**Pre-Test and Post-Test :**

**Module 2: Anthropometric measurement**

**for children under 5**

Location of Training: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name of Participant: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Position/Title: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Place of Work: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Pre and post-tests help assess knowledge gained from participating in the training. Please read the following instructions carefully before you begin the test:

* You have **15 minutes** to complete all the questions.
* Circle the correct answer for each of the following questions. Each question has **only one** correct answer.

1. What does ‘Anthropometry’ mean?

1. **Anthropometry means human measurement**
2. Anthropometry means qualitative measurement
3. Anthropometry means anthropology measurement
4. Anthropometry means scientific principles

2. The forms of undernutrition are :

1. Wasting
2. Stunting
3. Underweight
4. **All of the above**

3. Why does age matter for measurements?

1. Because age determines how healthy a child should be.
2. Because wasting can only be prevented in young children.
3. **Because weight and height increase with age, especially in the first 1000 days.**
4. Age *doesn’t* matter when measuring a child.

4. What is an Infantometer?

1. A mat for the child to stand on while being weighed.
2. **An instrument to measure the length of a young child.**
3. A device used to measure height of a person standing straight.
4. A scale for weighing a child.

5. What is a Stadiometer?

1. A mat for the child to stand on while being weighed
2. An instrument to measure the length of a young child
3. **A device used to measure height of a person standing straight.**
4. A scale for weighing a child

6. What does MUAC stand for?

1. Measured Under Arm Carefully
2. **Mid Upper Arm Circumference**
3. Mid Under Arm Calculation
4. Mid Undernutrition Anthropometry Calculation

7. What does ‘calibrate a scale’ mean?

1. To set the scale on a flat, firm surface.
2. The process of unpacking the scale from the bag it was carried in to the field.
3. **The process of testing the scale to ensure it is measuring accurately.**
4. To set the child on the scale for weighing.

8. You are weighing a child and the scale reads: 10.004 kg. You need to round to 2 decimal places when you record the weight. What number do you record:

1. **10.00 kg**
2. 10.01 kg
3. 10.03 kg
4. 10.05 kg

9. Normal anthropometric measures are:

1. **within 2 Z score cut offs**
2. between -2 and -3 Z score cut offs
3. between 2 and 3 Z score cut offs
4. None of the above

10. When do we need to take a third anthropometric measurement?

1. **when the first 2 measurements are very far from each other**
2. when the child measured is younger than 2 years old
3. if you forgot to calibrate the anthropometric equipment before using it
4. All of the above

Read each of the following statements carefully. Mark the appropriate box with a *(✓).*

| **Items** | **Statements** | **True** | **False** |
| --- | --- | --- | --- |
| 1 | “Recumbent Length” is the measurement of a child when they are laying down. | 🗆 | 🗆 |
| 2 | Height and weight are used to calculate BMI for children under 5. | 🗆 | 🗆 |
| 3 | If a child is wasted, they may be experiencing acute undernutrition. | 🗆 | 🗆 |
| 4 | If a child is stunted, they may be experiencing acute undernutrition. | 🗆 | 🗆 |
| 5 | Anthropometric measurements rely on a combination of measurements including sex, age, height/length, weight, MUAC, and Head Circumference. | 🗆 | 🗆 |
| 6 | Height should be measured with:   * slippers on * head scarves, hats and/or hair accessories removed from the head * back of the head against the wall * Children looking at their feet | 🗆  🗆  🗆  🗆 | 🗆  🗆  🗆  🗆 |
| 7 | Weight should be measured with:   * No shoes/sandals * Jackets on | 🗆  🗆 | 🗆  🗆 |
| 8 | Parents need to get counselling after measurement of their child in each time. | 🗆 | 🗆 |
| 9 | It is sufficient to calibrate the scale once a day before going to the field. | 🗆 | 🗆 |
| 10 | Head circumference is used when measuring key growth indicators for children under 2 years of age. | 🗆 | 🗆 |