

GLOSSARY OF TERMS AND WORDS

Anganwadi -	- ICDS centre (for preschool education health and nutrition services) like a Day care Centre.
Anganwadi Workers	- The incharge (usually a female from the community) of the ICDS centre. Conducts the activities of the centre.
Bajra	- A millet (<i>Pennisetum typhoideum</i>)
Balahar	- A dry mix consisting of cereal and pulse flour, groundnut flour and mineral and vitamin mix (developed at CFTRI, Mysore).
Baroda mix	- Contains 60 g wheat flour, 20 g bengal gram flour; 15 g groundnut flour and 5 g sugar.
Bengalgram	- <i>Cicer arietinum</i>
Black gram	- <i>Phaseolus mungo</i>
Cut-squares	- Confection (usually deep fried) of flour and sugar.
Ghee -	- Clarified butter
Gunderpak	- A sweet confection of cereal-pulse flour with edible gum. (Gunder = gum).
ICDS	- Integrated Child Development Services (A program of Government of India).
Jaggery	- Crude sugar
Matru-ahar	- Maternal or mother food.
Methi	- Hindi name for fenugreek or <i>Trigonella foenum graecum</i> .
Methipak	- A bitter sweet confection of cereal-pulse flour, fenugreek seed powder, jaggery or sugar.
Murmura	- An extruded ready to eat food.
Rabdi	- A cereal gruel
RTE	- Ready-to-eat-foods.
SNP	- Special Nutrition Program of Government of India.
Sheera	- A sweet pudding made of wheat

- Sukhadi* - A confection of cereal pulse flour, jaggery and shortening.
- Suntpak* - A sweet confection of cereal-pulse flour with dried ginger (Sunth).
- Tuver dal* - *Phaseolus aureus*.
- Western India* - States of Maharashtra and Gujrat.
- Wheat* - *Triticum aestivum*.