APPENDICES
Aanganwadi Activities
(3-6 year) children

High jumps

Provide picture books,
to improve child's language skills

Tell stories and allow the child to narrate

Encourage group play for socialization
Aanganwadi Activities
(3-6 year) children

Do not shout or beat the child
Be responsive to child's feelings and needs

Wearing shoes
Batting
Walking board; alternate steps apart

Hops on one foot, 2 or more hops

Jumps over string; 8 inches high

Aufstechn
Questionnaire

1. **General information about the respondents**
   1.1 Name of the place/Balwadi ......................... No. .........................
   1.2 Block/district .................................. Date ..........................
   1.3 Name of the child .............................. Age ........ Sex ....
   1.4 Name of the parents with address ................

   1.5 Family members
      
      Adults                                              Children (under 12 years)
      
      M  F                                                   M  F

   1.6 Occupation of the father/guardian
   1.7 Feeding habits
      Breastfed .............................................. Yes/No
      Supplements .......................................... Yes/No
   1.8 Income/head/month

2. **Anthropometry**
   2.1 Height .............................................. cms
   2.2 Weight ................................................. kgs
   2.3 Sitting height ........................................ cms
   2.4 Head circumference ..................................... cms
   2.5 Chest circumference .................................... cms
   2.6 Arm circumference ..................................... cms
   2.7 Calf circumference ..................................... cms
   2.8 Fat fold at triceps ................................... mm
   2.9 Fat fold at calf ...................................... mm

3. **Clinical examination**
   
   **Hair**
   3.1 Sparse ................................................
   3.2 Discoloured ...........................................
   3.3 Easily plucked ........................................

   **Face**
   3.4 Moon face .............................................
   3.5 Nasolabial dyssebacea .................................
Eyes
3.6 Conjunctival xerosis
3.7 Bitot spots
3.8 Corneal xerosis and keratomalacia
3.9 Corneal opacity
3.10 Night blindness
3.11 Photophobia

Lips
3.12 Angular stomatitis
3.13 Cheilosis

Tongue
3.14 Red and raw
3.15 Papillage-atrophic
3.16 Papilae-Hypertrophic

Teeth and dentition
3.17 5 4 3 3 1 1 2 3 4 5
5 4 3 2 1

3.18 Calories

Gums
3.19 Spongy bleeding

Glands
3.20 Parotid enlargement (bilateral, painless)

Skin
3.21 Follicular hyperkeratosis
3.22 Mosaic dermatitis
3.23 Pellagrous dermatitis
3.24 Crazy pavement dermatitis (C.P.D.)
3.25 Petechiae and ecchymoses
Pigmentation: Knuckles
Fingers
Toes

Nails
3.26 Koilonychia

Others
3.27 Laboratory investigations
Blood: Hemoglobin
X-ray of the wrist
4. Age at the time of weaning
   (a) <6 (b) 6-12 (c) 12-18 (d) 18-24 (e) >24
5. Age at starting of solid food
   (a) <6 (b) 6-12 (c) 12-18 (d) 18-24 (e) >24
6. Age at the termination of breast feeding
   (a) <12 (b) 12-18 (c) 18-24 (d) >24
7. No. of meal per day

8. Did child suffer from any disease from past two years
   (a) Typhoid
   (b) Malaria
   (c) Jaundice
   (d) Diarrhea

9. Vaccine given to child

   Age
   (a) BCG
   (b) Polio
   (c) Measles
   (d) DPT

What items you prefer in all four meals in 24 hours (whole day)

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<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
<th>Quantity (g)</th>
<th>Cooked intake/g</th>
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<tbody>
<tr>
<td>1.</td>
<td>Breakfast</td>
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<td>2.</td>
<td>Lunch</td>
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<td>3.</td>
<td>Evening tea</td>
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<td>4.</td>
<td>Dinner</td>
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10. To assess the psychological development of the child
   (A) Physical and motor development
       1. Plays on the jungle gym/swings, slide/seesaw Yes/No
       2. Can maintain balance in running and stopping Yes/No
       3. Can climb up and down the stairs using alternative feel Yes/No
       4. Is right handed/left handed
       5. Can throws the ball Yes/No
       6. Can make simple forms by paper folding Yes/No
       7. Produce simple shape of clay Yes/No
       8. Colour neatly keeping with in lines Yes/No
9. Can cut papers
10. Can hold spoon/fork/knife
(B) Social and emotional development
11. Shows interest in other children and adults
12. Plays with other children and adults
13. Is able to share
14. Is cooperative
15. Is a happy child
16. Cries easily
17. Has generally fearful
18. Is a bold child
19. Is a shy child
20. Has tant rums
(C) Cognitive development
21. Can name common object/people
22. Speak clearly
23. Follows directions
24. Can match colours more than three
25. Can classify object according to colour
26. Can classify object according to shape
27. Can recognize alphabets
28. Has knowledge of time/day night
29. Can count object up to
30. Is imaginative/creative