

Appendix I

Questionnaire on Habits, beliefs and consumption practices of methipak

Date _____

Place of interview _____

Pregnant _____ Lactating _____

Month of pregnancy _____

Month of lactation _____

Parity _____

Education of the respondent _____

Ethnic Group _____

Number of family members _____

Per capita income _____

Age of the respondent _____

Q.1 Did you/do you take any special foods during pregnancy or lactation ?

Pregnancy : Yes _____ Lactation : Yes _____

No _____ No _____

Q.2 Do you know what methipak is ?

Yes _____ No _____

Q.3 Do you take methipak in your family ?

Yes _____ No _____

Q.4 If yes, when? During pregnancy _____

Lactation _____ Winters _____

Q.5 Did you take it while you were pregnant _____ lactating _____

Q.6 If not why ?

Pregnancy

lactation

- a. Didn't like it
- b. Hot food
- c. Not good for child
- d. No advantage
- e. Don't know
- f. Any other

- Q.7. Do you think methipak can be eaten during pregnancy
Yes _____ No _____
- Q.8. If yes, is there any difference between the recipe of methipak consumed during pregnancy lactation or winter ?
Yes _____ No _____
- Q.9. Is methipak prepared for a pregnant/lactating women eaten by other family members ?
Yes _____ No _____
- Q.10. In which month of pregnancy is it eaten and for how long ?
Month _____ Duration _____
- Q.11. After how many days of parturition is it eaten and for how long ?
Days _____ Duration _____
- Q.12. At what time is it eaten ?
Morning _____ Evening _____ Any other _____
- Q.13. Approximately how much is eaten at one time ? _____ g.
- Q.14. What are the advantages of eating methipak ?

During pregnancy

during lactation

- a.
- b.
- c.
- d.
- e.
- f.
- g.
- h.

Q.15. What are the ingredients used ? please mention approximate quantity of each.

Sr No	Ingredients	Amount		
		Pregnancy recipe	Lactation recipe	Winter recipe
1.	Methi			
2.	Flour			
	Wheat			

Sr No	Ingredients	Amount		
		Pregnancy recipe	Lactation recipe	Winter recipe
2.	Bengal gram black gram Green gram			
3.	Ghee			
4.	Jaggery/sugar			
5.	Spices			
6.	Coconut			
7.	Any other (specify)			

Q.16. Please mention the method of preparation of methipak in short.

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