CENTER & DATE	**JOYNAGAR -VILL- & 26-8-17**
METHODOLOGY (EGD, DI, MINI GROUP, ETC)	**FGD-2N DAY**
GENDER	**Female**
LANGUAGE	**Bengali**
DURATION OF DISCUSSION	**116.47 minutes**

M: We are into research, purpose of this recording is I will talk now but not possible to write so many things, also when you nod your head then that will not be written so top capture all these we are doing this. When I will prepare report later then I will see if I miss out anything in my note, this will not be sown in TV or be given to any channel. Also we will not discuss something which can be against you. Today we will discuss about food, cooking. So nothing to hide from us. Tell me something about you all, who all are there at home, what all you do. Let's start with you you are <name of respondent 1>, who all are there at home <name of respondent 1>?

R: Mother in law, husband, my son & me.

M. How old is your son?

R: 15+

M. What does your husband do?

R: Works in a company.

M. You are a housewife?

R: Yes.

M. What is your name?

R: **<name of respondent 2>**.

M. Who all are there at home?

R: My husband, me & 2 kids.

M. How old are your kids?

R: 8 years & 3 years.

M. You.

R: **<name of respondent 3>**.

M. Who all are there at home Nargis?

R: Mother in law, father in law, sister in law, her husband, my 2 kids, me, my husband, we are 8 members.

M. How old are your kids?

R: 6 years & 1 year old.

M. Your name <name of respondent 4>.

R: **<name of respondent 4>**.

M. Who all are there at home?
R: 2 daughters, me & my husband.

M. How old are your daughters?
R: 14 years & another one is my niece.

M. What does your husband do?
R: Works in a company.
R. Has a son also

M. What does your son do?
R: 22 years old

M. What does he do?
R: He also works.

M. You <name of respondent 5>.
R: I have father in law, mother in law & 2 children one daughter, one son.

M. How old are your kids?
R: Son 6 years old & daughter 2 years old.
R: I am Gita. My husband, me & one son.

M. How old is your son?
R: 12 years old.

M. What does your husband do?
R: Electrician.
R: I am Parul. I have 3 sons.

M. How old are your sons?
R: eldest one is 26 years old, middle one is 22 years old & youngest one is ...not clear..5.40.00..

M. Husband
R: Has fruit business.

M. You are a housewife?
R: Yes.

M. Son is married?

R: Yes, one son is married.

R: I am **<name of respondent 6>**, mother in law, co sister, brother in law, one son & my husband.

M. How old is your son?

R: 21 +

M. What does he do?

R: Works in a small company Vodafone.

M. All day you must be very busy?

R: Yes.

R: Have household work.

R: Has to drop & pick up kids from school.

M. School is far?

R: School is at Joynagar, home is far away.

M. How do you commute?

R: By auto, van.

M. What do you do during free time?

R: Cook.

R: Watch TV serial.

R: I do tailoring job.

M. Who cooks at home?

R: We all cook.

M. Those who has elders at home or co sister or sister in law is there, they also help in cooking?

R: Yes.

R: Mother in law helps.

R. My mother in law cannot do anything

R. My mother in law cuts vegetables.

R. My co sister cooks in the morning & I cook in the evening.

R. I cook alone.

R. My daughter in law cooks.

R. I do everything alone starting from marketing

M: Who decides what is to be cooked?

R: I myself.

R: We all decide, sometimes I ask husband also.

R: I ask my mother in law as I am scared.
R: I also ask my husband.
R: My choice as well as husband's choice.

M. Kids has no say?
R: Yes.
R: If we ask them they will say poori.

M. In which food kids decision is mostly taken?, lunch or dinner or breakfast?
R: Breakfast.
R: Evening snacks.
R: Tiffin for school.

M. During holidays their decision is final?
R: Yes.
R: Yes.
R: We have top listen to them.

M. All in your homes you cook different foods for breakfast, lunch, dinner, evening snacks?
R: yes.

M. Or may be you cook once in the morning & in the night you eat the same food.
R: No, we don't eat that we cook different food.
R: We don't eat last night's food.
R: If something is extra that is different we keep that in fridge
R: We don't eat food kept in fridge.

M. Why did you buy fridge?
R: To keep water.

M. What time you get up in the morning?
R: 4 am
R: 6 am
R: I wake up at 5 am my daughter will go to school at 6 am, I have to get her ready.

M. After you wake up in the morning what is the first food you take?
R: Water.

M. Then
R: Tea & biscuit.

M. All of you take same Tea & biscuit after waking up.

R: I give sattu to my son in the morning.
R: Same to my son.
R: I give sattu as well as complan.

M. Tell me <name of respondent > what all family members in your house take in the morning after they wake up?
R: My son wakes up in the morning before going to study he takes sattu sharbat with salt & lime or Complan.

M. Anything else he takes?
R: No.

M. Rest of you.
R: We drink tea & take biscuit. We drink water in empty stomach then take tea & biscuit. My mother in law also takes sattu in the morning.
R: My son sometimes take Sattu or sometimes eat biscuit with water or sometimes take puffed rice, ghugni & then sit to study.

M. Early morning he takes puffed rice & ghugni?
R: Yes. Last night's ghugni with puffed rice, that he takes less mostly sattu sharbat.

M. I am talking about first food. <name of respondent >.
R: We first cook early in the morning, we all are busy for office work. All of them take bath & sit to have rice, my brother in law, son all takes rice & go out.

M. System of tea & biscuit in then morning.
R: Is not there after my father in laws death.

M. You take?
R: No.

M. What about your house <name of respondent >?
R: In my house none wakes up early, gents wake up & go to shop, there they have tea.

M. You & daughter in law?
R: Daughter in law does not take tea, I take parantha & puffed rice.

M. That is breakfast, do you take anything just after waking up?
R: I also take tea at the shop.

M. What about your house <name of respondent >?

R: My son drinks sattu sharbat along with him I also drink sharbat. When he does not want to take sattu then Horlicks. Husband is not there if he is there then we prepare tea.

M. What about you <name of respondent >?
R: My child wakes up, brush teeth & go for tuition, does not take anything.

M: What do you give to the little one in the morning?
R: Breast milk he takes.

M. <name of respondent >.
R: I first change my sari, wash my face & then go to kitchen. Then start cooking then call my daughters, after they wake up I prepare sattu. I prepare sattu at home with chana with fried chana, rice fry.

M. <name of respondent >.
R: My kids drink milk & take biscuit early in the morning & go to school.

M. What do you have?
R: I have hot rice .

M. After waking up you eat hot rice, nothing before that?
R: No.

M. Now would like to know about next food, it van be breakfast or tiffin for school or can be food you give to husband fro going to work. Don't include any other food in this. Now Barnali after tea & biscuit what next?
R: Around 10 or 10.30 am we have panta or puffed rice or roti. If I find panta & roti is over then I prepare sattu sharbat & drink that before going to school.

M. What do you eat roti with?
R: With any curry we prepare with rice in the morning it can be potato curry or any vegetables, we take from that & eat.

M. For whom do you cook rice & curry in the morning?
R: We at once cooked in the morning for afternoon lunch.

M. Anyone carries rice & curry?
R: No, all goes after eating.

M. Do you take anything else with Panta?
R: Either with the curry we prepare for rice or with green chili, onion we mix panta.

M. <name of respondent >
R: I drink tea once again.

M. Your sons go out.
R: Yes, then again afternoon lunch.

M. In between they don't take anything?
R: Whatever they get in between they eat.

M. Daughter in law takes anything?
R: If panta is there she takes that. Or eat rice early morning.

M. With what she eats rice?
R: By 11 am we finish cooking rice & vegetables curry.

M. <name of respondent >.
R:...not clear..17.15..

M. What do you give with rice?
R: One veg, & egg or fish etc.

M. So eats rice, egg, veg curry & goes away.
R: Yes.

M. You.
R: I prepare roti, sabji, panta is for me.

M. Very favorite.
R: Yes.

M. What do you prepare panta with?
R: Alu Bhate (Boiled potato), onion, green chili or red chili fry. Also when some sabji is ready for rice then eat that with Panta.

M. You have 2 kids. What do you give them when they go to school? What do they eat?
R: Rice & Sabji.

M. Anything else other than rice & sabji?
R: No.

M. What curry you prepare for rice when they eat that before going to school the same curry you keep for afternoon?
R: Yes.

M. Tell me.
R: My daughter goes to school eating rice.

M. What does she eat with rice?
R: Sabji, some fry, mix vegetables.

M. Whatever you cook for lunch she eats that only & carries.
R: I also eat rice that time only.
R: After coming from school does not eat anything she plays, only while going to school eats rice.

M. What does she eat rice with?
R: Ghee, alu bhate, curry.

M. What all items are there with rice?
R: Mostly ghee alu bhate.

M. Sometimes curry.
R: Yes.

M. Same you keep for lunch.
R: Yes.

M. <name of respondent >.
R: I cook in the morning. Daughter goes to school having sattu. She eats rice in school & returns home. After returning home she will not eat anything.

M. You.
R: Younger one goes with father after having rice.

M. What does her father eat?
R: Whatever I cook in the morning same they eat & also carries.

M. Rice or roti?
R: Rice or roti whatever.

M. <name of respondent >.
R: During weekdays son goes to school after having food, I take tea biscuit & give the same to husband also.

M. What does your son eat?

R: sometimes sattu sometimes Complan & goes to tuition. After coming from tuition he takes bath & has lunch whatever is there like on vegetarian days with veg food ghee is there on Non vegetarian days we cook fish, mix vegetables, fried items. Goes after having food. Prepares tiffin.

M. Whatever you cook you also eat the same?
R: Yes, by 10.30 am I eat rice & also give to my mother in law & my husband also takes it & goes away.

M: This time of the day when you eat rice what all items are there with rice? Mainly rice is there along with that what all are there? <name of respondent >.
R: Potato & bitter gourd fry, fish with ridge gourd & potato, sometimes fish curry & fry.

M. Other than Potato & bitter gourd fry what other fried items are there at this time?
R: Parwal (pointed gourd) fry, brinjal fry.
R: Lady's finger fry, ridge gourd fry.
R: Pumpkin fry
R: Prawn fry also.

M. Tell me fry ones first?
R: Barbati (asparagus bean) fry, Lady's finger fry.
R: Brinjal fry, pumpkin fry, potato fry.
R: Kakrol (Teasle gourd) fry.
R: Barbati (asparagus bean) & potato mix fry.
R: Kundri (ivy gourd) fry.

M. Different vegetables fry.
R: Yes.

M. Is there any such fry which you eat but I don't know?
R: Mushroom fry.
R: Kurud fry.

M. Any other fry?
R: Shushmi shak fry, Kalmi shak fry that is grown in field. We mix 5 types of leafy vegetables & fry with onion & dry chili fry.
R: Kachu shak.
R: Papad fry is must.
R: I keep papad fry in tight container. My son takes out 2 papad fry with every meal & dal.

M. Do you prepare dal bara fry?
R: Yes. By Masoor dal grinding.
R: Very good when eaten hot.

R: Bitter gourd leaf with besan fry, pumpkin flower with besan fry also.....not clear..24.20..fry.
R: Pumpkin flower with potato &b besan fry is very nice
R: Bak flower fry.

M. You prepare these that time of the day?
R: Yes.
R: If available.
R: Mostly all these items are prepared on Sunday.
R: Mostly on vegetarian day fried items are prepared.

M. Any other fried items that you missed?
R: Shukto flower fry...not clear...25.05.

M. Which season it is mostly available?
R: Summer season
R: Neem flower fry also
R: Neem leaf & brinjal fry during summer.
R: Ol kopi. In winter.
R: Beet potato fry.

M. What all fry items in winter? What all fry items in summer?
R: Note shak, kolmi shak.
R: Lady's finger fry
R: Pointed gourd fry (Parwal fry), potato fry, pumpkin fry.

M. Potato, pumpkin fry is available in every season, tell me the ones which are only available in summer.
R: Jukti flower fry.
R: Neem leaf fry.
R: Mainly Juktiful in summer.

M: Which all fried items in winter?
R: Carrot, beet fry.
R: Seem, korai fry.
R: Cauliflower fry
R: Cabbage fry.

M. Any other fry that you eat in winter here?
R: Can't recall.

M. What all fry during rainy season?
R: Brinjal fry, pointed gourd fry.

R: Kakrol, potato fry
R: shak fry
R: Kolmi shak fry.
R: In rainy season less of green leafy vegetables are eaten.

M. Why less leafy vegetable in rainy season?
R: During rain more of germs are there in leafy vegetables so we eat less.
R: spinach fry in winter
R: Korai shak fry, kheshari.

M. Do you fry that?
R: Yes, with seem, potato.
R: Fenugreek leaf fry in winter with seem.

M. Anything else?
R: No.

M. When you cook in the morning you cook rice, one fry & dal is also there?
R: Yes.

M. Daily dal is there?
R: No, twice a week dal is there on vegetarian days.

M. How many of you cook dal on vegetarian days?
R: I cook dal all through the year.
R: Only on vegetarian days.

M. 2 of you cook dal on vegetarian days only. What about you?
R: Twice or thrice a week I prepare dal.
R: Once a week.

M. <name of respondent >.
R: Sometimes even I don't cook dal at all.

M. During day time which dal do you prepare?
R: Moong dal.
R: Masoor dal.
R: Kheshari dal.
R: Matar dal.
R: I sometimes cook matar dal & sometimes varieties dal together, arhar dal, kolai dal (black lentil) during day time.

M. Do you prepare kolai dal (black lentil)

R: I prepare rasbara with that.

M. You don't prepare dal with that?
R: Yes. I like that dal but not my son & my husband
R: Same at my place also that is why I prepare less. At my parents place they prepare.

M. Do you prepare chana dal during day?
R: If any fasting is there.
R: Not regularly.

M. Dal is over, now tell me, that time do you prepare curry?
R: Yes.
R: Vegetarian curry.

M. What curry?
R: Dalna with cauliflower & potato.
R: Potato patal dalna, ridge gourd, potato with khaskhas (posto)
R: Mostly we prepare posto.

M. <name of respondent > you tell me what all types of posto are there?
R: Alu posto, parwal posto, ridge gourd posto, posto with fish, posto with potato fry.

M: What all curries are thee, <name of respondent > you said Shukto. What else?
R: Bottle gourd curry.
R: Gandal curry.

M. Would like to know what all foods are cooked at <name of respondent >'s place?
R: I mostly prepare chicken during day. Kids do not want to eat fish sop chicken.

M. No vegetables?
R: Very rarely.

M. <name of respondent >.
R: I prepare ridge gourd vegetables, we regularly cook fish.

M. What about vegetables.
R: Ridge gourd potato with fish, fish with tomato, fish is main.

M. Vegetables are not cooked that way but with fish.
R: Yes.

M. What about <name of respondent >'s home

R:Mostly chicken.

M. So rice, dal, fry & chicken.
R: Yes.
R: We prepare vegetables mostly.

M. Mix vegetables do you cook?
R: Yes.
R: Prepare curry with skin of all types of vegetables.

M. What all skin do you fry?
R: Ridge gourd skin, potato skin
R:Ridge gourd skin grind is awesome.

M. What else?
R: Potato skin fry.

M. Don't you prepare bottle gourd skin fry?
R: Yes.
R: I prepare that with some bitter items.
R: I fry that.

M. Some fry it some prepare it with bitter items.
R: Yes.

M. Any other items?
R: Bari & mustard paste curry.

M. What all jhal curry are made?
R: Fish jhal curry
R: Brinjal jhal, parwal jhal.
R: Brinjal in mustard curry, lady's finger in mustard curry.

M. Do you prepare any bhate, boiled items?
R: Yes.
R: Bitter gourd, potato, pumpkin boiled.
R: Banana boiled.
R: Boiled tomato, boiled kakrol
R: Ol bhate is very famous.
R: Papaya bhate, Kachu pata, lau pata chate.

M. Do you prepare all these in the day time?
R: Yes

R: Eat in the afternoon.
R: when everyone is at home then I have to prepare thor, mocha tomato everything. On other days only one curry.

M. Any other curry than thor, mocha?
R: Dumur curry
R: Vegetarian curry with dumur.
R: Papaya, dumur, raw banana, potato curry.

M. Do you get Kanda?
R: Yes.

M. How do you prepare Kanda?
R: What is that Kanda?

M. White in color?
R: Don't know.

M. Anything else which is missed out?
R: Bhetkul leaf.
R: Kochur loti fry
R. Light fish curry. With mustard paste.
R. Shaluk leaf with kochu is very nice, that we prepare at least once or twice a year
R. shaluk flower or the light one is grown in rainy season.

M: Curry is done. In curry dry curry like alu posto, mustard paste & lady's finger dry curry. Do you prepare gravy items?
R: Yes.

M. Like Ridge gourd gravy curry?
R: No, in fish curry we add ridge gourd.

M. No such vegetable curry otherwise.
R: No.

M. Do you prepare fish in every house during day time?
R: Yes.

M. Who all cooks fish during day time?
R: Not daily.
R: We don't cook fish on Saturdays.

M. Daily from Monday to Friday?

R: Yes.

M. 2 of you cook daily. What about others?
R: Twice a week, sometimes if not able to bring then no fish.

M. So more or less 3 to 4 days fish is there.
R: Yes.

M. <name of respondent >at your home also fish is there?
R: Yes.

M. <name of respondent >you prepare fish also?
R: Yes.

M. How many times in a month?
R: Twice a week.

M. <name of respondent >
R: We prepare pona fish jhal curry or prawn fry then prepare jhal curry with that.

M. What all fish do you consume?
R: Lilantika, telapia
R: Bata.
R: Pompfret
R: Gurjali
R: Pona, pabda, prawn, telapia, pompfret, rohu, sardin, tengra, koi, shol, lyata, nihere fish, small shrimp.

M. Anyone wants to add something to this list?
R: Bhetki, parsh, bhangor, we eat these.
R: Then tar fish
R: Ilish.

M. Anything else?
R: Bhola fish
R: Amodi
R: Roop Chand fish
R: Shing Magoor.

M. How do you prepare fish?
R: Jhal with mustard paste.
R: Or jhol.
R: Depends on fish, pona fish jhol curry, Ilish fish little dry with mustard paste

R: Ilish bhapa (steamed), doi fish.

M. Sometimes you prepare fish with vegetables also?
R: Yes.
R: Singi fish jhol.

M. Do you prepare paturi?
R: No.
R: We cannot prepare, when we go to any function we eat there, bhetki fish paturi.
R: But we cannot prepare.

M. Anything else do you prepare at day time?
R: chicken.

M. Other than weekends, on weekdays who all prepares chicken at home during day time?
R: At my place.

M. At <name of respondent >'s place, how many times a week do you prepare meat?
R: Twice a week.

M. Chicken or goat meat?
R: No, buffalo meat & cow meat.

M. You.
R: we prepare 5 days a week buffalo meat during day time.

M. Kids also eat the same?
R: Yes.

M: At <name of respondent >'s place?
R: All 7 days meat, meat as well as chicken we don't eat cow meat.

M. You.
R: Other than Sunday we do not prepare chicken during day time.

M. Do you prepare chatni during day time?
R: Yes.

M. <name of respondent >you tell me what all types of chatni do you consume?
R: Fruit chatni, papaya chatni, chingri chatni, mango, Tomato.
R: Amra, amsatta.
R: Jalpai

R: Kamranga.
R: Koromcha chatni.

M. In your house?
R: All these only.

M. Do you consume chatni daily?
R: No
R: Once or twice a week.
R: During summer daily.
R: During mango season daily
R: Dal with mango, mango chatni for summer.

M. Do you consume any salad during day time?
R: Yes.
R: When chicken is there.
R: During winter
R: Not always.
R: We prepare cucumber, tomato, onion salad.

M. Do you consume that during day time?
R: Yes, at lunch.
R: At lunch we eat more of cucumber, lime etc.
R: We eat only cucumber with lunch.

M. Whatever food you cook in the morning that only you consume during day time?
R: Yes.

M. Nothing different?
R: No.

M. Other than cucumber do you eat anything else as salad?
R: No.

M. Do you consume raita with lunch?
R: No.
R: I don't like that at all.
R: Mango pickle is there at home, if we wish after food we eat mango pickle. Not daily, as per our wish.

M. So morning & afternoon food is done. After eating lunch do you consume anything else?
R: Fruits.

R: If available at home, not regularly.

M. What about your house <name of respondent >? Do you consume fruits after lunch?
R: No.
R: During mango season we consume mango.
R: Guava.

M. Not regularly.
R: Sometimes we consume sour curd
R: I have a guava tree after food I go there in search of guava, I like to have either guava or sweet or pickle after food regularly.

M. Anyone else also has this kind of routine?
R: No.
R: I eat paan after rice.

M. After this & before evening do you eat anything else?
R: I eat.

M. What?
R: I prepare tea in the evening.

M. At what time?
R: 4 or 4.30 pm tea with puffed rice, chana chur, with oil fried bhaja at home

M: What all tele bhaja do you prepare?
R: Beguni (with brinjal) chop with pumpkin & besan.

M. What else?
R: Onion piyaji, then muri chanachur, cucumber mix.

M. You only eat this or all in the house?
R: All in the house. My mother is law is not having teeth so she cannot eat so I give her tea & biscuit.

M. Like <name of respondent >who all has routine at home?
R: During evening.

M. Around 4 or 4.30 pm.
R: Give milk & biscuit to my son at that time.
R: At that time we pluck batabi lime & eat not tea & biscuit.
R: I take tea.

M. <name of respondent >.
R: Guava, corn khoi fry (Popcorn)
R: Same with us.
R: I give milk & biscuit to my daughters around 4 or 5 pm or give sattu. Also popcorn person comes.
R: My daughter takes home made sattu in the evening.

M. What do your children eat in the evening <name of respondent >?
R: None of my sons stay at home, so they eat outside whatever they like.

M. Whatever we have discussed today, other than this do you prepare anything else for kids in the evening?
R: Maggi
R: chowmin.

M. That is late evening. What about 4 to 5 pm.
R: Nothing.

M. <name of respondent >do you give anything to your children at that time?
R: No.

M. We all take evening snacks. What time do you take evening snacks?
R: In between 6 to 7 pm.

M. <name of respondent >you tell me at around 6 or 7 pm what all do you prepare at home?
R: We prepare nithing, puffed rice fry is there, chanachur is there, mango pickle in oil is there, we mix them & eat. My mother in law eats just puffed rice because she complains of gas. All others eat chanachur & puffed rice.

M. <name of respondent >.
R: I buy chops. At home puffed rice, cucumber is there my daughter in law prepares puffed rice. I take chop for daughter in law.

M. Occasionally you get chop & puffed rice.
R: Yes.
R: Sometimes chowmin or maggi.
R: Also singhara, Samosa.

M. What all do you cook at home that time?
R: During rainy season taler bara.
R: Pumpkin, besan chop

R: Prepare chop by boiling potato at home.

M. What else? Don't you prepare ghugni in the evening?
R: For night.

M. You.
R: Taler bara.

M. Occasionally we will come later, tell me the regular ones.
R: Chop & puffed rice, then maggi, chowmin.

M. Do you prepare chowmin with vegetables?
R: Yes, vegetables beans.

M. <name of respondent >.
R: Tea, chop or piyaji.....not clear..53.00....

M. In the evening more or less this.
R: Yes.

M. Nargis.
R: Puffed rice with chana...not clear.....
R: Get from shop.

M. What all do you get from shop in the evening snacks?
R: Corn, puffed rice, parantha...not clear...

M. Is there something in between evening snacks & dinner?
R: No.

M. Now dinner, you cook dinner fresh at night only.
R: Yes.

M. <name of respondent >you tell me what all you eat at night, first tell me rice or roti?
R: Rice.

M. How many of you eat rice at night?
R: All of us.
R: Out of 7 days 3 days roti & 2 days rice
R: Once a week rice at night.

M: <name of respondent >what about you?
R: 2 days rice & rest roti

R: Daily rice.
R: once or twice rice otherwise roti
R: Roti, parantha, chowmin.
R: Daily roti.
R: Once a week rice at night when husband is at home, otherwise roti, parantha, poori, peta parantha etc.
R: Daily rice
R: Regularly my mother in law, brother in law takes ropti, we take rice.

M. At night veg or non veg
R: Thursday night veg, roti, puffed rice.

M. On other days?
R: Rice, one sabji.

M. Others tell me about veg days at night.
R: I mostly prepare poori, ghugni for veg days at night. Sometimes kasha aludom with poori, sometimes potato with kalonji curry with poori. On non veg days we mostly cook rice & egg at night.

M. <name of respondent >.
R: At night sometimes dal, & if left out meat is there from lunch then we eat that for dinner also.

M. Anything else at night?
R: No.

M. <name of respondent >?
R: Dal with potato fry or potato bharta.

M. <name of respondent >you said chowmin but what do you cook along with roti, rice, parantha?
R: Ghugni, alu Parantha.

M. What else? Chana curry, tarka.
R: Chana curry.

M. Do you consume Rajma?
R: No.
R: Paneer sabji.

M. Anything else?
R: No.

M. Do you consume puffed rice at night?
R: Yes.
R: We mostly eat roti at night not rice.

M. Mostly parantha, poori.
R: Peta parantha, alu parantha.

M. What else?
R: Peta parantha, then plain parantha, roti, alu parantha.

M. Do you prepare sattu parantha?
R: No.

M. Paneer parantha?
R: No.

M. Dal parantha?
R: No
R: Parantha with white matar.
R: Sometimes soyabean potato curry sometimes egg curry.

M. Mostly boiled potato.
R: Boiled potato, dal.
R: Alu dom or alu fry.
R: On weekdays at night we eat veg.
R: Either egg curry or meat at night.

M. Barnali.
R: Dal, egg for my son daily. Also with dal fries are there. At night mostly dal.

M. After having dinner do you consume anything else?
R: No.

M. Sweets?
R: I take with roti when veg is there.

M. Don't you consume milk & roti?
R: Yes.
R: I like milk & roti.
R: Milk & roti I like
R: Egg roll for tiffin.

M: Now come to holidays, do you get both Saturday & Sunday as holiday or only Sunday?
R: Only Sunday.

M. Routine is same on Sundays also?
R: No, special things we eat on Sundays.

M. Items are same?
R: No.

M. That day also same first tea or sattu, then rice, then again rice in the afternoon.
R: No.

M. How different it is?
R: Sunday we eat biscuit & tea, then hot samosa & jalebi brought at home, or prepare poori out of maida at home or even get parantha & ghugni from outside.

M. What other items on breakfast?
R: Sunday, Jalebi, samosa puffed rice, parantha ghugni.

M. Other than this any other breakfast items at your house? Nargis.
R: Yes.

M. Uma same or something else is also there? Please add to the list
R: curry...not clear....1.1.35...

M. What else?
R: Egg roll, chowmin.

M. What else?
R: Gola roti with sabji.

M. What else <name of respondent >?
R: My son & me eat Panta, then roti sabji.

M. Sunday also roti, sabji?
R: Yes. He gets Parantha from outside.

M. You can buy Parantha?
R: Yes, Peta Parantha is available outside.

M. What else?
R: Ghugni.

M. Every Sunday Peta Parantha & ghugni for tiffin.
R: Yes, or even get puffed rice also.

M. Anything else <name of respondent >?
R: Get puffed rice from outside.

M. What do you eat puffed rice with?
R: Puffed rice, ghugni, peta parantha, alu kasha.
R: Grated coconut with puffed rice, sometimes coconut peetha & sometimes semai (Vermicelli).

M. Rice peetha.
R: Yes, with rice flour. Or else we mix coconut grated with chanchur & puffed rice & eat.

M. Sunday special lunch what all? <name of respondent >
R: We eat fish more & less of meat. One Sunday we eat meat other Sundays fish, mix vegetables.

M. <name of respondent >.
R: Meat is must.

M. Cow meat?
R: No, buffalo meat & rice.

M. <name of respondent >.
R: Biriyani, or mostly buffalo meat & rice.

M. <name of respondent >.
R: Sometimes chicken & sometimes goat meat also
R: We don't eat red meat but chicken. We cook different fish curry also.

M. Eat with rice.
R: Yes.
R: chicken curry & rice or fish curry rice.

M. <name of respondent >?
R: It can be chicken or goat meat.

M. <name of respondent >.
R: Chicken. Sometimes prawn kalia or malaikari or prawn fry

M. You mostly prepare prawn

R: Yes.

M. <name of respondent >.
R: As Uma said, very rarely meat is being prepared at my place. Only me & my son eats meat others don't. When guests come then we prepare.

M. Otherwise fish & rice.
R: Yes.

M. Sunday evening snacks.
R: Chowmin.

M. Anything special?
R: Telebhaja (Oil fried things)
R: Chana or Alu Kabli, golgappa
R: Samosa.

M. <name of respondent >.
R: Like other days we have puffed rice on Sundays also.
R: If anything special in the morning then not at night.

M. Anything special at Sunday dinner? Also it can happen that during day time we eat rich food so at night we may eat light.
R: Yes.
R: Puffed rice, ghugni or roti ghugni.
R. Rice & sabji

M: Sunday night.
R: Parantha, like other days roti, Parantha.

M. <name of respondent >.
R: Rice.

M. Rice with what?
R: Rice & Sabji
R: No rice at sunday night.

M. Then what?
R: Roti or parantha.

M. On other days also you eat roti, parantha.
R: Yes, at night rice is not that preferred.

M. When any special guests come home from in laws side that time what type of food is cooked other than the ones you told me?

R: Dal, fry, fish all items will be cooked on the same day. Many fries, dal, fish plus meat, chatni

R: 8 to 9 items.

M. Items are more or less same but in more quantity

R: Yes.

M. When guests come you cook everything dal, fry, sabji, fish, chicken,

R: Chatni, papad

M. Sweet, curd everything.

R: Yes.

M. Kids many times demand many things, what all do you cook to fulfill their demand? As you said maggi, chowmin, egg roll etc.

R: Biriyani

R: Peetha, kheer.

M. Pulao.

R: Yes.

R: Pasta

R: Coconut milk rice

R: I prepare biriyani, my son likes it.

R: Semai kheer or rice kheer.

M. Sweet pulao.

R: Yes.

R: Malpua.

M. None of you told me about suji halwa.

R: Yes, we forgot.

M. Do you cook that in the evening snack?

R: Yes.

M. Any other special items?

R: No.

M. Do you prepare chicken roast or...

R: Chicken Pakora.

M. When do you eat Chicken pakora?
R: In the evening.

M. What else?
R: During summer we prepare ice cream.
R: Besan fulko.

M. What all tiffin items do you give to children?
R: Maggi chowmin.
R: Chewra pulao, suji pulao
R: Roti, cake.
R: Biscuit.
R: Puffed rice & sabji
R: Roti sabji.
R: Chowmin.
R: Suji halwa.
R: Upma (Salted suji).

M. Don't you prepare nimki at home?
R: Yes.
R: Gaja during durga puja.
R: Naru during puja

M: What all items do you prepare during puja like Laxmi Puja, Durga Puja, Kali puja etc.
R: Poori Sabji.
R: Prepare Mihidana
R: Bonde, Sitabhog.
R: Coconut laddu, til laddu.

M. What else?
R: These are all puja special.
R: Barfi, nimki
R: sita bhog, Mihidana.

M. You prepare all these at home?
R: No, we buy sita bhog, Mihidana from outside.

M. What else do you prepare on puja days?
R: All these.
R: Mostly we get food from outside.
R: We go for puja parikrama whole night at Kolkata
R: During puja days we get food from outside.

M. When you get food from outside then other than what you told me like Biriyani, fried rice etc. do you get anything else also?

R: Same.

R: Moghlai, egg roll, Chowmin, biriyani we get from Hotel

R: Lassi.

M. Now I will ask <name of respondent >, <name of respondent >& <name of respondent >, what all food do you prepare during your festival times.

R: Lacchha, suji kheer, rice kheer, halwa...not clear....1.13.45..

M. What else?

R: Chana dal halwa.

R: Rice firni.

M. What else <name of respondent >?

R: 3 to 4 types of kheer.

M. When you break Roza then what all food do you eat?

R: Water, apple, lemon, banana, corn, grapes, all types of fruits.

M. What else?

R: Puffed rice, oil fried tele bhaja, raw chana fry

R: Chop, piyaji.

M. Then.

R:.....Not clear...1.14.50...who ever wants to eat as per their choice, sharbat also.

M. Do you consume anything else at night?

R: Late night after namaz we eat rice.

M. What do you eat before starting Roza in the morning?

R: Some eat rice & some do not eat anything only water.

M. Rice, only rice?

R: With sabji.....Not clear.....

M. Do you prepare any special item?

R: Semai etc.

M. You have different varieties of Parantha, do you prepare those?

R: Those are prepared a day before eid.

M. What all are there?
R: On moon night.

M. What all Paranthas do you prepare that day?
R: Maida Parantha.
R: Alu parantha or chana dal sabji.

M. None of you eat Khichri during puja?
R: We eat Khichri during rainy season.
R: On Saraswati puja day we eat Khichri.
R: Alu dom, fry, kuler chatni must.

M. What do you do on poush parbon?
R: Peethe puli.
R: all types of peethe we prepare on single day only.

M. You yourself prepare all those?
R: Yes.

M. Is there any such items which you prepare only during winter?
R:We prepare sabji with beet, carrot, with raw tomato, coriander leaf, cucumber, lime juice mix well & eat tat with roti or puffed rice.

M. That is for dinner?
R: Yes.
R: At our home also we prepare that.

M: Anything special for winter? Many people prepare sopup during winter, what about you <name of respondent >?
R: Carrot halwa.
R: Vegetable soup.

M. Anything different during winter.
R: Roti alu fry.

M. <name of respondent >.
R: My son does not like to eat sabjio so poori, parantha etc.

M. What special food do you eat on rainy season?
R: Khichri is compulsory.

M. What else?
R: During car festival (Rather mela) we get Karai Chhapa sweet that is special.

R: Chhapa with matar.
R: Chirer chhapa, these are famous food for car festival.
R: My elder brother in law now stays in chuar gram he comes here & gets all these as he is not getting those in chuar gram.
R: Rather mela famous foods are jalebi, badam chhapa, korai chhapa
R: Joynagar Moa.
R: Barfi.
R: Patali gur (Jaggery)
R: Gur (Jaggery) rasgulla
R: Jaggery sandesh
R: Everything on jaggery.

M. Nothing special during rainy season.
R: No.

M. Chop & all you fry on other days also.
R: Yes.
R: We eat more of cabbage, cauliflower in winter
R: Cabbage chop.

M. Anything special in summer season other than what you have mentioned?
R: Mostly juice in summer.
R: Shukto.
R: Panta.
R: We like to eat rice mixed with water in summer.

M. That is called Panta?
R: If we eat in the morning then panta, if we eat at night then Posti bhat.

M. But ultimately that is rice mixed with water.
R: Yes.
R: When we go out we drink Lassi. At home also we can prepare by bringing curd.

M. Do you prepare?
R: No.
R: I prepare.

M. Do you go out to eat?
R: Very rarely.

M. Other than puja do you go out otherwise?
R: No.

M. Do you prepare Gota Sidhha?
R: Yes.
R: During Saraswati puja Shasti
R: Gota sidhha on Sital shasti
R: Different vegetables, whole boiled along with moong dal we prepare gota sidddha to eat panta next day.
R: 9 whole vegetables, others we cut into pieces. We give 9 small leafy vegetables as per system, others we cut & prepare in a big vessel. Next day whole day we have to eat with that.
R: Chhachhari & Panta.
R: Then ranna pujo is there.

M. What all do you prepare during ranna pujo?
R: Dal fry.
R: Patal fry, fish fry, prawn, kochu danta with prawn.
R. Coconut fry.
R. All fried
R. 2 type of peethe.

M: Do you prepare Tehri?
R: No

M. None of you prepare sweet pulao.
R: No.

M. Fried rice.
R Yes.

M. When guests come?
R: At my home none likes it so rarely we prepare, whenever we have invitation at my sister's place, they prepare it, we all like to eat. Me & my son like it, my husband does not like.

M. Others.
R: At my father's place.

M. In your place?
R: No.

M. Fried rice.
R: I cook at home.

M. When do you cook that?
R: when relatives come.

M. Do you eat bread?
R: Yes, with butter.

M. When?
R: In the morning.

M. How often?
R: Occasionally
R: Mostly in winter.
R: I eat bread with butter & sugar
R: My son eats bread with jam.
R: We eat bread with jelly also.
R:.....Not clear..1.23.30..

M. Do you give that for his tiffin occasionally?
R: In tiffin also eat at home.
R: Add some maida with egg yok & mix well, when someone is hungry we prepare that then egg becomes fluffy. Egg has to be mixed with maida, onion & fry the egg, will become fluffy, just add cumin power, pepper power on top of that.

M. When do you eat that?
R: If suddenly someone comes & feels hungry then this can be made fast.

M. Do you prepare bread with egg?
R: Yes.

M. Bread Pakora?
R: No.
R: Bread omlette & on top of that sprinkle some pepper powder.

M. Those are occasionally.
R: No, regularly during winter season.

M. What about you?
R: Occasionally.
R: I prepare regularly.

M. Do you do fasting?
R: Yes.
R: Many.

M. Do you fast without water?

R: Different fast are there.

M. Or you drink water?
R: Batasha water.

M. What all do you consume on fasting day. <name of respondent >.
R: Different days have different rule, on Barathakur day after puja in the evening you can have chana, fruits, sabu dana banana & has to spend the night with that only. On Bipattarini day after puja you can have poori sabji, halwa, alu dom, ghugni, chana dal parantha etc. On Laxmi puja day ghugni, puffed rice, fruits, coconut laddoo etc. so different days have different system.

M. Anyone of you spend the days in different ways?
R: No.

M. Do you also observe fasting?
R: Yes.

M. During Roza. What else? What do you eat then?
R:...not clear.....1.26.00

M. That is during Roza, on other times.
R: No.

M. Do you buy chips?
R: Yes, for kids.
R: Kurkure, chips.
R: Mama bhujia, my daughter eats that.
R: My son is grown up, so he eats outside sometimes roll, sometimes chop.

M. You cook so many items, who all do the shopping?
R: My husband does everything.

M: Who else are like <name of respondent >where husband does all the shopping? Raise your hand.
R: Husband for me also.
R: My father in law does.
R: husband does.
R: I do myself.

M. How many of you do shopping on your own? 3 of you.
R: Yes.

M. Who buys the dry groceries like rice, dal, atta, salt etc?
R: I buy myself.

M. Those who do everything you buy also. Who buys at your home?
R: My husband.

M. Husband buys rice, dal or you get them from land?
R: No, we have to buy.

M. Anyone is there who gets it from land?
R: I get rice from land.
R: I get rice & dal from farming.

M. You.
R: I buy.

M. <name of respondent >.
R: We do rice farming, sometimes we get from field.

M. <name of respondent > buys everything.
R: Yes.
R: I also buy everything.

M. <name of respondent >.
R: I get rice & dal from farming, now I do vegetable farming also. I get little vegetables also from land, some more I buy.

M. From which shop do you buy rice, dal etc?
R: Grocery shop.

M. Grocery shop inside the village?
R: Yes.
R: I call them they deliver the rice at home.

M. All of you get dry grocery from grocery shop?
R: Yes.

M. How many times in a month do you buy?
R: Once a month.

M. How many of you buy rice, dal, oil, salt once a month? 6 of you. You Nargis?
R: I buy rice weekly.

M. What about dal?
R: Weekly

M. Who else are there like Nargis? What is the system at Parul's house?
R: Whenever it is over I get them.

M. <name of respondent >.
R: Whenever it gets over I buy dal & all, rice lasts longer.

M. How much rice do you buy for which it lasts longer?
R: 2 mon.
R: my rice is sufficient for 1 year
R: For me it is sufficient for 3 months.

M. Why do you buy rice like this?
R: During rainy season price increases.
R: When new rice is there then I buy it.
R: When new rice comes that time price is low.

M. You buy from farmer?
R: Whole sale market is there, many buy from there in large quantities.
R: People store it in drub carefully to avoid insects.
R: Apply neem leaves
R: We get the rice from paddy at home only.

M. You have dhaki at home?
R: We do it at home.

M. What about vegetables, as Barnali said some she gets from farming & some she buys, what about you?
R: We buy entirely from market.

M. Do you buy from nearby vegetable shops or from haat?
R: Buy from station bazar, also from haat.

M. Do you buy fish along with vegetables?
R: Yes.
R: fish seller comes home.
R: Local shop is there from where we buy.

M: Vegetables, fish, daily you do shopping or what?
R: Mostly daily we buy also we stock some.

M. Vegetables you buy & use for 1 or 2 days.
R: Yes.

M. Fish you buy daily?
R: Yes.

M. Meat or chicken whatever you buy you buy on the day you will prepare the same?
R: Yes.

M. Do you consume egg?
R: Yes.
R: Buy in large quantities in petty
R: 30 eggs together, once it is over we buy again.

M. How do you understand that whether the vegetable is good or not?
R: We don't understand.
R: Whatever vegetables we wish to eat we buy that.

M. How do you know whether the vegetable is good or not?
R: Fresh vegetables will be fresh, the one or 2 days old vegetables will have shrinking effect in body.

M. You can understand that by seeing.
R: Yes.
R: Can know when we go to buy from the market.

M. Can you get to know this by seeing fish
R: Yes, we press it & check.
R: While buying the fish we check whether the fish is fresh or not.

M. How do you know that this is good rice?
R: Has to feel by cheek.
R: Has to ask the shopkeeper which rice will be better, he says
R: Whether the rice is soft that we can feel by cheek.

M. How do you understand that whether the rice is good or not?
R: Shopkeeper says.
R: 2 or 3 varieties of rice are there.
R: When rice is cooked fast then it is good rice.

M. Is there any way to check the rice?
R: small size & large size is there.
R: Small size is number 1 rice. Bigger one is not good.

R: We have to tell the shop keeper to give us the best one.

M. So while buying we can know in 2 or 3 ways, one is shopkeeper says that this is good rice, or by seeing the granules size I can understand or we see the vegetables color, shrinking effect on body etc. while cooking also you can understand, as you said when the dal is quickly boiled then it means it is good dal. Like that while cooking can you know about fish, vegetables etc?

R: Fish we can know.

M. How do you know in case of fish?

R: While frying the fish brakes

R: While cutting the fish bones come out, this means fish is not good.

R:Pumpkin we can see, some pumpkins are in solid form, does not get boiled easily.

M. Do you buy packaged dal, besan etc or loose ones?

R: Loose.

M. Do you get discounts from shopkeepers?

R: Yes.

M. Like this dal has this much discount?

R: No, not in dal but in pot5ato, onion.

R: If you buy 5 kgs of this then will reduce Rs.5.

M. You buy then?

R: Yes.

R: Along with white oil sometimes back besan packet was free.

M. Did you buy that?

R: Yes.

M. Did you like when something is available for free?

R: If free then I don't like.

M. why you don't like free things <name of respondent >?

R: Seen that product is not good.

M. <name of respondent >.

R: If something is free then product is not good because where will the free thing come from. When something free that means he has profit there. By seeing free many people go to buy. For food items those are not good.

M. When you eat something how do you understand that it contains nutrition value or not or whether it is good for my health or not?

R: Now most of the things are adulterated. Our mother in law's time they are so strong but we are not so strong at this generation

R: Then we can know that we are not getting pure thing.

M: But we eat everything then how do we know that this is good for me, this is bad for me. How do we choose?

R: By seeing vegetables we will not know which vegetable is good, or whether this vegetable is bad for my health.

R: Now we avoid lady's finger mostly.

M. Why do we avoid?

R: Lady's finger seed is bad.

R: We eat Kanthali banana as it has health benefits. That also they make ripen by carbide. The kind of medicine is mixed in that for which color also comes as well as it gets ripened in one day.

M. We all know these things. Then also when we eat food how do we know that this food is healthy for me. Do we consume any such type of foods?

R: When we are able to digest then good.

M. Ok

R: Kulche shak juice.

M. Who told you about this?

R: It helps in getting blood in body.

M. Who told you?

R: Doctors suggest also we have heard of it. Then shiuli leaf juice also we sometimes prepare & feed our children.

R: Honey.

R: Tulsi leaf juice, pineapple seed, then basak leaf juice like this we mix 5 ingredients & prepare a juice to save from winter.

M. You drink it in winter?

R: No, whenever one has cold we drink that.

M. Do you ever cook something which is fast & quick to prepare?

R: Yes.

R: At night, we prepare boiled potato.

R: Dal in a container & potato with rice when boiling, so dal, boiled potato is ready, prepare one fry item then remove the dal & add tarka. So dal, potato boiled & fry.

M. Do you buy any food seeing TV ad?
R: I don't like.

M. None of you like?
R: No.
R: I buy Branolia after seeing ad.

M. Don't you buy biscuits seeing ad?
R: When kids demand we buy then.

M. What all things kids demand seeing TV
R: Biscuit
R: Pizza
R: Cadbury

M. Maggi.
R: That is there.
R Must:
R: Kinder Joy they want for the gift inside.

M. Do you buy that?
R: Yes, he father buys.

M. Sometimes does it happen that even if we wish but not able to get that. On which all occasions this happens that we could not manage, could not eat.
R: It happens that when we are out even though we have money in pocket we don't buy things for us to eat because if I can save this money I can feed my child with that. Then we have to compromise our part.

M. What else?
R: Sometimes it happens whatever is there we have to manage with that.

M. <name of respondent >which are the times you have to skip the food?
R: When my body does not permit then I skip.

M. It ever happens that we cooked but that is not sufficient for all
R: Yes, it happens.
R: Guests come
R: Then we ladies sacrifice. May be we eat puffed rice then.
R:.....Not clear.....1.44.15.....

M. Leave all those. Any such situation co es ever when you do not get to eat at all?

R: Not such moment.
R: May be because the time is not permitting so we are unable to eat.

M. It ever happens that there is nothing at home so we are not able to cook at all?
R: No such thing.
R: This situation was there before, not now.
R: This condition was there before.

M. Do you eat oats?
R: My mother in law used to have, we had it once or twice.

M. Did not like?
R: Not that, we had top boil in milk & then have to eat.

M. It ever happens that we know this is good for health or doctor suggests that but we are unable to buy that?
R: Yes.
R. Like milk, it is good to have milk regularly but we don't have the capacity to buy milk daily. Monetary problem.
R. Cannot buy Complan every month.

M: In the last 5 to 7 years is there any change in the food habits of people?
R: Now we are eating less because that time my father in law was alive, now he is no more for the last 3 years for which his pension also reduced what my mother in law is getting now.

M. How the eating became less?
R: He used to get more of fruits, vegetable & all but now everything has reduced. Sometimes we are not even getting anything.

M. May be anyone of you have seen any such things now which was not there in your house 5 years back.
R: Standard of food habit has increased.

M. How?
R: Now if we wish to eat something we get that but 5 years ago we did not have so much of money. Now whatever we feel we want to eat we can eat.

M. Arzina, anything has changed in the last 5 years?
R: No.

M. Any such food which you did not eat earlier but eating now?
R: Its been the same.

M. 5 years ago did you eat maggi, chowmin?
R: It was less.

M. Now it has increased?
R: Now also it is less.

M. In your house <name of respondent >?
R: Its the same.

M. <name of respondent >.
R: Same.

M. No new things came home, whatever was there 5 years ago, its the same. Any such thing which we used to have 5 years ago but do not eat anymore now?
R: Butter, we used to have more earlier.

M. Why did you reduce butter consumption?
R: Because of money problem.
R: Depends on income.

M. Any such thing which you have reduced the consumption for.
R: No.

M. Is there any change in the process of cooking. Like in Kolkata yesterday someone said earlier we used to cook with lot of oil, spices etc now we use less of oil, spices etc, or eat more of boiled food etc, is there any such change.
R: Earlier we used to cook in mustard oil now we cook in white oil. Consumption of oil has reduced.
R: Earlier in mustard oil, now everything in white oil.

M. Same for chicken?
R: Yes.
R: Use white oil for frying & other one for curry.

M. Meat.
R: In mustard oil.
R: cook everything in mustard oil always.

M. Earlier you used to get Dalda at home?
R: Yes.

M. Still you bring?

R: Yes.
R: Earlier we used to consume Dalda now all consumes white oil, no dalda.
R: Earlier we used to fry poori in Dalda. Now that is no more, we use white oil for that. My co sister cooks all the curries in white oil. When I cook I cook vegetables in mustard oil.

M. Why is that?
R: Mustard oil has a different taste, chicken curry, potato fry, ghugni etc if we do not add mustard oil then taste is not good.

M. In anyone's house any diabetic or heart patient is there?
R: My mother in law had cerebral stroke, so we cook light food for her.

M. You don't give any special food.
R: No.

M. Do you cook anything special for this little one?
R: He does not take anything from outside only my milk.

M. Yours.
R: Whatever we eat they also eat.

M. Your son.
R: Same.

M. Are you doing anything to keep yourself healthy? Like walking, exercise.
R: No, don't get time for that.
R: I want to go for morning walk but as I have lot of work back at home like cooking for my son as he will be going to school & all so do not get time.
R: I went to a training once, there they said daily 45 minutes walk, 45 minutes exercise, no addiction, eat seasonal fruit & vegetables & go to doctor once a year. But we do not folo0ow any of these.

M. Why is that?
R: Do not get time for that.
R: I go for swimming once a week otherwise do not get time to walk.
R: Don't get time to look at myself.

M. Your husbands, kids do any such things?
R: My son does exercise.
R: No so much pressure is there for studies, even their sports activities are also stopped. No physical build up is there. I went to doctor yesterday he said for my son games is must for body build up but he has so much of pressure for studies no time for sports.

Thank you.