Glossary

ARTIFICIAL FEEDING:
Artificial feeding means feeding a baby on any kind of artificial milk such as, animal milk, tinned milk and not breast feeding.

ABORTION:
Abortion means termination of a foetus, miscarriage.

BEHAVIOR:
Behaviour means overt action of an individual.

BOTTLE FEEDING:
Bottle feeding means feeding from a bottle.

COLOSTRUM:
Colostrum means the first milk and is yellow sticky fluid secreted during the first few days of post partum, which provides nutrients and protection against infection.

COMPLIMENTARY FOOD:
Complimentary food is food suitable as a complement to breast milk or to infant formula, when either becomes insufficient to satisfy the nutritional requirements of the infant.

CRECHE:
Creche is a day nursery

DASTASK (RICE):
Dastask is a dish made of mash rice, milk, salt, sugar etc.

EXCLUSIVE BREASTFEEDING:
Exclusive breast feeding means giving a baby, no other food or drink in addition to breast feeding.
FOETECIDE:
    Foeticide means killing of an unborn child.

GENDER DIFFERENCES OR BIAS:
    Gender differences or Bias means difference in any trait or variable which is depended upon the gender of the person concerned. All psychologist and sociologists agree that behavior pattern and response pattern of man and woman on almost everything differs, other things remain the same.

GENDER:
    Gender refers to the women's and men's roles and responsibilities that are socially determined and gender is related to how we are perceived and think and act as men or women because of the way of society and not biological difference. These differences affect not only the social behavior all areas of personal and social life of the individual.

IMMUNIZATION:
    Immunization means to inoculate, vaccinate, protect, safeguard against a disease. It is a mass means of protecting the greatest number of people.

ILLITERATE:
    Illiterate means a person who is unable to read and write.

JUNK FOODS:
    Junk Food means Crispers, Crunches, Pizzas, crackers, convenience foods produced in a jiffy. Junk foods provide calories and other micronutrients are absent.
KHOLAQ:

Kholaq is Ladakhi bread, made from barley or wheat (roasted), ground, butter added to it. Rich in fat and calories.

LOW WEIGHT FOR HEIGHT:

Low weight for height is the recent or continuing energy deficits.

MALNUTRITION:

Malnutrition is a pathological state resulting from a relative or absolute deficiency or excess of one or more essential nutrients.

MOMO:

Momo is a dish made of meat (chops), onion, salt, pepper.

MORBIDITY:

Morbidity is the state of being deceased.

MORTALITY:

Mortality is the death rate. Annual number of death per 1,000 population.

NCHS:

National Centre for Health Statistics (NCHS), USA, standards. Collection and distribution of a Government agency in USA changed into national data related to health complementary

NUTRIENTS:

Nutrients are organic and inorganic complexes contained in food

PAVA:

Pava is a dish made of matar, wheat, jowar and are added. ground, salt is added to it and then boiled.
PREVALENCE:

Prevalence is the total number of all individuals who have an attribute or disease at a particular time divided by the population at risk of having a disease.

PROPORTION:

Proportion is a ratio which indicates the relation in magnitude of a part of the whole. The numerator is always excluded in the denominator. A proportion is usually expressed as percentage.

PUBERTY:

Puberty is the period in life in which a person becomes physically capable of reproduction.

REFERENCE:

Reference is defined as a tool for grouping and analyzing data and provides a common base for comparing population.

SEX:

Sex is a biological factor which is concerned with reproduction and perpetuation of human kind.

SEX RATIO:

Sex ratio is the number of females per 1000 males.

SIBLING:

Sibling is related genetically, a brother and a sister (disregarding sex) or one, two or more children having parents in common.

SQUEE:

Squee is a dish of wheat, oil, potato, meat cooked for hours used in Ladakh.
STANDARD:
Standard means a norm or desirable target and involves value judgment.

STATUS:
Status refers to a position in social system. It does not imply rank or hierarchy but denotes only position vis-a-vis rights and obligations.

SWEETS:
Sweets includes chocolates, candies, toffees, chewing gums etc.

THUPPA:
Thuppa is a common recipe in Ladakh made of noodles, Peas, veg, meat, cheese etc.

TRADITIONAL:
Traditional means handing down from generation to generation.

WEANING:
Weaning is the process of introduction of semi solid foods to breast fed babies and gradually increasing the amount so that child gets enough energy and nutrients.