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. 15. 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.

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<thead>
<tr>
<th>Sr No</th>
<th>Ingredients</th>
<th>Amount</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td>Pregnancy recipe</td>
</tr>
<tr>
<td>1.</td>
<td>Methi</td>
<td></td>
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<tr>
<td>2.</td>
<td>Flour</td>
<td></td>
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<tr>
<td></td>
<td>Wheat</td>
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<td>Sr No</td>
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<td></td>
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<td>Pregnancy recipe</td>
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</table>
| 2.    | Bengal gram
      | black gram
      | Green gram     |                 |                |
| 3.    | Ghee                        |                 |                 |                |
| 4.    | Jaggery/sugar               |                 |                 |                |
| 5.    | Spices                      |                 |                 |                |
| 6.    | Coconut                     |                 |                 |                |
| 7.    | Any other (specify)         |                 |                 |                |