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 (Pennisetum typhoideum)

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 - Cicer arietinum

Black gram - Phaseolus mungo

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).


Jaggery - Crude sugar

Matru-ahar - Maternal or mother food.

Methi - Hindi name for fenugreek or Trignella foenum graecum.

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
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<tr>
<th>Item</th>
<th>Description</th>
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<tbody>
<tr>
<td>Sukhadi</td>
<td>A confection of cereal pulse flour, jaggery and shortening.</td>
</tr>
<tr>
<td>Suntpak</td>
<td>A sweet confection of cereal-pulse flour with dried ginger (Sunth).</td>
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<tr>
<td>Tuver dal</td>
<td>Phaseolus aureus.</td>
</tr>
<tr>
<td>Western India</td>
<td>States of Maharashtra and Gujrat.</td>
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<tr>
<td>Wheat</td>
<td>Triticum aestivum.</td>
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