
   e. Others

24. Do you skip any of your Meals.
   Yes / No

25. If yes When?
   a. Breakfast
   b. Lunch
   c. Dinner

26. Why? How often?
   a. Fasting
   b. Habit
   c. Lack of time
   d. Health problem.

27. How often do you eat out.
   a. Every day
   b. Often
   c. Never
   d. Seldom/not often

28. What type of taste do you prefer?
   a. Hot
   b. Spicy
   c. Sweet
   d. Soul
   e. Bitter
   f. Salty

29. If you eat out what type of place do you prefer much to have your food.
   a. Canteen
   b. Home
   c. Fast food restaurant
   d. Food on wheels
   e. Coffee/Tea shop.

30. What type of beverages do you prefer to have?
   a. Tea
   b. Coffee
   c. milk
   d. Carbohydrate
31. How do you choose a food.
   a. Colour       b. Taste       c. Flavour
   d. Appearance   e. Nutrient content   f. Texture

32. Do you have any of the following health related compilation
    Yes / No

33. If yes
   a. Ulcer       b. Constipation           c. Poorvisim
   d. Menstrual problem  e. Stomach ache    f. Others

34. Do you need more information on health and Nutrition.
    Yes / No
   a. To improve knowledge   b. to reduce weight.   c. to maintain good health.

If No Why,
   a. No need   b. Lots of information available

   b. Doctor

II. Background Information of the Self Help Groups:
35. Name of the group
36. Number of members in Self Help Groups
37. Date of starting the Self Help Groups
38. Name of the NGO supporting
39. Whether the Self Help Group is registered with Tamilnadu women’s Devt corporation.
III. Food Technological practice and Income generation of Self Help Groups.

40. What are products produced by your Self Help Groups
   a. Jam and Jelly b. Squash c. Pickles
d. Vadagam e. Masala powder f. Snacks

41. Have you researched the following options before selling the products
   1. Price of similar products
   2. Competitors
   3. Techniques of Marketing

42. Whether consumer research done?
   Yes / No

43. Are the workers trained in production
   Yes / No

44. If not trained Why?
   1. Well trained person.
   2. Experience is enough
   3. Traditional family business.
   4. No opportunities

45. Area of training undergone:
   1. Purchasing of raw materials
   2. Production process
   3. Sales aspects
   4. Accounting
46. Where do your sales your products
   1. Door to door
   2. Shops in other cities
   3. Open Public places
   4. Govt offices
   5. Office of NGO’s.
   6. To individual sales persons.
   7. Petty shops
   8. To wholesale merchants
   9. Bank building
  10. Weekly market
  11. Colleges
  12. Schools.

47. Are the products labeled
   Yes / No

48. Has the consumer demand for your products increased.
   Yes / No

49. Whether brand name given to your products.
   Yes / No

50. Are the products manufactured following safety measures.
   Yes / No

51. Whether guarantee is given for your product
   Yes / No
52. Has the demand for your product increased during the past five years
   Yes / No

53. Do you give advertisement for your products
   Yes / No

54. Are the consumer demands increasing after advertisement
   Yes / No

55. How much do you spend on your advertisement?

56. Do you have perceived deficiencies in marketing
   Yes / No

57. Type of defect in what identified by you

58. Do you have godown to store your products.
   Yes / No

59. Do you have transportation facilities to carry goods and raw materials
INTerview SCHEDULE - II
questiOnnaire on nutrition & health
knowledge and environmental sanitary practices of shg women

i. Balanced diet

1. We eat food
   a. To get energy and grow
   b. To fill the stomach
   c. To prevent from illness
   d. Because we have to eat

2. Food are classified based on
   a. Nutrient content
   b. Availability
   c. Utility
   d. Productivity

3. Balanced diet is
   a. Including rich foods like ghee, butter, meat, fish and egg
   b. Inclusion of foods all the groups.
   c. Eating fleshy foods
   d. For the rich

4. Balanced diet constitutes
   a. Inclusive of carbohydrates foods
   b. Inclusive of protein foods
   c. Inclusive of vitamins and minerals rich foods
   d. Inclusive of foods supplying all nutrients (carbohydrate, protein, vitamins minerals, water)
5. Frequency of including green leafy vegetables in the diet
   a. Twice a week           b. Four times a week
   c. Every day             d. Rarely

6. Regularity in meal time
   a. Four times per day    b. Three times per day
   c. Five times per day    d. Intake of food at any time in a day.

7. Water used for drinking
   a. Cold water           b. Hot water
   c. Tap water           d. Mineral water

8. Including the following often leads to poor health
   a. Dense snacks         b. Ice cream
   c. Fried items         d. Sweets

9. Best method of cooking green leafy vegetables
   a. Boiling             b. Steaming
   c. Absorption         d. Frying

10. Spices are used in cooking
    a. To increase taste   b. To increase flavour
    c. To enhance the digestion of foods  d. All the above

11. The reasons for deficiency disorders
    a. Eating improper foods         b. Eating imbalanced diet
    c. Eating more sweets           d. Eating fatty foods

12. Secondary problems for deficiency disease
    a. Improper digestion and malabsorption  b. Frequent diarrhoea and vomiting
    c. Ignorance and socio-economic factors  d. General sickness
13. Protein calorie malnutrition
   a. Due to marasmus and kwashiokar
   b. Marasmus is due to lack of calories
   c. Kwashiokar is due to lack protein
   d. Due to lack of protein and calories.

14. Vitamin deficiencies
   a. Night Blindness is due to Vit. A deficiency
   b. Scurvy due to Vit. C deficiency
   c. Rickets and osteomalacia due to Vit. D deficiency
   d. Anaemia due to iron deficiency

15. Immunisation
   a. Helps the child to be free from infections
   b. Helps the child to be healthy
   c. Causes diarrhoea and fever
   d. Helps to cure disease

16. Sickness is caused by
   a. Doing too much work
   b. Unhygienic environment
   c. Eating wrong foods
   d. Drinking unclean water

17. During diarrhoea the following should be followed
   a. Giving enough water
   b. Giving not enough water
   c. Giving no water
   d. Giving ORT

18. Awareness of Government Nutritional Programmes
   a. They give nutritional education
   b. They distribute nutritious laddu to expectant mother, nursing mother and children
   c. They do health check up and maintain health card for children, pregnant and lactating mother
   d. Above all
19. Which is more nutritious?
   a. Rice  
   b. Wheat 
   c. Ragi 
   d. Do not know

20. A diet made up of correct proportion of carbohydrate, fat and protein is 
   a. Therapeutic diet 
   b. Balanced diet 
   c. Low caloric diet 
   d. High caloric diet

21. Carbohydrate is essential for 
   a. Providing energy 
   b. Body building 
   c. Good eye sight 
   d. None of the above

22. Protein is essential for 
   a. Bone formation 
   b. Body building 
   c. Good eye sight 
   d. None of the above

23. Which one of the following comes under the cereal group? 
   a. Green gram  
   b. Soya bean 
   c. Rice 
   d. All the above

24. Which one of the following comes under the pulses group? 
   a. Ragi  
   b. Maize 
   c. Bengal gram 
   d. None of the above

25. Which one of the following does not come under the roots and tubers? 
   a. Beet root  
   b. Potato 
   c. Carrot 
   d. Cabbage
26. Which one of the following does not come under vegetable group?
   a. Apple          b. Brinjal
   c. Ladies finger  d. Bottle gourd

27. Name the food that gives energy
   a. Starch foods   b. Vegetables
   c. Fruits         d. Green leafy vegetables

28. Rice is rich in
   a. Carbohydrate   b. Protein
   c. Fat            d. Vitamins

29. Soyabean is rich in
   a. Protein        b. Fat
   c. Carbohydrate   d. Minerals

30. Fruit that contains high amount of fat is
   a. Avocado        b. Pine apple
   c. Banana         d. Mango

31. Egg is rich in
   a. Protein and fat b. Carbohydrate
   c. Vitamin and minerals d. Carbohydrate and Protein

32. Green leafy vegetables are high in vitamin
   a. Beta carotene and C  b. B and C
   c. E and beta carotene  d. Beta carotene and D
33. Papaya is rich in
   a. Beta carotene        b. Vitamin B
   c. Vitamin C            d. Vitamin D

34. Amla is rich in
   a. Beta carotene        b. Vitamin B
   c. Vitamin C            d. Vitamin D

35. Fibre is found most in
   a. Green leafy vegetables b. Brinjal
   c. Beet root             d. Vitamin

36. Ragi contains good amount of
   a. Protein              b. Calcium
   c. Fat                  d. Vitamin

37. Iron is found more in
   a. Dates                b. Milk
   c. Liver                d. Apple

38. The best source of calcium
   a. Rice                 b. Dhal
   c. Milk                 d. Meat

39. Calcium is needed for
   a. Bone development     b. Higher growth
   c. Nail growth          d. All of these
40. Papaya is needed for
   a. Hair
   c. Eyes
   b. Heart
   d. Lungs

41. Daily intake of water should be
   a. 1 ½ to 2 liters
   c. 5 to 7 liters
   b. 2 to 3 liters
   d. 7 to 10 liters

42. The reasons for deficiency disorders
   a. Eating improper foods
   b. Eating insufficient foods
   c. Eating more sweets
   d. Eating fatty foods

43. High amount of fat in food leads to
   a. Heart attack
   c. Cancer
   b. Anemia
   d. Ulcer

44. Accumulation of fat in the body can be prevented by
   a. Proper physical exercise
   b. Eating more fat foods
   c. Doing less work
   d. Eating more snacks

45. Dental caries are due to
   a. Eating more sweets
   b. Eating less sweets
   c. Eating more snacks
   d. None of the above

46. What will happen if adequate quantities of protein foods are not provided to children?
   a. Growth retardation
   c. Eating more snacks
   b. Blindness
   d. Do not know
47. Which one of the vitamin helps in blood clotting
   a. Vitamin A
   b. Vitamin B
   c. Vitamin K
   d. Vitamin D

48. Vitamin A deficiency leads to
   a. Night blindness
   b. Cancer
   c. Bleeding gums
   d. Anemia

49. Vitamin D is naturally got from
   a. Sunlight
   b. Water
   c. Air
   d. Fruits

50. Vitamin D deficiency leads to
   a. Anemia
   b. Bleeding gums
   c. Dysentery
   d. Rickets

51. Vitamin C prevents
   a. Night blindness
   b. Bleeding gums
   c. Diptheria
   d. Anemia

52. Iodine deficiency leads to
   a. Goiter
   b. Night blindness
   c. Dry hair
   d. Allergy

53. Anemia is due to
   a. Iron deficiency
   b. Vitamin A deficiency
   c. Calcium deficiency
   d. Potassium deficiency
54. Iron is required for preventing
   a. Anemia                  b. Allergy
   c. Goiter                 d. Night blindness

55. Files cause
   a. Typhoid               b. Cholera
   c. Dysentery             d. All the above

56. Mosquitoes transmit disease like
   a. Malaria                b. Filaria
   c. Yellow fever           d. All the above

57. Boiling water helps in
   a. Improving taste        b. Improving digestability
   c. Killing germs          d. None of the above

58. Have you received any nutrition education?
   a. Yes                    b. No
   If yes from whom?
   a. Parents / Friends     b. Teacher
   c. Books / Magazines     d. Television

**Tick the True or False**

59. Milk is a good source of calcium
    True / False

60. Fats and arts are concentrated source of energy
    True / False
61. Intake of fibre rich foods in our daily diet in harmful to our health  
   True / False

62. Colour coated foods are good for health  
   True / False

63. Fruits and vegetables increase the fibre content in our diet.  
   True / False

64. Habit like drinking alcohol and checking pan can reduce the food in table  
   True / False

65. Carbonated beverages provides more energy to our body  
   True / False

66. Improper food habits may lead to stomach discomfort and head ache  
   True / False

67. Women needs more iron than man  
   True / False

68. Refined food contains more nutrients than unrefined foods  
   True / False
### Following are the good practices to care teeth

<table>
<thead>
<tr>
<th></th>
<th>Frequency</th>
<th>Some times</th>
<th>Never</th>
<th>Reason</th>
</tr>
</thead>
<tbody>
<tr>
<td>a.</td>
<td>Brushing the teeth every morning and night</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>b.</td>
<td>Rinsing the mouth after every meals thoroughly by water</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>c.</td>
<td>Gum massage with finger after brushing</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>d.</td>
<td>Using of quality brush and tooth powder</td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

### Following are the good practices to care skin

<table>
<thead>
<tr>
<th></th>
<th>Frequency</th>
<th>Some times</th>
<th>Never</th>
<th>Reason</th>
</tr>
</thead>
<tbody>
<tr>
<td>a.</td>
<td>Taking bath every day</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>b.</td>
<td>Using quality soap</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>c.</td>
<td>Using clean water for bathing</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>d.</td>
<td>Using clean clothes</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Following are the good practices to care hair

<table>
<thead>
<tr>
<th></th>
<th>Frequency</th>
<th>Some times</th>
<th>Never</th>
<th>Reason</th>
</tr>
</thead>
<tbody>
<tr>
<td>a.</td>
<td>Combing hair every day</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>b.</td>
<td>Giving oil massage to hair</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>c.</td>
<td>Cleaning hair regularly using quality cleaners</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>d.</td>
<td>Keeping the hair clean without dust and lices</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
72. **Following are the good practices to care hands**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>a.</td>
<td>Washing the hands with water before and after eating</td>
</tr>
<tr>
<td>b.</td>
<td>Washing hands after completion of any work</td>
</tr>
<tr>
<td>c.</td>
<td>Washing hands with soap after defaecation</td>
</tr>
<tr>
<td>d.</td>
<td>Washing hands with soap after urination</td>
</tr>
</tbody>
</table>

73. **Following are the good practices to care eyes**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>a.</td>
<td>Working under proper lighting</td>
</tr>
<tr>
<td>b.</td>
<td>Doing regular exercise to eyes</td>
</tr>
<tr>
<td>c.</td>
<td>Adopting normal sleeping hours</td>
</tr>
<tr>
<td>d.</td>
<td>Using quality spectacles on Essentiality</td>
</tr>
</tbody>
</table>

74. **Following are the good practices in clothing**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>a.</td>
<td>Neatly washed clothes</td>
</tr>
<tr>
<td>b.</td>
<td>Cotton during summer</td>
</tr>
<tr>
<td>c.</td>
<td>Synthetic during winter</td>
</tr>
<tr>
<td>d.</td>
<td>Using quality detergents for washing clothes</td>
</tr>
</tbody>
</table>
### 75. Following are the good practices in handling foods

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>a.</td>
<td>Eating fruits and vegetables after washing</td>
</tr>
<tr>
<td>b.</td>
<td>Using boiled and cooked water for drinking</td>
</tr>
<tr>
<td>c.</td>
<td>Eating freshly prepared foods at regular meal time</td>
</tr>
<tr>
<td>d.</td>
<td>Protecting foods from dust and files</td>
</tr>
</tbody>
</table>

### 76. Practices to be followed for good bowel habits

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>a.</td>
<td>Taking more water, fruits and vegetables daily</td>
</tr>
<tr>
<td>b.</td>
<td>Maintaining regularity in toilet habit</td>
</tr>
<tr>
<td>c.</td>
<td>Doing physical exercise regularly</td>
</tr>
<tr>
<td>d.</td>
<td>Including fibre rich foods</td>
</tr>
</tbody>
</table>

### 77. Posture and exercise

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td>a.</td>
<td>Walking straight</td>
</tr>
<tr>
<td>b.</td>
<td>Sitting straight</td>
</tr>
<tr>
<td>c.</td>
<td>Doing exercise regularly</td>
</tr>
<tr>
<td>d.</td>
<td>Sleeping in proper position</td>
</tr>
</tbody>
</table>

### 78. Sleep
<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td><strong>79. Other habits which are not good</strong></td>
<td></td>
</tr>
<tr>
<td>a.</td>
<td>Taking Tobacco, smoking, and certain drugs</td>
</tr>
<tr>
<td>b.</td>
<td>Spitting on the road or secret</td>
</tr>
<tr>
<td>c.</td>
<td>Taking betal leaves and beedas</td>
</tr>
<tr>
<td>d.</td>
<td>Taking alcohol and opium</td>
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</tbody>
</table>

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>80. Following leads to poor health</strong></td>
<td></td>
</tr>
<tr>
<td>a.</td>
<td>Eating unhygienic foods</td>
</tr>
<tr>
<td>b.</td>
<td>Including adulterated foods</td>
</tr>
<tr>
<td>c.</td>
<td>Consuming often outside foods</td>
</tr>
<tr>
<td>d.</td>
<td>Eating too much spicy foods</td>
</tr>
</tbody>
</table>
# 81. Hygiene and sanitation

<table>
<thead>
<tr>
<th></th>
<th>Always</th>
<th>Frequency</th>
<th>Sometimes</th>
<th>Never</th>
<th>Reason</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Cleaning the home daily</td>
<td></td>
<td></td>
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<td></td>
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<tr>
<td>2. Cleaning the surroundings daily</td>
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<tr>
<td>3. Cleaning unwanted shrubs and bushes around the house</td>
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<tr>
<td>4. Keeping the water sources clean</td>
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<tr>
<td>5. Near – by areas are clean</td>
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<tr>
<td>6. Latrine</td>
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<tr>
<td>7. Urinals</td>
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<tr>
<td>8. Garbage</td>
<td></td>
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<tr>
<td>9. Sewage</td>
<td></td>
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<tr>
<td>10. Avoiding water stagnation</td>
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<tr>
<td>11. Using waste water to kitchen garden</td>
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<tr>
<td>12. Decomposing of human wastes, animals wastes, plant wastes and factory effluents properly</td>
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<tr>
<td></td>
<td>Agree</td>
<td>Disagree</td>
<td>Reason</td>
<td></td>
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<td>---</td>
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<td>----------</td>
<td>--------</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1.</td>
<td>Including salad in the diet good for health</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td>Including fruits in the diet every day to improve protection power of the body</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>3.</td>
<td>Including fibre rich foods in the diet to avoid constipation and completed diseases</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td>Including rice only as main cereal in the diet results in obesity and other related disease</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>5.</td>
<td>Including other cereals and millets along with rice in the diet helps to keep the body healthy</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>6.</td>
<td>Discarding the water after cooking vegetables and greens is not correct</td>
<td></td>
<td></td>
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<tr>
<td>7.</td>
<td>Discarding the water after cooking rice leads nutrient wastage (leaching loss)</td>
<td></td>
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<tr>
<td>8.</td>
<td>Washing the vegetables and greens before cutting will prevent nutrient loss</td>
<td></td>
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<tr>
<td>9.</td>
<td>Using baking soda to cook dhals is not good for health</td>
<td></td>
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</tr>
</tbody>
</table>
APPENDIX III

Anthropometric measurement

Age :

Measurements

1. Weight (kg) :
2. Height (cm) :
3. BMI (wt (kg) / ht (m)^2) :
4. Skinfold thickness (mm) :

H) Elasticity

1. Normal
2. Diminished
3. Wrinkled skin

I) Oedema Distribution

1. No oedema
2. Oedema present

J. Anaemia

1. Normal
2. Present
APPENDIX IV

Clinical examination form

A) General appearance of health
   1. Good
   2. Fair
   3. Poor
   4. Very poor

B) Eyes condition
   1. Contract
   2. No cataract
   3. Normal

C) Lips condition
   1. Normal
   2. Angular stomatitis (mild)
   3. Angular stomatitis (marked)

D) Tongue condition
   1. Normal
   2. Pale
   3. Coated
E) **Gums condition**
1. Normal
2. Bleeding gums
3. Spongy

F) **Teeth condition**
1. Fluorosis
2. No teeth
3. Chalky teeth
4. Pitting of teeth
5. Mottled and discoloured teeth
6. Normal

G) **Skin condition**
1. Normal
2. Lack of lusture
3. Dryness
4. Depigmentation
5. Phyrnoderma