

Appendix 2 – Knowledge, Attitudes and Practices questionnaire used at baseline and post-intervention to assess KAP of mothers.

KNOWLEDGE

Please circle the box that most closely matches your level of knowledge

1. WHAT DO YOU UNDERSTAND ABOUT YOUR CHILD'S HEALTHY NUTRITION/HEALTHY FOOD PRACTICE?

No Knowledge	Some Knowledge	Moderate Knowledge	Good Knowledge	Very Good Knowledge
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2. DO YOU HAVE ANY KNOWLEDGE REGARDING THE NUTRITION VALUE OF DIFFERENT TYPE OF OILS SUCH AS MUSTARD OIL, SOYA OIL, BANASPATI/DALDA, GHEE ETC?

No Knowledge	Some Knowledge	Moderate Knowledge	Good Knowledge	Very Good Knowledge
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3. DO YOU HAVE ANY KNOWLEDGE ABOUT PROTEIN RICH FOOD?

No Knowledge	Some Knowledge	Moderate Knowledge	Good Knowledge	Very Good Knowledge
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4. DO YOU HAVE ANY KNOWLEDGE ABOUT THE USEFULNESS OF GREEN LEAFY VEGETABLES FOR YOUR CHILD?

No Knowledge	Some Knowledge	Moderate Knowledge	Good Knowledge	Very Good Knowledge
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5. DO YOU HAVE ANY KNOWLEDGE ABOUT LOW COST NUTRITIOUS FOOD?

No Knowledge	Some Knowledge	Moderate Knowledge	Good Knowledge	Very Good Knowledge
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ATTITUDE

Share your opinion on the statements below: how strongly do you agree or disagree?

6. FRUITS AND VEGETABLES ARE HEALTHY /ESSENTIAL FOR YOUR CHILD

Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
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7. MILK IS VERY HEALTHY FOR BONES AND TEETH

Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
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8. PULSES, NUTS, SEEDS, EGG, POULTRY AND FLESH FOODS ARE VERY ESSENTIAL FOR YOUR CHILD GROWTH AND DEVELOPMENT

Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
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9. MIXED AND A VARIETY OF NATURALLY COLOURFUL FOODS ARE AN ATTRACTIVE AND NATURAL IMMUNE ENHANCER FOR YOUR CHILD

Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
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10. FRUITS AND VEGETABLES PROVIDES VITAMINES AND MINERALS

Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
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11. SMALL AMOUNT OF FREQUENT FEEDING IS GOOD FOR THE HEALTH OF YOUR CHILD

Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
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12. BREAKFAST PLAYS AN IMPORTANT ROLE FOR YOUR CHILDS' GROWTH AND DEVELOPMENT

Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
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13. IF YOUR CHILD IS ILL, SKIPPING MEALS IS GOOD

Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
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14. WHOLE FRUIT IS BETTER THAN FRUIT JUICE

Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
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15. IT IS BETTER TO WASH VEGETABLES BEFORE CUTTING.

Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
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PRACTICE

16. How often do you have Milk & milk products

Never	Once a day	2 x per day	3 x per day	More than 3 x per day
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17. How often do you have Roots and tuber

Never	Once a day	2 x per day	3 x per day	More than 3 x per day
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18. How often do you have Pulses

Never	Once a day	2 x per day	3 x per day	More than 3 x per day
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19. How often do you have Green leafy Vegetable

Never	Once a day	2 x per day	3 x per day	More than 3 x per day
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20. How often do you have Nuts & seeds

Never	Once a day	2 x per day	3 x per day	More than 3 x per day
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21. How often do you have Fish/ Meat/ Egg

Never	Once a day	2 x per day	3 x per day	More than 3 x per day
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22. How often do you have fruits

Never	Once a day	2 x per day	3 x per day	More than 3 x per day
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23. How often you offer your child homemade food during the day?

Never	Once a day	2 x per day	3 x per day	More than 3 x per day
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24. How often does your child take outside food during the day?

Never	Once a day	2 x per day	3 x per day	More than 3 x per day
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25. Do you provide school Tiffin to your child

Never	1-6 days per month	7-12 days per month	13-18 days per month	Almost regularly
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Demographic Data				
NAME OF PARTICIPANT				
Address				
Age(Years)		Date Of Birth(DD/MM/YYYY)		
Gender		Male		Female
Please circle where this form was KAP questionnaire was completed				
See One	Do One	Teach One	Children Focus Group	Male Focus Group
Date:		Signature of investigator:		