Exercise 1: Occasions

- Discuss and reach a consensus regarding the list of occasions presented
- Group yourselves into two teams. Each group must have members from each field of specialization
- Your group will focus on a set of occasions in the next exercise.

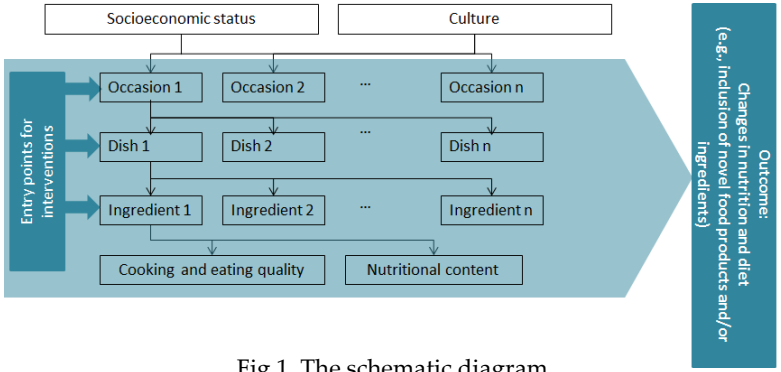


Fig 1. The schematic diagram

Exercise 2: Dishes

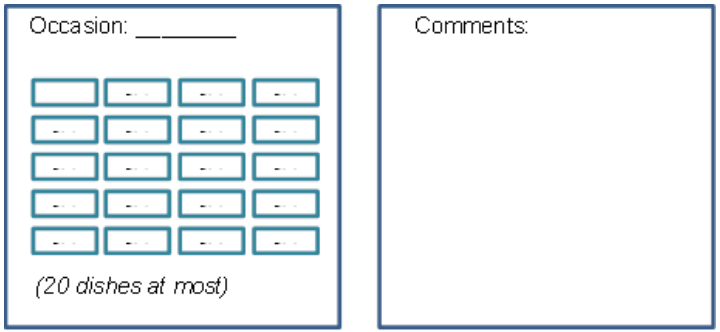
- Individually, identify as many dishes* as you can per occasion assigned to you. Write one dish on one sticky note card.
- Reach consensus on the 20 most important dishes consumed by the target population per occasion.** Place your sticky notes on the flip chart sheet.
- Comment on the other group's list of dishes.

*A dish is any food prepared in a specific way. It is composed of component ingredients. Dishes can contain a single component (e.g., rice) or multiple components. Desserts are considered as dishes. Beverages will not be included in our exercise.

**DFC's target population are households in the low and middle income group in urban and rural Odisha/West Bengal.

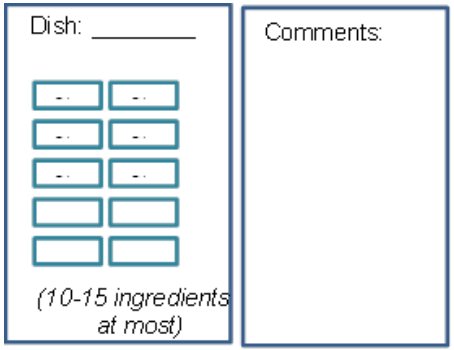
Exercise 3: Presentation of dishes

- Improve your list of dishes (per occasion) based on the comments received from the other group.
- Place your list on the flip chart or up a wall.
- Present your final list of dishes per occasion to the whole group.



Exercise 4: Ingredients

- Define the component ingredients of each dish. Refer to cookbooks, if needed.
- List at most 15 component ingredients for each dish.
- Compute the preparation cost of each dish per serving for an average adult. Indicate below the dish name.
- Write each ingredient on a sticky note and place it on the flip chart sheet.
- Comment on the other group's list of ingredients.
- Improve your list based on the comments received.



Exercise 5: Nutritional interventions

- Identify potential nutritional and dietary interventions at multiple levels of the GSR framework.
- Complete the table below.
- Comment on the other group's output.
- Improve your table based on the comments received.

Level of intervention Occasion? Dish? Ingredient?	Whom? Target population	Why? Nutritional concern of the target population	What? Action/ Intervention	Who? (Roles) Agent/s of change	How? Impact pathway

Exercise 6: Presentation of nutritional interventions

- Place your work on the flip chart or up a wall.
- Present your output.