ANNEXURE-I

(QUESTIONNAIRE FOR PREGNANT SUBJECTS)

I. GENERAL INFORMATION:

- Name of the subject
- Age
- Educational status
  - a) Uneducated
  - b) primary
  - c) middle
  - d) matric
  - e) 10+2
- Occupation
  - a) working
  - b) house wife
- Income (monthly)
- Family type
- No. of family members
- Smoking

II. ANTHROPOMETRIC MEASUREMENTS:

- Height (cm)
- Weight(Kg)
- Body Mass Index (Kg/m2)

III REPRODUCTIVE HISTORY:

- Age at marriage (years)
- Age at first child birth (years)
- Hemorrhage or bleeding of any sort
- No. of conception
• Miscarriage
• No. of infant death (under one year)
• Nature of previous delivery
• Type of previous delivery
• Term of previous delivery
• Birth weight of previous baby
• Teratogenicity
• Period of menstrual cycle

**IV CLINICAL SYMPTOMS:**

• Night blindness
• Clouding of cornea
• Phrynoderma
• Roughness of skin
• Hypogeurea
• Low smell sensitivity
• Anorexia
• Impaired wound healing
• Mental lethargy
• Behavioural disturbances
• Skin lesions or rashes
• Skin pigmentation
• Pre-eclampsia
IV  DIETARY INTAKE OF THREE CONSECUTIVE DAYS:

<table>
<thead>
<tr>
<th>Meal</th>
<th>Menu</th>
<th>Ingredients</th>
<th>Amounts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early morning</td>
<td></td>
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<td></td>
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<tr>
<td>Breakfast</td>
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<td>Mid morning</td>
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<tr>
<td>Lunch</td>
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<td>Evening tea</td>
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<tr>
<td>Dinner</td>
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<tr>
<td>Late night</td>
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</tbody>
</table>
ANXNEXURE II

SALTY BISCUITS

Ingredients:

- Whole Wheat flour : 500 g
- Desi ghee : 150g
- Powdered sugar : 150g
- Amaranth powder : 120g
- Milk : 150 ml
- Salt : to taste

Method:

- Mix wheat flour and amaranth powder thoroughly with sieve.
- Cream fat and sugar till light and fluffy.
- Add wheat flour with amaranth powder, salt and milk into the cream mixture and dough was prepared.
- The dough was divided into balls and rolled to 1/4th thickness.
- Rectangular biscuits were cut with biscuit cutters and baked at 175°C for 15- 20 min.
SWEET BISCUITS

Ingredients:

- Whole Wheat flour : 500 g
- Desi ghee : 220g
- Powdered sugar : 350g
- Amaranth powder : 120g
- Water : for making dough

Method:

- Mix wheat flour and amaranth powder thoroughly with sieve.
- Cream fat and sugar till light and fluffy.
- Add wheat flour with amaranth powder, salt and water into the cream mixture and dough was prepared.
- The dough was divided into balls and rolled to 1/4th thickness.

Rectangular biscuits were cut with biscuit cutters and baked at 175°C for 15-20 min.
INSTITUTIONAL ETHICS COMMITTEE
KURUKSHETRA UNIVERSITY, KURUKSHETRA

No. IEC/10/241-246
Dated 20/11/10.

Subject: Ethical clearance of the research proposal

Ms. Garima Singh

The research proposal entitled "Effect of Zinc and Beta-Carotene (Pro-vitamin A) Supplementation on Pregnancy outcomes" was in order and IEC-KUK has given ethical clearance in its meeting held on 13th November 2010 with the condition that dietary supplement like zinc Calcium & Vitamins etc. should be given under the supervision, recommendation & consultation of Medical Doctor.

Yours Sincerely,

(Prof. R.K. Sharma)
Member Secretary
IEC-KUK

Ms. Garima Singh
Department of Home Science
Kurukshetra University, Kurukshetra

[Handwritten note: Certified that all the subjects received these supplements and consumed the same without any complications under my supervision.]

Dr. P. Kumar
Sr. M. O.
III/UNC