General

1	Name	
2	Class	
3	Roll number	
4	Age	years
5	Month of your birthday	month
6	Gender	1. ☐ Girl 2. ☐ Boy
7	Main language spoken at home	1. ☐ Nepali 2. ☐ Tamang 3. ☐ Newari 4. ☐ Other
8	Did you have a meal before coming to school today?	1. ☐ Yes 2. ☐ No
9	Of all children in this room, with whom do you play most?	_____ name
10	Of all children in this room, who do you think is the most popular?	_____ name

Taste of Vegetables

How do <u>you</u> like the taste of these vegetables?
(Tick only one per row ☑)

	Like it a lot	Like it	Neutral	Don't like it	Don't know it
1					
2					
3					
4					
5					
6					
7					

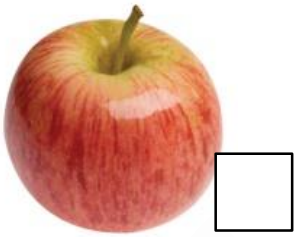
	Like it a lot	Like it	Neutral	Don't like it	Don't know it
8					
9					
10					
11					
12					
13					
14					
15					

Snack Choices

From among the three choices in each row, which is the one you <u>like most</u> to eat as a snack?

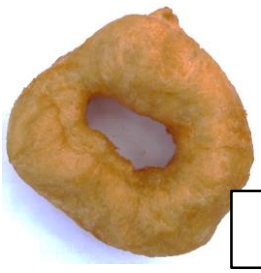
(Tick ☑ one option per row)

1 ☐ ☐ ☐

2 ☐ ☐  ☐

3 ☐ ☐ ☐

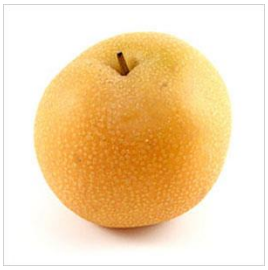
4 ☐ ☐ ☐

5 ☐ ☐  ☐

6

PARLE
Bigger Crispier & Tastier
Parle-G
Original Gluco Biscuits

COCONUT CRUNCHEES



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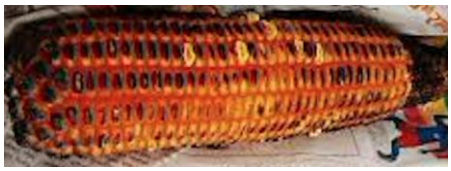
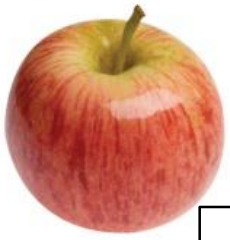


POPCORN

8



POP

Haldiram's
HALDIRAM
MOONG DAL

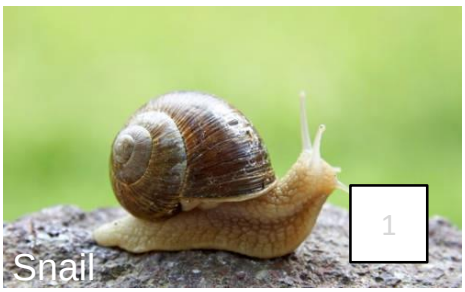
9

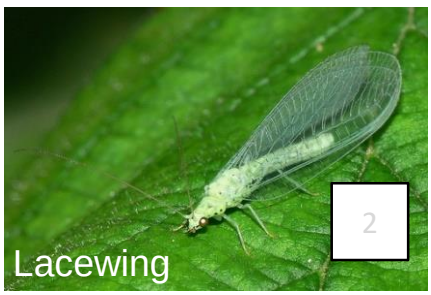
10

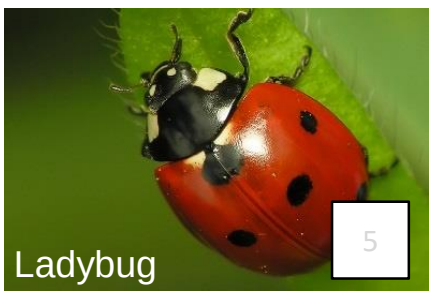
वाइ वाइ
CHICKEN FLAVOURED INSTANT NOODLES
3 SEASONINGS

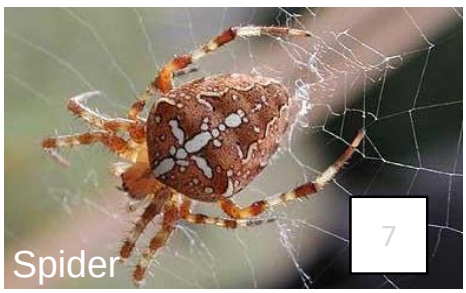
Insects

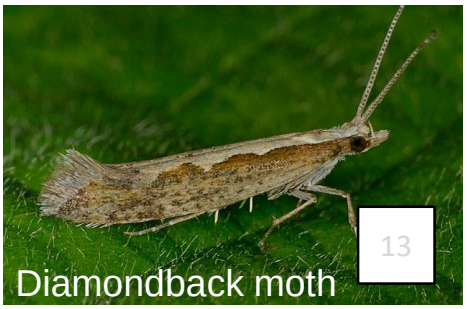
Some of the insects shown here are good for plants while others do damage. Tick ☑ all insects that do damage.











Food and Nutrition

Answer these questions to the best of your ability.
Tick ☑ only 1 answer per question.

1	Which food is good for your eyes?	1. ☐ Cucumbers 2. ☐ Beans 3. ☐ Carrots 4. ☐ Chicken meat
2	Which food makes your bones strong?	1. ☐ Cauliflower 2. ☐ Milk 3. ☐ Amaranthus 4. ☐ Eggplant
3	Which food is very high in salt?	1. ☐ Wai Wai noodles 2. ☐ Roti 3. ☐ Sell roti 4. ☐ Bread
4	Which drink makes your teeth strong?	1. ☐ Coca Cola 2. ☐ Fanta 3. ☐ Milk 4. ☐ Water
5	Which food is the most unhealthy if you eat it often?	1. ☐ Rice 2. ☐ Bread 3. ☐ Eggs 4. ☐ Wai Wai noodles
6	Which food makes your muscles strong?	1. ☐ Meat 2. ☐ Tomatoes 3. ☐ Milk 4. ☐ Onions
7	Which condiment is unhealthy if you eat it too much?	1. ☐ Cumin 2. ☐ Salt 3. ☐ Ginger 4. ☐ Garlic

8	Which food is not part of a healthy diet?	1. ☐ Vegetables 2. ☐ Carbonated drinks 3. ☐ Meat 4. ☐ Fruit
9	Which of these is <u>not</u> a name of a nutrient?	1. ☐ Fat 2. ☐ Carbohydrates 3. ☐ Tea 4. ☐ Protein
10	Which food has lots of vitamin A?	1. ☐ Green leafy vegies 2. ☐ Mung bean 3. ☐ Meat 4. ☐ Rice
11	Eating too much of which food makes you fat?	1. ☐ Guava 2. ☐ Steamed rice 3. ☐ Cauliflower 4. ☐ Radish
12	Which food has lots of vitamin C?	1. ☐ Carrots 2. ☐ Chicken meat 3. ☐ Lemons 4. ☐ Rice
13	Which vitamin is good for your eyes?	1. ☐ Vitamin A 2. ☐ Vitamin B 3. ☐ Vitamin C 4. ☐ Vitamin D
14	Which nutrient makes your bones strong?	1. ☐ Iron 2. ☐ Vitamin C 3. ☐ Calcium 4. ☐ Protein
15	Which nutrient builds muscles?	1. ☐ Iron 2. ☐ Vitamin C 3. ☐ Calcium 4. ☐ Protein

Snacks eaten last week

List the 3 “khaja” that you have bought during the last 7 days.

1	
2	
3	

List the 3 “khaja” that your parents gave you during the last 7 days.

1	
2	
3	

Hygiene Practices

Tick ☑ only 1 answer per question.

1	During the past 30 days, how often did you wash your hands before eating?	1. ☐ Never 2. ☐ Sometimes 3. ☐ Most of the time 4. ☐ Always
2	During the past 30 days, how often did you wash your after using toilet or latrines?	1. ☐ Never 2. ☐ Sometimes 3. ☐ Most of the time 4. ☐ Always
3	During the past 30 days, how often did you use soap when washing your hands?	1. ☐ Never 2. ☐ Sometimes 3. ☐ Most of the time 4. ☐ Always
4	During the past 30 days, how often did you use toilets and latrines instead of defecating in the open?	1. ☐ Never 2. ☐ Sometimes 3. ☐ Most of the time 4. ☐ Always
5	During the past 30 days, how many times did you brush or clean your teeth per day?	1. ☐ Never 2. ☐ Less than 1 time per day 3. ☐ Once a day 4. ☐ Twice a day or more

All food eaten yesterday

Use separate logbook sheet prepared in Word

Taste of Vegetables

How do <u>you</u> like the taste of these vegetables?
(Tick only one per row ☑)

		Like it a lot	Like it	Neutral	Don't like it	Don't know it
1						
2						
3						
4						
5						
6						
7						

	Like it a lot	Like it	Neutral	Don't like it	Don't know it
8					
9					
10					
11					
12					
13					
14					
15					

Children's Taste of Vegetables

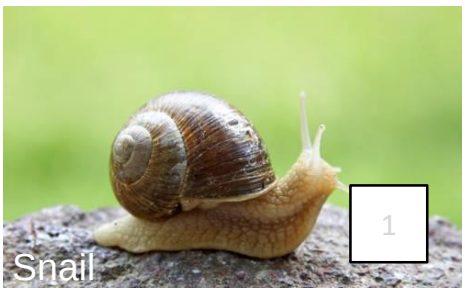
How do you think <u>your child</u> likes the taste of these vegetables? (Tick only one per row ☑)

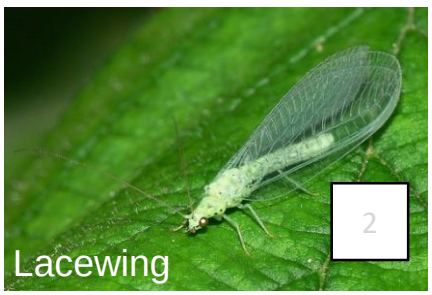
	Like it a lot	Like it	Neutral	Don't like it	Don't know it
1					
2					
3					
4					
5					
6					
7					

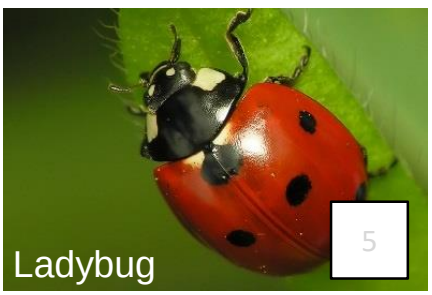
	Like it a lot	Like it	Neutral	Don't like it	Don't know it
8					
9					
10					
11					
12					
13					
14					
15					

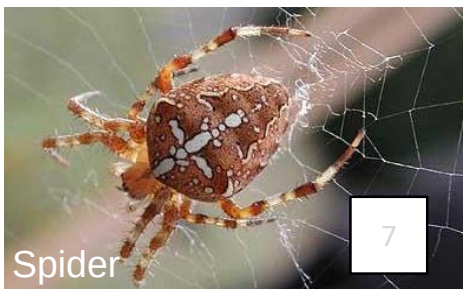
Insects

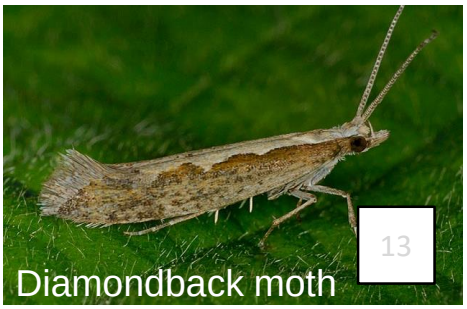
Some of the insects shown here are good for plants while others do damage. Tick ☑ all insects that do damage.











Food and Nutrition

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8	Which food is not part of a healthy diet?	1. ☐ Vegetables 2. ☐ Carbonated drinks 3. ☐ Meat 4. ☐ Fruit
9	Which of these is not a name of a nutrient?	1. ☐ Fat 2. ☐ Carbohydrates 3. ☐ Tea 4. ☐ Protein
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15	Which nutrient builds muscles?	1. ☐ Iron 2. ☐ Vitamin C 3. ☐ Calcium 4. ☐ Protein

Snacks eaten last Week

List the 3 “khaja” that you bought or prepared for your child during the last 7 days.

1	
2	
3	