Centre: PURI

MODERATOR: Good afternoon ladies. In our day to day lives, sometimes we ask our friends which soaps or shampoos do they use. Though we are in market research organization, we do not know all the things nor are expert in everything. So, we need to know so many things from the people like you. Basically we collect some information on a product or a topic by discussing with the people. We might get more information from you if you could feel free to express your views more and more so as to enable us getting more information.

Our strange pattern of work is that we have been disturbing people like you by discussing on various products to know their likeness and dislikes on them. What can I do as this is our pattern of work?

As it will be very difficult to note all your valuable responses, if you permit, we will have an audio and video recording of the discussion in order to correctly record all your valuable views, which will help in the changes and development in future. Pease share your responses freely without thinking it might be wrong or right. Whicheveryou like to share, please feel free doing it.

Let us start the introduction part and I am <name of moderator> from a market research company. You all are requested to introduce yourselves along with something about your family, job or hobbies.

RESPONDENT1: My name is <name of respondent 1>.

MODERATOR: How old are you?

RESPONDENT1: I am of 31 years.

MODERATOR: Who all are there in your family?

RESPONDENT1: I live with my husband and a son.

MODERATOR: What is your husband?

RESPONDENT1: He does carpentry works in our house.

MODERATOR: And what do you do?

RESPONDENT1: I am a housewife.

MODERATOR:How old is your son?

RESPONDENT1: He is of 2 years and 10 months.

MODERATOR: What do you generally do in your leisure time?

RESPONDENT1: As such, I don't get more free time. When there is some, I read newspapers or teach my child.

MODERATOR: What do you like to do?

RESPONDENT1: To teach my son.

MODERATOR: (To the 2nd respondent)

What is your name, madam?

RESPONDENT2: I am <name of respondent 2 >.

MODERATOR: What do you do?

RESPONDENT2:I am a housewife.

MODERATOR:Who all are there in your family?

RESPONDENT2: We have a joint family. There are my in-laws, my husband, his younger brother and his family and our two children live in the family.

MODERATOR: So, you are elder, isn't it?

RESPONDENT2: Yes.

MODERATOR:What do your father-in-law, husband and brother-in-law do?

RESPONDENT2: My father-in-law serves in the temple of Puri and the two brothers do businesses.

MODERATOR: What does your sister-in-law do?

RESPONDENT2: She is also a housewife.

MODERATOR: How old are your children?

RESPONDENT2: My daughter is 12 years old and son is 8.

MODERATOR: Where do they study?

RESPONDENT2: My daughter reads in a Girls' school and son in an English medium school.

MODERATOR: What do you like to do?

RESPONDENT2: I like to take non-veg items.

MODERATOR: Oh, you like cooking then? What do you like cooking?

RESPONDENT2: My daughter is fond of fried food stuffs which I do for her and I like doing pan cakes.

MODERATOR: (To the 3rd Respondent)

What is your name, Madam?

RESPONDENT3: My name is <name of respondent 3> and I am 44 years old.

MODERATOR:Who all are there in your family?

RESPONDENT3: I live with my husband and two daughters.

MODERATOR:What do you generally when your works are finished?

RESPONDENT3: I watch TV and read newspapers.

MODERATOR: Whichnewspapers do you read?

RESPONDENT3: I read 'Sambad'

MODERATOR:What do you like to do?

RESPONDENT3: I like to keep our house clean and decorate it as well.

MODERATOR: (To the 4th Respondent)

What is your name and age Madam?

RESPONDENT4:My name is <name of respondent 4> and I am 45 years old.

MODERATOR:Who all are there in your family?

RESPONDENT4: I live with my husband, son and daughter-in-law here.

MODERATOR: What do your husband, son and daughter-in-law do?

RESPONDENT4: My daughter-in-law is a housewife, my son has a job in the Railways and husband serves in the temple of Sakshigopal.

MODERATOR: How many children your son has?

RESPONDENT4: He has a son of 3 years.

MODERATOR:How do you pass your free time?

RESPONDENT4:I do some household work, gossip with neighbours and watch TV.

MODERATOR:What do you like to do?

RESPONDENT4: I like doing works in my house and for the SHG group.

MODERATOR:How long have you been in SHG?

RESPONDENT4: 10 years.

MODERATOR:What are you there?

RESPONDENT4: I am a member only.

MODERATOR:(To the 5th Respondent)

What is your name and age Madam?

RESPONDENT5: I am <name of respondent 5> and I am 40 years old.

MODERATOR: Who all are there in your family?

RESPONDENT5: My husband, his elder brother, his wife and children and our two children live in this family.

MODERATOR:What your husband and his brother do?

RESPONDENT5: Both are teachers.

MODERATOR:And what about you?

RESPONDENT5: I am a housewife.

MODERATOR:What do your children read?

RESPONDENT5: One is in class VI and the other in Class I.

MODERATOR: So you live in a joint family.

RESPONDENT5: Yes.

MODERATOR:What do you generally do in your free time?

RESPONDENT5: I do sewing and read newspapers.

MODERATOR:Do you sew for others or for your house?

RESPONDENT5: No, I sew for our family only.

MODERATOR:(To the 6th Respondent)

What is your name and age Madam?

RESPONDENT6: <name of respondent 6> and my age is 33 plus.

MODERATOR: With whom do you live in your family?

RESPONDENT6: I live with my husband and a son.

MODERATOR:What does your husband do?

RESPONDENT6: He has a shop of Sarees.

MODERATOR: What do you do?

RESPONDENT6:I am a housewife.

MODERATOR:How old is your son?

RESPONDENT6: He is of 6 years.

MODERATOR:What does he read?

RESPONDENT6: He reads in Class I.

MODERATOR:Do you send him to a tutor?

RESPONDENT6: Yes and also I teach him in the house as well.

MODERATOR: What do you do after your son going to school?

RESPONDENT6: I read newspapers daily and sometimes magazines and other books also.

MODERATOR:(To the 7th Respondent)

What is your name and age Madam?

RESPONDENT7: My name <name of respondent 7>. I am 46 years old.

MODERATOR:Who all are there in your family?

RESPONDENT7: I live in a joint family with my husband, his elder brother and his wife, two sons and our child.

MODERATOR:What do your nephews do?

RESPONDENT7: One has a job in L.I.C. and the other is doing computer courses.

MODERATOR:What does your husband do?

RESPONDENT7: He is a lecturer.

MODERATOR: And what you do?

RESPONDENT7: I am a housewife.

MODERATOR:What does your sister-in-law do?

RESPONDENT7: She is also a housewife.

MODERATOR: What does your son do?

RESPONDENT7: He is pursuing his engineering degree in Talcher.

MODERATOR:What is your aim for your son to be?

RESPONDENT7: I wish him doing well and get a good job after completion of his courses.

MODERATOR:How do you pass your free time?

RESPONDENT7: I read newspapers. I like cooking and doing household works.

MODERATOR: Which newspapers do you read?

RESPONDENT: I regularly read Dharitri.

MODERATOR: How long do you read newspapers?

RESPONDENT7: About one hour.

MODERATOR: Do you ever read any magazines?

RESPONDENT7: Yes, I read those sometimes. I read weekly magazines.

MODERATOR:Ok, we all have exchanged our introductions and have known something about each other meanwhile.

You just see, when we talk about TV, suddenly a screen, pictures or song etc. flashes in our minds. Likewise, could you please tell me what comes to your minds if talked about "FOOD"?

RESPONDENT: Delicious and useful foods come to our minds which are healthy.

RESPONDENT: Tasty foods.

RESPONDENT: Good dishes.

RESPONDENT: Nice looking tasty foods.

RESPONDENT: New and tasty foods.

RESPONDENT: Foods which would be liked by all from the children to the elders even though those look nice.

RESPONDENT: Foods which are nutritious.

MODERATOR:What do you mean by nutritious foods?

RESPONDENT: It means healthy food for all and has requisite vitamins for the children.

MODERATOR: Anything comes more to the mind?

RESPONDENT: Foods should be taken within 30 minutes to an hour after cooking.

MODERATOR: What feelings come to mind by "FOODS"?

RESPONDENT: The foods liked by all and especially by the children.

RESPONDENT: I have in-laws and so I need to cook according to their choice also.

RESPONDENT: In my case, I cook as per the choice of the children.

MODERATOR:Yes, we usually cook foods according to the choice of the family members. Now we would discuss about different kinds of foods which you cook. Before that, tell me who cooks in your house?

RESPONDENTS: We cook.

MODERATOR: So, you all cook in your houses.

RESPONDENT: No, sometimes, when I go out, my sister-in-law cooks at that period.

RESPONDENT: Of course, my daughter-in-law cooks more often than me at present.

MODERATOR:Ok, you slept in the night, woke up in the morning and did some household works and finally went into the kitchen. Tell me who takes the decision of the foods to be cooked that day?

RESPONDENT: I take the decision myself.

RESPONDENT: I prepare foods as per the days of the week.

RESPONDENT: I ask my father-in-law what to cook. He likes a vegetable, luffa with peppy seeds and lentils. So I cook lentils daily for him. He also likes paneer (cheese) and mushrooms. He is a vegetarian and I cook these items for him. We take non-veg items.

MODERATOR: Is there anyone who takes decision from others or do you cook as per your choice?

RESPONDENT: I cook bitter gourd daily as my father-in-law is a diabetic patient. We others manage with anything cooked.

MODERATOR: Is there anyone who takes decision from others?

RESPONDENTS: No.

MODERATOR: Do any of you ask others which of the non-veg item has to be cooked?

RESPONDENT: Yes, I ask my mother-in-law.

MODERATOR: How many times do you cook in a full day?

RESPONDENT: 3 times.

RESPONDENT: 4 times, breakfast and tea in the morning, lunch, evening tea and supper and dinner.

RESPONDENT: 4 times.

MODERATOR: What do you cook 4 times in a day?

RESPONDENT:4 times, breakfast and tea in the morning, lunch, evening tea and supper and dinner.

MODERATOR: Do you cook 3 or 4 times a day or cook once in the day time and keep for the night?

RESPONDENTS: No.

MODERATOR:When do you start cooking in the morning, Madam Kabita?

RESPONDENT:I start making tea in the morning with fried breads, upma, sewain etc. or sometimes dried or flattened rice.

MODERATOR: And what about you, madam?

RESPONDENT: I make tea in the morning.

MODERATOR:What do you take with tea?

RESPONDENT: We take tea only in the morning and after that we prepare breakfast.

MODERATOR: What do you do, Madam?

RESPONDENT: We take tea in the morning and some of us take some biscuits.

MODERATOR: So, most of you take tea in the morning and some take biscuits with tea and some take the breads made in the last night.

RESPONDENT: We take tea first, after have our breakfast and after that we take tea again.

RESPONDENT: Every day's menu doesn't remain same. But, tea is made daily and we take dried or flattened rice.

MODERATOR:Do you make breads and fried breads in the morning or manage taking those made in the last night?

RESPONDENT: No, I make them in the morning, but by any means some have been left from the night, we take them without throwing them away. But for my husband I make them in the morning.

MODERATOR: When do you start taking breakfast, Madam?

RESPONDENT: At first tea is made, have our breakfast at about 8.30 to 9.00 am . Right after 9.30, we start making our lunch.

MODERATOR: What do you make in your breakfast?

RESPONDENT: Fried breads, sewain, and sometimes upma. But my mother-in-law and I take dried or flattened rice with tea.

MODERATOR:What do rest of you do?

RESPONDENT: I make pan cakes and curry of grams or upma and curry. Making curry is a must in the breakfast in our family.

RESPONDENT: We make noodles like Maggie.

MODERATOR:When do you start cooking?

RESPONDENT: Within 8.30 to 9.00 am.

RESPONDENT: As we have problem gastritis, we don't make oily foods in the breakfast. We take breads with non-spicy boiled veg curries.

MODERATOR:And what do you make in the evening?

RESPONDENT: Usually we take dried or flattened rice in the evening.

RESPONDENT: Sometimes, I cannot make anything so we manage with fried rice with mixtures.

RESPONDENT: We take grinded grams and wheat mixed with cocoanut and bananas.

MODERATOR: Do any of you take water rice with veg fries?

RESPONDENTS: No.

RESPONDENT: Yes, we sometimes take that, but it is at about 11 am.

RESPONDENT:Yes, we sometimes take that with fried fishes.

RESPONDENT: I prepare noodles like Maggie or Yippie for the children.

MODERATOR: Do you take breads?

RESPONDENT: Yes, we take breads with tea. Of course, it is occasional.

RESPONDENT: We take breads with jam sometimes as per the demand of our children.

MODERATOR: What do you make to give in their tiffin boxes?

RESPONDENT: Maggie, Yippie, paratha, pan cakes and upma etc. Sometimes they ask to give salads.

MODERATOR:There is another thing for the children, which is 'Pasta'. Do you give that to your children?

RESPONDENT: Yes, sometimes.

MODERATOR:When do you make pastas?

RESPONDENT: In the morning. We give them biscuits and cakes in the evening.

MODERATOR:What else do you make for your breakfast?

RESPONDENT: Roti, Santhula (non-spicy boiled veg-curry), upma, pudis etc. and sometimes we make pan cakes.

RESPONDENT: We make different types of pan cakes in Pujas and festivals.

MODERATOR:Ok, this is all about breakfast and then comes 'Lunch'. What all you do in your lunch and when do you start for it?

RESPONDENT: I start cooking for lunch at 10 am.

MODERATOR: What all you do in your lunch?

RESPONDENT: I prepare rice, dal, mushrooms and chilli-paneer etc. Sometimes I cook fishes or chicken or mutton.

RESPONDENT: I prepare rice, dal,Santhula (non-spicy boiled veg-curry) and luffa with poppy seeds etc.

RESPONDENT: I prepare mix-veg, spiced grams along with rice and dal.

RESPONDENT:I prepare dalma, curry of snake gourds with mustard paste along with rice and dal.

RESPONDENT:I prepare fried non veg items.

MODERATOR:What do you prepare in non veg items?

RESPONDENT: In non veg items, I prepare mutton, chicken, fishes and crabs.

MODERATOR: What else you prepare?

RESPONDENT: I prepare the items with the vegetables available in our house. But the items differ day to day.

RESPONDENT: In our house, dal or dalma and veg fries are prepared daily. Menu changes in other days.

RESPONDENT: On Sundays, I prepare non veg items as my children ask to have.

MODERATOR: What do they usually ask for?

RESPONDENT: Mutton, chicken or fish.

MODERATOR: When do you start cooking?

RESPONDENT: 10 am.

RESPONDENT: In between 8 to 10 am.

MODERATOR: Do you cook anything between breakfast and lunch?

RESPONDENT: Yes, it happens as our family is a joint one. We have to make something after the children leave for their schools.

RESPONDENT: I also make something for the persons who work in our shop.

MODERATOR: Do you cook rice, dal and curries every day or do you cook something special?

RESPONDENT: Yes, I make different items on different days. I prepare different types of Santhula (non-spicy boiled veg-curry) and lentils.

RESPONDENT: Yes, the items are changed at times.

MODERATOR: Do you have different types of snacks?

RESPONDENT: Yes.

RESPONDENT: It changes but pan cakes are made in maximum days.

MODERATOR: How many times a week do you make pan cakes?

RESPONDENT: About 3 to 4 days in every week.

MODERATOR:What do you make in other days?

RESPONDENT: Upma and curry, and Santhula of flattened rice.

RESPONDENT: We take flattened rice mixed with grated coconut, banana and milk.

RESPONDENT: We take fried flattened rice mixed with boiled grams and peas.

MODERATOR: Do you have different types of lunches?

RESPONDENT: Dal, dalma, veg fries, chips, Santhula (non-spicy boiled veg-curry), mix veg, curry of snake gourd and potato, and some non-veg items. These items are also being changed on different days.

MODERATOR: Ok, now is the matter of supper after lunch. What do you make at that time?

RESPONDENT: I serve our children water rice and veg fry after they return from the school.

MODERATOR:What fries do you make for them?

RESPONDENT:I cook fries of potato, snake gourd, brinjal or make boiled potatoes.

RESPONDENT: Our children take bread slices with milk or with tea.

RESPONDENT:Our children take Maggie or sewain.

RESPONDENT:Our children take biscuits with tea.

RESPONDENT:Our children take flattened or fried rice with tea.

RESPONDENT:Our children take rice.

MODERATOR: Do you prepare khichdi (rice with vegetables and dal) in the lunch?

RESPONDENT: Yes, I make it on festivals or on Sankrantis.

RESPONDENT:Yes, I make it on fasting days and on Mondays and Thursdays.

MODERATOR:Do you cook rice or you give rice cooked in the lunch to your children after they return from the schools?

RESPONDENT: Yes, we give that rice but cook curry again to serve them.

MODERATOR: What do you cook at 4 pm?

RESPONDENT: I cook dalma, veg fry or curry of grams or peas. Sometimes I cook cauliflower.

MODERATOR: How do you prepare cauliflower?

RESPONDENT: Either I fry it or cook.

MODERATOR: Whatdo you cook at 4 pm, Madam?

RESPONDENT: I prepare pan cakes sometimes or pakodas, but regularly make tea.

MODERATOR: Do you all make tea at or after 4 pm?

RESPONDENTS: Yes, it is a must. We take biscuits along with tea. Sometimes we take fried rice with tea or mixture. Sometimes we get snacks from outside also.

RESPONDENT: We boil either grams or peas.

MODERATOR:You all said that you make tea and take with fried or flattened rice or biscuits in the evening.

Do you have same type every day or you change at times?

RESPONDENT: Yes, it changes from day to day. At times, we buy snacks from the market even.

MODERATOR:Ok, this is all about evening snacks and then comes 'Dinners'. What all you do in your dinners and when do you start for it?

RESPONDENT: After 9 pm.

RESPONDENT: I start it at 7 pm.

MODERATOR:What all you prepare for your dinners?

RESPONDENT:I prepare rotis, curry of grams or peas, Santhula (non-spicy boiled veg-curry), veg fry etc.

RESPONDENT:I prepare Santhula (non-spicy boiled veg-curry) and rotis.

RESPONDENT:I prepare curry and either parathas or pan cakes.

RESPONDENT:I prepare any one curry, veg fry or Santhula (non-spicy boiled veg-curry) to take with rotis.

MODERATOR: Do you prepare anything else other than these?

RESPONDENT: Sometimes we take rotis with milk.

MODERATOR:Do you take cow milk or?

RESPONDENT: We get cow milk sometimes and Omfed milk packet sometimes.

RESPONDENT: Maximum times, we take rotis with Santhula (non-spicy boiled veg-curry).

MODERATOR: Do you keep curries made for lunch?

RESPONDENT: They won't take even if those curries are there, so I have to cook in the dinner.

RESPONDENT: We, sometimes, manage dalma left out from the lunch.

RESPONDENT: Menu changes on the festivals. I make something different if get time.

MODERATOR: What changed items do you prepare?

RESPONDENT: I prepare different types of pan cakes, cakes of semolina and grams. I also prepare cakes under steam pressure.

RESPONDENT: I prepare curries of paneer and soya beans.

RESPONDENT: I make tadka.

MODERATOR:Do you prepare anything else?

RESPONDENT: I prepare biryani on holidays.

RESPONDENT: I prepare lemon-rice, cumin-rice or veg-rice on those days.

MODERATOR: Do you make those for your lunch?

RESPONDENT: Yes, Madam.

MODERATOR: So you sleep late night after finishing dinner and watching TV. Do you take before you go to bed?

RESPONDENT: Yes, we do.

MODERATOR:What do you take at that time?

RESPONDENT:Sometimes I take Lay's chips.

MODERATOR:Who else take anything in that time?

RESPONDENTS: No, we don't take anything after dinner.

MODERATOR: Do everyone in your family take what you cook or something different is made for others?

RESPONDENT: I prepare the items as per the choice of all, pan cakes for someone and rotis for the others.

RESPONDENT: While cooking, I make different for the children and different for the rest.

RESPONDENT: Most of the times, I make equal for all but sometimes make different.

MODERATOR:Do anyone else prepare different foods for the family members?

RESPONDENT:Yes, I do as my in-laws are quite old enough.

RESPONDENT: I make potato-parathas as our children are very fond of it.

MODERATOR: What about you, Madam?

RESPONDENT: I like to make coconut-parathas or sweet parathas.

RESPONDENT: I make curries of cauliflower or cabbage most of the times and sometimes mix veg curry.

MODERATOR:Do you change your food habits as per season?

RESPONDENT: Yes, in winters, I make curries of cauliflower or cabbage most of the times.

MODERATOR:Those are also available in other seasons also.

RESPONDENT: Yes, but the tastes of those are more in winter season. Varieties of vegetables are available in winter and I prepare anything as and when required.

MODERATOR: What other changes are there in winter?

RESPONDENT: Oil fried snacks I make most of the times in winter season.

MODERATOR:Anything else?

RESPONDENT: We like to eat hot in winter season.

RESPONDENT: Due to the availability of various vegetables, I make different recipes.

RESPONDENT: I prepare mix veg curry buying the green vegetables from the market.

RESPONDENT: Beans, green peas, cauliflowers and cabbages are available in plenty in winter and so I get inspired to make different recipes. They also taste very good.

RESPONDENT: It is also a good thing that vegetable are available in lesser price.

MODERATOR: Likewise, what other changes in food habits are there in summer?

RESPONDENT: We like to take water-rice and veg fries or fried fishes.

MODERATOR:What changes are there in your cooking?

RESPONDENT: I fry drum sticks more to take with water rice. People like to take fries of different vegetables instead of curries. Potato fry, bitter gourd fry

RESPONDENT: We like to take Odia dishes in summer than the Chinese dishes. So, we take water-rice with curds and veg fries.

MODERATOR:Which Odia dishes you like the most?

RESPONDENT: We like to take cool food stuffs and hence, take water rice with fish fry and different types of lentils.

MODERATOR:Do you get water melons that time?

RESPONDENT: Yes, at that time, I make a good item with the pith of plantain tree and mustard paste.

RESPONDENT: I make different deserts with coconut and sugar.

MODERATOR: Are coconuts available in every house in Sakshigopal?

RESPONDENT: Yes.

MODERATOR: What items do you make with coconuts?

RESPONDENT:Coconut laddoos, coconut cakes, coconut chutney, coconut kachoudi etc.

MODERATOR: How do you make all these items with coconut?

RESPONDENT: I grind coconuts add sugar in it and make different items.

MODERATOR:Ok.Likewise, what other changes in food habits are there in rainy season?

RESPONDENT: In rainy season, we like dal of horse grams.

MODERATOR: Do you take dal of horse grams daily?

RESPONDENT: No, not that. It tastes good and is useful. We take sometimes and other dals of green grams and red grams also.

MODERATOR: As you told various green vegetables and you make different items, take water rice and veg fries in summer and you make dal of horse grams more.

What else you make in rainy season?

RESPONDENT: We make more fried items and different pan cakes.

MODERATOR:What type of pan cakes do you make?

RESPONDENT: I make Odia pan cakes like manda, kakra, boiled manda etc.

MODERATOR:Anything else?

RESPONDENT: I make pakodas and take with fried rice.

MODERATOR:You all said that food habits change according to the change of seasons, but some items remain unchanged like rice and dal. Is not it?

RESPONDENT: Yes, rice and dal being common items curries are changed from time to time.

MODERATOR: You have diabetes patient in your house and for that what do you do for them?

RESPONDENT: I make more items of bitter gourds. I give them fried bitter gourd and boiled and pasted bitter gourd also. I give them bitter gourd juice also.

MODERATOR:Do any other have diabetes family members?

RESPONDENT: Yes.

MODERATOR:What do you do for them?

RESPONDENT: I do not give them curry with potatoes. I give them more of bitter gourds and Santhula (non-spicy boiled veg-curry) most of the times.

MODERATOR: Do any of you have family members suffering from BP?

RESPONDENT: Yes, and I give them items with less of oil and spices. Most of the times, I give them Santhula (non-spicy boiled veg-curry).

MODERATOR:What do you do if there are patients in your family?

RESPONDENT: Usually I give them brinjal chutney and potato chutney.

RESPONDENT: I prepare items which they like and the items which are good for their health. But, all items are prepared with less oil and spices. I prefer to serve them more of Santhula (non-spicy boiled veg-curry).

MODERATOR: Anything else?

RESPONDENT: Yes, I give them lentils.

MODERATOR: Do you change the foods if there is any pregnant woman in the family?

RESPONDENT: We give her Santhula (non-spicy boiled veg-curry) and give foods containing iron like pith of plantain tree, drum sticks and lentils.

MODERATOR: What do you do for a member after post-delivery?

RESPONDENT: I give her milk regularly.

MODERATOR: What do you cook for her?

RESPONDENT: I prepare Santhula of vegetables and don't give oily items lest the baby might face dysentery.

MODERATOR: What do you if there is such a member in a joint family?

RESPONDENT: I will give her local small fishes, dal, Santhula etc.

MODERATOR: What more will you give?

RESPONDENT:I will give her less spicy curries, dal of red grams and more of boiled vegetables.

MODERATOR: What do you give if there are aged persons of 70 or 80?

RESPONDENT: I will give them as per their interest.

RESPONDENT: If they are diabetic, I will give them foods accordingly.

RESPONDENT: I will give them brinjal fry or fry of any other green vegetable.

RESPONDENT: I will give them foods with less spices and oils.

RESPONDENT: I will cook foods which should be good for their health.

RESPONDENT: I will cook for them rice, dal, plain veg fry, brinjal or potato stuff.

RESPONDENT: I will give them foods immediately after they are cooked.

MODERATOR:What will you cook for the children in the age group of 5 to 12? Will you cook different for them?

RESPONDENT: Yes.

MODERATOR: Why so?

RESPONDENT: Those children are fond of mushrooms, paneer, parbal etc. I will cook what really they wish for.

RESPONDENT: Children are fond of non veg items as they don't like vegetarian dishes.

MODERATOR:What different food do you cook for the children of 8 to 10 years?

RESPONDENT: They like to take soya beans with potatoes.

MODERATOR:What different food do you cook for the children of 4 to 5 years?

RESPONDENT: They will take what are given to them.

RESPONDENT: They are to be fed by any means as they are usually not interested taking foods.

RESPONDENT: Once it is known which foods they are interested for, it will be easy to provide them those items.

MODERATOR:What different food do you cook for the children of 3 to 4 years?

RESPONDENT: They are usually given dalma, veg soups,

RESPONDENT: They are given more of the vegetables either boiled or grinded.

MODERATOR: You cook your foods in the morning, afternoon and night. Are those foods regular or sometimes you dosomething special?

RESPONDENT: Yes, we also make special items sometimes. We make chats, curdy vadas and pakodas sometimes.

RESPONDENT: We prepare chats.

MODERATOR: Why do you like to prepare chats?

RESPONDENT: It is because, the children like this very much.

MODERATOR: Do all take chats?

RESPONDENT:Yes.

MODERATOR: What else you do special?

RESPONDENT: We make special foods on the festivals.

MODERATOR: What do you prepare on the festivals?

RESPONDENT:Kheer, pudis, khichdi and dalma etc.

RESPONDENT:Pullawo.

RESPONDENT: I make a recipe of several vegetables with mustard paste.

RESPONDENT: I make chutney of tomatoes.

MODERATOR:Do you change the food items if some guests come then you change the food

RESPONDENT: Yes, there are some changes.

MODERATOR: What changes do you have?

RESPONDENT: Usually, I cook paneer and fishes if there is some guest.

RESPONDENT: I cook non veg items.

RESPONDENT: I prepare spiced-rice.

RESPONDENT: I cook mushrooms and curry with mustard paste.

MODERATOR:Do you cook anything special if your husband and children are at home on a Sunday?

RESPONDENT: Usually, not veg items are cooked on Sundays.

MODERATOR: Which of the non veg items do you cook on Sundays?

RESPONDENT: I cook either fish or chicken or mutton.

RESPONDENT:I cook either prawns or crabs.

MODERATOR: Do you cook special on any of the festivals?

RESPONDENT: Yes, we make pan cakes and pea curry.

MODERATOR: What else do you cook?

RESPONDENT: An item of flattened rice with dalma.

RESPONDENT: I make kheer of semolina.

RESPONDENT: I make pudis and dalma.

RESPONDENT: I make vadas.

RESPONDENT: We put sago globules in water for some time, mix chopped fruitsand curds into it and then take the item on festivals.

MODERATOR: I think this is what you do on fasting days. What else do you take on fasting days?

RESPONDENT: We take sago mixed with bananas and coconut grates.

RESPONDENT: I take pan cake of flour.

MODERATOR:Do you order food from outside sometimes if you do not have interest to make some snacks?

RESPONDENT: Yes, it happens several times.

MODERATOR:What do you bring from outside?

RESPONDENT:We bring potato-chops, vadas, samosas, idlis and ghugni. Sometimes we bring different items.

RESPONDENTS: Yes, we also bring snacks from outside sometimes.

RESPONDENT: We bring Chowmin most of the times.

MODERATOR: When do you bring those?

RESPONDENT: We bring vadas and samosas in the morning and Chowmin in the evening.

RESPONDENT:We bring vadas or idlis in the morning at 9 to 9.15 am

RESPONDENT: We bring kakra, idlis, vadas and samosas sometimes either in the morning or evening.

RESPONDENT: If rotis are left from the previous night, we only bring curry of peas from outside and take.

RESPONDENT: The housewives have so many works to do and for that they opt to bring snacks from the market very often now-a-days.

MODERATOR: Do you ever go out to take meals there?

RESPONDENT: Yes, I do. Sometimes I go with my son and take foods outside.

RESPONDENT: My husband takes meals outside sometimes.

RESPONDENT: Sometimes we take our meals outside.

MODERATOR:When do you take your meals outside?

RESPONDENT:Normally for taking lunch, we go outside.

RESPONDENT: We take outside when there is no time to cook or when we intend to take outside.

MODERATOR: Have you ever gone outside to take dinner?

RESPONDENTS: No.

MODERATOR:Who take the decision of what to be cooked for the lunch, dinner etc.?

RESPONDENT: I take the suggestion of my mother-in-law.

RESPONDENT: One should seek the suggestion of the elders if they are present.

MODERATOR: Why one should seek the suggestion of their in-laws if they are present?

RESPONDENT: Because we have to cook according to their age and diseases and the food should be of their choice as well.

MODERATOR: Do you change the foods according to them?

RESPONDENT: Yes, my mother-in-law also asks me to bring certain vegetables.

MODERATOR: Does your daughter-in-law seek your suggestion for what to cook, Madam?

RESPONDENT: Yes.

MODERATOR: Why does she ask you?

RESPONDENT: It is because, everyone has his/her own likeness and some might be suffering from any disease.

MODERATOR: You told me madam, you take meals outside. When do you take outside?

RESPONDENT: We take our lunch outside.

MODERATOR: Do you go out on holidays and take meals there?

RESPONDENT: Yes, we take outside when we are outside and take cooked food when we are at home.

MODERATOR:Do you go out exclusively for taking food?

RESPONDENT: No, not as such.

MODERATOR:Do you go out together and take on anyone's birthday?

RESPONDENT: Yes, it also happens sometimes.

RESPONDENT: My husband only goes out to take whereas I cannot go leaving my sick mother-in-law.

MODERATOR:Do you taker food from outside sometimes on some occasions or festivals like Dussehra or Car festival?

RESPONDENT: Yes, we take, if are outside at that time.

MODERATOR:Who take the decision of the type of foods to be taken in lunch, dinner etc.? Is it you or anyone in your family?

RESPONDENT: Foods are always prepared by the wishes of others.

RESPONDENT: I have to ask my in-laws, husband and children and we the ladies manage whichever is cooked for others.

MODERATOR:Is there any demand of food by anyone to be cooked?

RESPONDENT: It is always by our children first and then of our elders.

RESPONDENT: I cook usually by the choice of the children.

RESPONDENT: First I ask my father-in-law and the rest I take the decision of my own.

MODERATOR:What all you prepare the most for breakfast, tell me about 5 items that you prepare the most?

RESPONDENT: Parathas, vadas, sewain, fried flattened rice and upma.

MODERATOR: What do you make, Madam?

RESPONDENT: Along with those, we also take fried rice and mixtures.

RESPONDENT: We take Maggie.

RESPONDENT: We take upma, Santhula of flattened rice and roti.

RESPONDENT:I have more works in the morning, so I give them sattu (grinded wheat and grams), paratha or roti.

RESPONDENT:I give raw or fried flattened rice, parathas and sewain.

RESPONDENT: I make pan cakes the most.

RESPONDENT: I make cakes under steam pressure, roti and Santhula.

RESPONDENT: Maggie, Yippie, Chowmin, parathas, Santhula and veg fry.

MODERATOR: Now let us come to the lunches.

What all you prepare the most for lunch, tell me about 3 to 5 items that you prepare the most?

RESPONDENT: We take non veg items on Wednesdays, Fridays and Sundays. On other days, we take gram curry, parwal curry and coconut vadas curry etc.

MODERATOR: What do you do, Madam?

RESPONDENT: I cook rice, dal, parwal curry and paneer. But on the non veg days, I cook prawns the most.

RESPONDENT: I cook non veg items for the children and veg items for us regularly like dal or dalma, curry, veg fry or Santhula. Sometimes I prepare curry with mustard paste.

RESPONDENT: I cook dal or dalma, bitter gourd chips, curry of spinach leaves, mix veg with pumpkin, brinjal chutney and Santhula.

MODERATOR: Now let us discuss about dinners. What all you do for your dinners the most?

RESPONDENT:I make rotis, peas or grams curry, mix veg curry, potato curry and sometimes paneer.

RESPONDENT: I cook dalma, grams curry, potato curry, veg fry and Santhula.

MODERATOR:Who brings the grocery in your home?

RESPONDENT: My husband.

MODERATOR:Who takes the decision of what grocery items are to be purchased?

RESPONDENT: I make the list and my husband buys those.

RESPONDENT: I tell what to bringand my husband buys those.

RESPONDENT:I make the list and my husband buys those.

MODERATOR: Do any of you go and buy the groceries yourself?

RESPONDENTS: No.

RESPONDENT: But I go to get them.

RESPONDENT: Sometimes I get them if I am outside.

MODERATOR:From where do you all bring them?

RESPONDENT:We bring grocery from nearby shop and now bring from Big Bazar which has been opened recently in Puri.

RESPONDENT: Either my husband or father-in-law gets them from the shop.

MODERATOR: You make the list and your husbands bring those from the market.

Who else brings those to your home?

RESPONDENT: Either my husband's elder or younger brother brings those to home and sometimes our children.

MODERATOR: Who brings vegetables and paneer or cheese?

RESPONDENT: My husband all those.

RESPONDENT: Elder brother of my husband brings those to home.

RESPONDENT: I get the vegetables of my own.

MODERATOR:Who brings home dry foods to bring like cashews and ground nuts etc.?

RESPONDENT: All these are brought with the grocery items.

MODERATOR:Who take the decision of what vegetables are to be brought home?

RESPONDENTS: We tell and our husbands brought them home.

MODERATOR:From where do you all bring the groceries?

RESPONDENT:We bring grocery items from nearby shop.

RESPONDENT:We bring grocery items from the whole seller in the market.

RESPONDENT:We bring grocery items from the shop.

RESPONDENT:We bring grocery items from Sakshigopal market.

RESPONDENT:We also bring grocery items fromSakshigopal market.

MODERATOR: Is that shop a whole seller or retailer?

RESPONDENT: There are whole sellers as well as retailers there, but we buy from the whole sellers.

MODERATOR: Why do you buy from the whole sellers?

RESPONDENT: Because we get them at cheaper rates.

MODERATOR:From where do you all bring the groceries, Madam?

RESPONDENT:We also bring grocery items from the whole sellers.

MODERATOR:Why do you buy from the whole sellers?

RESPONDENT:Because we get them at lesserprice.

MODERATOR: Is there any more reason to buy from the whole sellers?

RESPONDENT: We can return any material in case anything is not good in quality.

MODERATOR: Some of you go to Big Bazar which is opened in Puri. Do any of you go to Reliance Fresh or any other shopping mall?

RESPONDENT: Sometimes we go to Big Bazar if gone to Puri.

RESPONDENT:Sometimes we go to Reliance Fresh also and bring the products.

MODERATOR: Have you brought ever from any big market?

RESPONDENT: Yes, my husband brings from Puri market.

MODERATOR: Why do you buy from a big market?

RESPONDENT: We get lot of verities of materials there to choose and get.

RESPONDENT:My husband brings from Nimapara market.

MODERATOR:Why do you buy from Nimapara?

RESPONDENT: That shop is of the choice of my husband and for that he gets from there.

MODERATOR: Do you get your groceries from there only or you change the shop?

RESPONDENT: No, we get our groceries from that shop only.

RESPONDENT: Yes, sometimes we get those from other shops also.

MODERATOR:Why do you change the shops?

RESPONDENT: there are some known shops and so we collect quality materials from different shops. We also compare the rate and get where it is cheaper. Besides, we have our business and so we like to grow relationship with several shops also.

MODERATOR: From where do you buy dry foods to bring like cashews, dried grapes and ground nuts etc.?

RESPONDENT: We get those from that grocery shop.

MODERATOR:Do you change the shop for buying those dry foods?

RESPONDENT: No.

MODERATOR:From where do you buy dry foods, Madam?

RESPONDENT: I make the list and my husband gets from that grocery shop only.

MODERATOR: Do you know about online shopping?Do you shop online?

RESPONDENT: Yes, I know it, but never shopped online.

MODERATOR: Do any of you use smart phone?

RESPONDENT: Yes, I do.

RESPONDENT: I have a smart phone but our children use that more.

RESPONDENT: My husband owns a smart phone.

RESPONDENT:I have a smart phone but do not know much about its operations.

MODERATOR: Have you ever shopped groceries online?

RESPONDENT: No.

RESPONDENT: No.

RESPONDENTS: No.

MODERATOR:Have you ever shopped oil etc.?

RESPONDENT: No.

RESPONDENT: I know but have never tried.

MODERATOR:Is there any benefit in online shopping?

RESPONDENT: No, not known.

MODERATOR: Do you all bring monthly ration or weekly?

RESPONDENT: Once in a month.

RESPONDENT:Once in a fort night. (15 days)

RESPONDENT:Once in a month but get in the middle if guests come to our house.

RESPONDENT:Once in a month but get in the middle if required.

RESPONDENT: We get once in 15 days and not monthly. It is because grams and peas get damaged if stored for more days.

RESPONDENT:Once in a month.

MODERATOR:Who brings the groceries?

RESPONDENT: My husband.

MODERATOR:Ok, so you get the groceries either monthly or fortnightly.

But in how many days do you get the vegetables?

RESPONDENT: Once in 2/3 days.

RESPONDENT: Once in 2/3 days, but we get in the middle if get fresh and good vegetables.

RESPONDENT:Once in 2/3 days, but we get in the middle if any vegetable vendor come to our colony and we get good vegetables there.

RESPONDENT: We get some vegetables once in a week and some daily also.

RESPONDENT: We get potatoes once in 8 days and the rest in 2/3 days.

MODERATOR: In how many days do you buy cashew and dried grapes?

RESPONDENT: Once in a month with the groceries.

RESPONDENT: We get those sometimes when required.

MODERATOR:When you go to purchase the grocery items like oils, dals or even vegetables, then what all you have in your mind that an item should have?

RESPONDENT: We wish those to be of good quality.

RESPONDENT: I see its brand and expiry date.

RESPONDENT: I see its quality.

RESPONDENT: I need the test of the oil be good.

RESPONDENT: I see the time when the dal is fully boiled.

MODERATOR: Do you think from the point of Hygiene?

RESPONDENT: Yes, we see how clean is the material?

MODERATOR:Do you see the packaging?

RESPONDENT: Yes, it needs to be nice to buy.

MODERATOR: Do you see the price?

RESPONDENT: We see that first.

MODERATOR:Why do you see it first?

RESPONDENT: I see it to compare the price at present with that of previous month.

RESPONDENT: I see how much GST is imposed?

MODERATOR:Why do you see the brand?

RESPONDENT: We need materials of good quality and good taste. There are various Companies in the market and hence I see the brand.

RESPONDENT: I see it to see if the product is of 'Bharat Masala' or not?

MODERATOR:Why do you see the quality?

RESPONDENT: It should be of good quality always for our health.

MODERATOR:Why do you see its neatness?

RESPONDENT: If the product is neatly cleaned, the quality should be good.

MODERATOR: How do you know the percentage of nutrition in a product of food?

RESPONDENT: I see the percentages of cholesterol.

RESPONDENT:I see the amount of fats in it.

MODERATOR: How do you know all these?

RESPONDENT: We read and these are written on the packet.

MODERATOR:How do you come to know that a particular thing is good for health?

RESPONDENT: It cannot be known by seeing the product. As we know that some colour is added to the dal of red grams.

RESPONDENT: We can know it by reading the packet thoroughly.

RESPONDENT: Loose products are not good in quality.

MODERATOR: Is there any other means to know it?

RESPONDENT: The shopkeeper has to be asked about it.

MODERATOR: The doctors sometimes suggest some product, is not it?

RESPONDENT: Yes.

RESPONDENT: My friends and relatives also recommend some brand to buy.

RESPONDENT: I can know it by seeing or reading the ads.

MODERATOR: Do you believe to buy the products by seeing the ads which will be good for health?

RESPONDENT: Yes, it is believable.

MODERATOR: Another thing is organic products in which there are no chemicals added.

RESPONDENT: What we get today is grown with fertilizers mixed with chemicals. The vegetables like brinjals or green chillies in our garden are free of chemicals and are good for our health.

MODERATOR:Even we get organic foods now. Is not it?

RESPONDENT: We can know everything from the packet.

MODERATOR: Do you know about home delivery?

RESPONDENT: Yes, it is good for those who do not have anyone to bring from the market.

RESPONDENT: We don't need home delivery at present.

MODERATOR: But do you think it beneficial?

RESPONDENT: Yes, sometimes when there is none to get it from outside it is beneficial.

MODERATOR:Do you all keep the price in mind?

RESPONDENT:Yes. We should get products of good quality and it should be within our budget.

MODERATOR:What more do you see while buying a product?

RESPONDENT: I see the offer.

RESPONDENT: I see the brand.

MODERATOR: Do you compare the quality worth your money?

RESPONDENT: Yes.

MODERATOR:How can you determine it is worth your money?

RESPONDENT: Long lasting.

MODERATOR:What worth value you see in a food product?

RESPONDENT: It should be of good quality.

MODERATOR:Whenever you go to purchase anything, do you keep the advertisement in mind?

RESPONDENTS: Yes, we do.

RESPONDENT: First we see the ad and then go to buy it.

MODERATOR:Which ads do you see?

RESPONDENT: I see the ad of Sensodyne paste.

RESPONDENT: I regularly read newspapers and see the ads there.

RESPONDENT: I see ads in the TV.

MODERATOR: There are some ad boards in some of the shops.

RESPONDENT: Yes, I have seen those also.

RESPONDENT: I enquire about the discounts or offers on a product.

MODERATOR:Do you all keep in mind about promotions like someone has come and show you demo about it?

RESPONDENT: Yes we look at it like before using pastas and other products; we always like to have a demo of it. We should see how pastas are made so as to buy and use it.

RESPONDENT: Yes, demo should be there.

MODERATOR: Do you think it better if Chefs come and teach you you how to cook?

RESPONDENT: Yes, it will be better.

MODERATOR:Do you keep in mind like which thing to bring so that we can cook it easily? Which should be there for easy cooking?

RESPONDENT: LP gas.

MODERATOR:Do you know readymade foods like pastas are made by dipping them in boiled water? What do know by readymade foods?

RESPONDENT: Those are now available in packets, bring and take.

MODERATOR:Do you keep in mind about the smell?

RESPONDENT: The smell should be good.

RESPONDENT: It tastes good if the smell is good.

MODERATOR:Now we came to know that all of you buy groceries either from the malls or from the shops.

Have you ever faced any problem in the monthly budget of groceries?

RESPONDENT: Yes, we have faced it sometimes.

MODERATOR: Why so?

RESPONDENT: We get them on credit sometimes when the budget is low.

RESPONDENT: We reduce the quantity in our weekly grocery items if the budget sometimes is low.

MODERATOR: Has any one faced like this ever?

RESPONDENT: Yes, it happens when some guests come to our house.

RESPONDENT: Yes, as the budget sometimes gets more and less sometimes.

MODERATOR:Do you adjust in this condition?

RESPONDENT: Yes, we adjust sometimes.

RESPONDENT: Yes sometimes we adjust with 3 litres of oil instead of 4.

RESPONDENT: We manage with curry juices if dals have been finished.

MODERATOR:Ok, you cook various types of food items.

By looking at what do you come to know that a food you should take?

RESPONDENT: It must contain proteins.

RESPONDENT: It must contain minerals also.

RESPONDENT:It must contain iron.

RESPONDENT:It must contain iodine.

RESPONDENT:It must contain low cholesterol.

MODERATOR: Do you think the texture of foods should be good?

RESPONDENT: Yes.

MODERATOR: Why do you think so?

RESPONDENT: It will give satisfaction.

RESPONDENT: It should have good smell also.

MODERATOR:What should be present so that you can know that the smell is good?

RESPONDENT: Smell should be good so that it will also taste good. One should love to take it.

RESPONDENT: Interest will grow to take the food.

MODERATOR: Do you mark any problem after you take the food?

RESPONDENT: Yes, we should see if it should not cause gastritis problem.

MODERATOR:Do you all like to take healthy foods or health conscious food?

RESPONDENTS: Yes.

MODERATOR: What should you take as healthy foods?

RESPONDENT: One should take foods with less oils and spices and should take Santhula, fruits and vitamins. Foods should be of low calorie.

MODERATOR: Why do you think one should take foods with low calorie?

RESPONDENT: We can easily digest the foods if they are of low calorie and we may not suffer from gastritis.

MODERATOR:Why there should be protein in foods?

RESPONDENT: Because it is very essential for good health.

MODERATOR:Why there should be iron in foods?

RESPONDENT: Now-a-days people have been suffering from several diseases which were not a case in past years. We should know the reason of it and should avoid those foods to avoid the diseases.

MODERATOR:That's right but why iron is needed in food? Can you tell me Madam please?

RESPONDENT: It is needed for strength.

RESPONDENT: Foods having more iron contents are good for health.

MODERATOR: Another thing you said was low fat. Why is it needed?

RESPONDENT: Now- a-days people have been suffering from obesity and becoming fatty.

RESPONDENT: Cholesterol should be low.

RESPONDENT: Blood pressure should not be high.

RESPONDENT: Kidneys and liver should be normal.

RESPONDENT: Obesity causes many diseases.

RESPONDENT: Diabetic patients are growing at present.

MODERATOR: Why should there be Iodine in foods?

RESPONDENT: People will not suffer from thyroid issue.

RESPONDENT: To avoid thyroid.

MODERATOR:How can you know that a food is having vitamins?

RESPONDENT: It is written on the packet of the food material.

RESPONDENT: One can know the percentages of vitamins and minerals in the product.

MODERATOR: What do we mean by Nutrition value? It is how much proteins and energy it has.

What does energy do for a human body?

RESPONDENT: It manages working ability of a person.

RESPONDENT: One will be active.

RESPONDENT: There will be no fatigue.

MODERATOR:By looking at what do you come to know that it is good for health?

RESPONDENT: When the food supplies all type of vitamins.

RESPONDENT: Where all the nutritional values are present

RESPONDENT: One when feels very active to do every work.

MODERATOR: How are foods with less oil good for health?

RESPONDENT: More oil causes several diseases.

RESPONDENT: With very less oil we can cook in the non-stick utensils.

MODERATOR:So, in total a good food should have good texture, smell, taste and nutritional values.

Well Madams, what do you do to keep the health of the family members good?

RESPONDENT: We maintain neat and cleanliness.

MODERATOR:What do you do to keep your health good?

RESPONDENT: We don't have time to look at us.

RESPONDENT: I am exercising for the problem of my spondylitis.

RESPONDENT: I do yoga.

RESPONDENT:I also do yoga in the morning.

MODERATOR: Do any of you go on morning walk?

RESPONDENT: I do yoga for one hour in the morning.

RESPONDENT: I walk in our house. I go up and come down there.

RESPONDENT:I have no time to go on walk.

MODERATOR: How do you control your food habit to avoid over weight and keep yourself fit and healthy?

RESPONDENT: It totally depends upon on us.

RESPONDENT:To reduce the quantity of foods if one has no more physical labour.

MODERATOR:What were your food habits 5 to 7 years back and what are your food habits now?

RESPONDENT: Foods before 5 to 7 years were plain and simple, but now we use junk and Chinese foods more.

RESPONDENT: Now people take more oily and spicy foods.

RESPONDENT: Now people take more foods from outside than of their own kitchens.

RESPONDENT: Previously people used to take more of dalma, Santhula, veg fries whereas now they like to take oily and spicy foods of nice colours. And for this, people suffer more now than before.

RESPONDENT: In olden days, people used to take coarse rice and now taking thin rice with chemicals.

RESPONDENT:Previously people used to take grinded flour but now like to take packed flour.

MODERATOR: What more changes are there?

RESPONDENT: People liked to take more sweets in past but now fear to take more for having diabetes.

RESPONDENT: People prefer more oily and spicy foods now.

RESPONDENT: Children take junk foods every evening now.

MODERATOR: Do you get foods of flour more or of fine flour now?

RESPONDENT: More foods of fine flour are available at present.

RESPONDENT: Where ever you go, you find foods of more or of fine flour in the market now-a-days.

RESPONDENT: But, foods of flour are good for health.

MODERATOR:What is the problem with foods of fine flour?

RESPONDENT: It is not digested easily.

MODERATOR:What is the difference between cow milk and packed milk?

RESPONDENT: Fat grows by taking cow milk.

RESPONDENT: Cow milk is better but do to its less availability we are constrained to take packed milk which is not so good gor health.

MODERATOR: What is problem with packed milk like 'Omfed'?

RESPONDENT: It is not good as some powders are amalgamated in it.

RESPONDENT: It is mixed milk.

RESPONDENT: It does not have taste.

RESPONDENT: I dislike its smell.

MODERATOR: Ok. So you look after the foods and drinks to keep you and your family healthy. You maintain neat and cleanliness.

You do not get time to go on morning walks excepting two who have been doing exercises and yoga. But you should think for you also and do some exercises.

RESPONDENT: I go to the market every week.

RESPONDENT: Truly speaking, I don't get time for that.

MODERATOR: Ok, Madams, let us wind up our discussion here and thank you all very much for your participation in the discussion and for sparing your valuable time.

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