MODERATOR: Thank you so much that you have comehere. I am from a Research Organization which surveys on various products and know the utility, good and bad side of it and to report for further development in its quality.

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. Please do not think your answers will be right or wrong and so you please share freely whatever you want to share.

I want to take the audio recording of the entire discussion as it will not be practicable to keep all your responses in memory and video recording for the nodding of your heads and symbolic answers by your hands. I assure you that these recording will be kept completely confidential till these are used in our research job. After that, all these will be deleted. And besides, there will not be any sort of discussion to be afraid of as we will talk on the foods and food habits.

Though your names are written here, but I wish to get the introductions from you along with something about your family.

What is your name?

RESPONDENT: My name is <name of respondent 1>. There are five members live in our family. They are my in-laws, my husband, my 9 month child and I live here. My time passes with household works and my little kid. I do most of the works as my mother-in-law cannot do more for her old age. My husband is in a job. He does electrical works. He returns by night and sometimes. When he is on leave, we go somewhere to roam.

MODERATOR: What about you?

RESPONDENT: My name is <name of respondent 2>. I live with my husband and a daughter of seven years. I give private tuitions to some students in my house. My husband is in a job.

MODERATOR:What about you?

RESPONDENT: My name is <name of respondent 3>. I live with my mother-in-law, husband and a six year child who reads in a school. Previously I was in a school as a teacher but do not do now. I cook in our house and sometimes my mother-in-law.:

RESPONDENT: My name is <name of respondent 4>. We have five family members, my mother-in-law, husband and his younger brother and our son of 7 years. He reads in class III. I am a housewife and my husband is in a job..

RESPONDENT: I am <name of respondent 5>. There are four members in our family, my mother-in-law, husband, our only son and me.

RESPONDENT:My name is <name of respondent 6>. I have a son who reads in College.

RESPONDENT:

RESPONDENT: I am <name of respondent 7>. We have three members in our family, my mother-in-law, husband and me. I am pregnant now. My husband has a business and I am a housewife.

MODERATOR: And what about you?

RESPONDENT: My name is <name of respondent 8>. I live with my husband and two children.

MODERATOR: Ok, today's discussion is about everyone's favourite,'FOOD'. If I talk about cinema, you might think of a story having some actors and actresses characterizing in it. There might be some songs in it. I t might be in Bengali or Hindi language etc. What is the pattern of the movie, romantic, serious or comedy?

Likewise, could you please tell me what comes to your minds if talked about "FOOD"?

RESPONDENT: Pop-corn, cold drinks, ice creams or gol-gappa etc.

RESPONDENT: It should be tasty and good for health.

RESPONDENT: It should be oil free.

RESPONDENT: Chowmin, chocolates.

MODERATOR:When do you make non-veg foods in your houses?

RESPONDENT:We cook non-veg items mostly on Sundays and occasions.

MODERATOR: Who does the cooking at home?

RESPONDENTS: Usually, we do cooking ourselves.

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

RESPONDENT: Sometimes, I cook in day time and my mother-in-law cooks in the night.

RESPONDENT: My mother-in-law sometimes helps me in chopping vegetables and grinding spices while I cook.

RESPONDENT: My mother-in-law cannot cook in the morning as she rises late but, she sometimes cooks the lunch.

RESPONDENT: My mother-in-law cooks when I go to my job but after returning from there, I do the rest of cooking and other works.

MODERATOR:Who decides the menu?

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

RESPONDENT: Usually, I take the decision.

RESPONDENT: I ask my mother-in-law and cook accordingly.

RESPONDENT:Usually, I take the decision what to be cooked.

MODERATOR:According to you, is menu decision difficult or easy?

RESPONDENT: It is easy.

RESPONDENT: I feel a little bit difficult while deciding what to cook in night.

RESPONDENT: I also ask others what to cook in night

RESPONDENT: I like to cook and for that take the decision myself.

RESPONDENT: I ask my mother-in-law and sister-in-law about the menu.

MODERATOR:Do not your husbands in making the menu decision?

RESPONDENT: Yes, he also asks to do some items sometimes.

RESPONDENT: Even the children also demand some items to be cooked.

MODERATOR:Which should you take the suggestions of your children? Is it breakfast, lunch, supper or dinner?

RESPONDENT:I make the breakfast of their choice.

RESPONDENT:I give the food in their tiffin box as per their demand.

MODERATOR: Do you make any other item as per the children demand except breakfast?

RESPONDENT: They ask for fried rice sometimes.

RESPONDENT:They ask for biryani on Sundays.

MODERATOR: Ok, I know every family has their own food habits. Please let me know how many times you cook in a whole day and take?

RESPONDENT: I cook four times and take four times also.

RESPONDENT:I do the same.

RESPONDENT: Sometimes, I cook three times or sometimes four in a day.

MODERATOR: When do you rise in the morning?

RESPONDENT: 6.30 am.

RESPONDENT: In between 6.30 am to 7 am.

RESPONDENT: I usually rise by 5.30 am for my son. When he goes out for his office, I do all my works.

RESPONDENT:In between 6.30 am to 7 am.

MODERATOR: Ok, so you all rise by 6.30 am or 7 am excepting one.

RESPONDENT: I rise late on Sundays.

MODERATOR: I will be talking on Sundays and other holidays afterwards. Now let us discuss about the regular days.

Now tell me what do you take first after getting up from the bed and getting fresh?

RESPONDENT: I take tea.

RESPONDENT:I take biscuits with tea.

RESPONDENT:I take biscuits with tea.

RESPONDENT: I take biscuits with tea.

MODERATOR: Do you all four take tea and biscuits after rising from beds and getting fresh?

RESPONDENTS: Yes.

MODERATOR:What type of biscuits do you take?

RESPONDENT: Cream, salty or Marie Gold.

RESPONDENT: I take biscuits of my choice.

MODERATOR: What do you take at that time if don't take tea and biscuits?

RESPONDENTS: We don't get time to take anything at that time.

MODERATOR: What do you take after sending your children to school?

RESPONDENT: Tea and biscuits.

MODERATOR: So, as a whole, you take tea and biscuits whether before or after sending your children to school. Is not it?

RESPONDENTS: Yes.

MODERATOR: Ok, now let us come to your breakfast.

Do all of you have breakfast?

RESPONDENTS: Yes.

MODERATOR:What do you make in your breakfast, Sampa?

RESPONDENT: (Sampa) I make different items on different days like roti and curry of potatoes or other vegetables like potatoes-beans or pumpkins. Sometimes we take roti and potato-dam. Sometimes I make parathas of flour and some item of potatoes. Sometimes, I make potato-parathas.

MODERATOR:What do you make in your breakfast, Soma?

RESPONDENT: I usually make roti and curry for our breakfast.

MODERATOR: How many days a week you make roti and curry for your breakfast?

RESPONDENT: I make this five days a week. Sometimes I make pudis and curry also.Sometimes I make parathas or Chowmin.

MODERATOR: What do you add to Chowmin?

RESPONDENT: I add some vegetables in it like beans, tomatoes or capsicum. I also add egg to it.

MODERATOR: What about you?

RESPONDENT: We take roti and curry and sometimes cakes and milk in our breakfast.

MODERATOR:Do your children, husband and others take the same breakfast or you make something different for someone?

RESPONDENT: No, we all take the same breakfast.If I add potato-dam and mix it with fried rice, everyone use to take that in breakfast and hence, no other item needs to be made.

MODERATOR: What do you take in breakfast?

RESPONDENT: We usually take bread toasts with eggs in Saturdays and Sundays.

MODERATOR:What do you take in other five days of a week in breakfast?

RESPONDENT: We take roti and veg curry.

MODERATOR:What about you?

RESPONDENT: We take roti and curry but our children take Chowmin or other snacks from the market.

MODERATOR:And what do you take?

RESPONDENT: We take same breakfast which is made in our house.

MODERATOR: Will anybody add something to these?

RESPONDENTS: No.

RESPONDENT: we take roti, curry or some fruits like mango or banana. Our son takes something different like breads or Chowmin. Sometimes, he also takes his breakfast outside.

RESPONDENT: We take cheese and roti most of the times.,

MODERATOR: Ok, do you make any different breakfast for elderly people like your in-laws?

RESPONDENT: Yes, I do as in almost curries I make with potatoes and so I make different for them as they have diabetes. Our children like sandwiches the most.

MODERATOR: Do you give them paratha and potato free curry, Sampa?

RESPONDENT:They rather prefer to take parathas with tea but not with curry. They only prefer if the curry is of some vegetables with poppy seeds. My mother-in-law likes to take sandwiches. I have to make whatever my father-in-law likes to take and ask for.

MODERATOR:Jaya, do you make any different breakfast for elderly people like your in-laws?

RESPONDENT: I give them roti with cheese or halwa of semolina in their breakfast. We also take with them but our son takes different in his tiffin box. He takes parathas and fruits or anything which are available in our house. My in-laws are fond of taking cheese, chana-bhatura (an item of boiled grams) with parathas.

MODERATOR:Do you and your husband also take those?

RESPONDENT: Yes, we do.

RESPONDENT: I usually make rotis instead of rice which we take with some veg fry or curry.

MODERATOR: What do you give to your children in breakfast?

RESPONDENT: I put rice in water in the previous night which I grind with chopped vegetables in the morning and give to my child. Sometimes I give him semolina. I also give sago to him and I take many times.

RESPONDENT: I make rotis and ghugni for our breakfast in most of the times.

MODERATOR: Those which make pudis for breakfast; do you make those with flour or fine flour?

RESPONDENTS: We mostly make pudis with flour of wheats.

MODERATOR: Do you ever make pudis with flour and fine flour mixed?

RESPONDENT: No, we do thosewith flour of wheats only.

RESPONDENT: Pudis made with fine flour look nice and taste good but those of flour are really good for health.

MODERATOR: Ok, this is all about what you make breakfast. Now let us discuss about the lunch from Monday to Friday.

And also you please tell what do you give in the tiffin boxes whose children and husbands take?

RESPONDENT: My husband and son take parathas and halwa and take the same also in their tiffin boxes.

RESPONDENT: My son takes bread toasts and eggs or toasts and sweets in his tiffin box.

RESPONDENT: Our children take breads and egg omelettes or bread and fruits or cheese and biscuits.

MODERATOR: What do you give to your child, Jaya?

RESPONDENT: As he goes early in the morning by 6 am, he takes Complan in milk in home and takes some fruits and biscuits in his tiffin box.

MODERATOR:What do you give to your child, Soma?

RESPONDENT: He takes milk and bread in home and takes breads and biscuits in his tiffin box. My husband goes to office taking meal in home and takes some sugar free biscuits.

MODERATOR: Any of you having any variation than these?

RESPONDENT: Our children take roti and veg curry in their tiffin boxes.

MODERATOR: Ok, what do you take after the session of breakfast and before lunch?

RESPONDENT: I take another cup of tea.

RESPONDENT:I also take a cup of tea in between.

RESPONDENT: I too take a cup of tea.

RESPONDENT: I take a cup of red tea without milk.

MODERATOR: Let me start with Namita. What do you cook for lunch?

RESPONDENT: I cook little reddish rice and other items for lunch.

RESPONDENT: I cook rice.

MODERATOR: How many of you cook rice for lunch?

RESPONDENTS: We all cook rice.

RESPONDENT: I take roti when there is no rice in the house.

MODERATOR: That is a special occasion. But as such, do you cook rice?

RESPONDENT: Yes, I do.

MODERATOR: What do you cook apart from rice during Monday to Friday?

RESPONDENT: I make khichdi.

MODERATOR:Do you make dal?

RESPONDENTS: Yes.

MODERATOR: Do all of you make dal?

RESPONDENTS: Yes.

MODERATOR:Which dals do you make?

RESPONDENTS: We make dals of lentils, grams, red grams, horse grams, black grams and green grams etc.

MODERATOR:Which veg fries do you make?

RESPONDENTS: We fry different vegetables like potatoes, beans, lady's fingers, ridge gourd, cauliflowers etc.

RESPONDENT: Along with veg fries, I sometimes make dal-vadas.

MODERATOR:So, what else do you cook apart from rice, dal and veg fries?

RESPONDENT: I make paneer-korma, gram dal and rice as my son does not like much of vegetables.

MODERATOR: What other item do you make apart from paneer?

RESPONDENT: I make items with vegetables like beans, potatoes, ridge and bitter gourds, tomatoes and brinjals etc.

RESPONDENT: I also make dry curry of potato and badis.

RESPONDENT: I also make different greens.

MODERATOR: What type of greens do you make for your lunch?

RESPONDENT: We make greens of palak, gourds, pumpkins, lentils and leaves of arums etc.

MODERATOR: Ok, what type of curries do you make for your lunch?

RESPONDENT: I make fries of potato-bitter gourd, brinjals, ridge gourds, snake gourds and pumpkin etc.

RESPONDENT: I make fries of potatoes, brinjals, beans, pumpkin, cauliflower etc.

RESPONDENT: I make fries of several vegetables available.

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

RESPONDENT:In lunch we make dal, mix veg, snake gourd korma, pakoda curry, dalma, moong kichidi, okra sour, tomato sauce, snake gourd fry, spinach pumpkin and okra mixed rai.

MODERATOR:Do you take vadas of vegetables?

RESPONDENT: We make dal-vadas.

RESPONDENT: We make pumpkin-vadas.

RESPONDENT: We make potato-vadas.

RESPONDENT: We make vadas of pumpkin flowers.

RESPONDENT: We make different types of fish curries also.

MODERATOR:What all items do you make from fish?

RESPONDENT: We make curries of different type of fishes. We fry fishes or make curry of fish with mustard seeds.

RESPONDENT: We make curry of only prawns and also with vegetables.

RESPONDENT: I make fish fry with spices.

MODERATOR: What other non-veg items you make for lunch?

RESPONDENT:On Sundays, we make either egg, fish, chicken or mutton.

RESPONDENT: We prefer fishes more than other items.

RESPONDENT: We also make more of fish dishes.

RESPONDENT: We prefer either fishes or eggs.

MODERATOR: What about you, Soma?

RESPONDENT: I make non veg items on different days. I also make fish curry with potatoes.

RESPONDENT: If I make fish curry one day, make muttons or chickenson the other day.

MODERATOR: How do you cook chicken curry?

RESPONDENT: I boil the pieces of chicken and then add onion, garlic and spices and make the curry.

MODERATOR:Sampa, you told that mostly you take fishes. How many days a week do you take chicken?

RESPONDENT: once in a week, we take chicken. In maximum, we take chicken and eggs two days a week. We like small fishes or hilsa fish more than chicken or mutton.

MODERATOR: How do you prepare chicken dishes?

RESPONDENT: I make either chicken curry or chicken kassa or chilli-chicken.

MODERATOR:What do you make, Anjana?

RESPONDENT: we take vegetarian dishes,

MODERATOR:What do you make, Soma?

RESPONDENT: We take fishes like others do and also make egg curry. Usually, we take fishes for 4 days and eggs for one day in a week.

MODERATOR: How do you make non-veg items?

RESPONDENT: I can make a chicken dish with red grams, eggs and chicken kimas (very small pieces of chicken).

RESPONDENT: We definitely take chicken item once in a week.

RESPONDENT: I don't take chicken or mutton but take eggs.

MODERATOR: What other items do you make for your lunch?

RESPONDENT: I make fries of greens and bitter gourds.

RESPONDENT: We like green banana fry with chilli powder.

RESPONDENT: I make small pieces of boiled eggs and fry those and we take.

RESPONDENT: I make different type of chutneys.

MODERATOR:What type chutneys do you make?

RESPONDENT: Chutneys of mangoes, tomatoes, date palms and hog plums.

MODERATOR: Do you make salads for your lunch?

RESPONDENTS: Yes.

MODERATOR: How many of you make salads for your lunch? Please raise your hands.

RESPONDENT: (Seven Respondents raised their hands)

MODERATOR: What do you make salads with?

RESPONDENTS: We make salads with cucumbers, tomatoes, chopped onions, curds, green chilli and salt.

MODERATOR: Do you take salads in your lunch?

RESPONDENTS: Yes.

MODERATOR: What were you telling, Sampa?

RESPONDENT: We like to take Rayta in our lunch.

MODERATOR:What do you make Rayta with?

RESPONDENT: I make it with chopped cucumber and sourly curd.

MODERATOR:Ok, which fishes do you all take?

RESPONDENTS: We take different kind of fishes including breeding fish, hilsa fish, climbing fish, carp fish, big gudgeon fish, pamphlet fish, prawn and small fishes etc.

MODERATOR:Ok, this is all about your foods you take in the morning and afternoon. Do you take anything after taking in the afternoon?

RESPONDENT: Yes, at about 3pm 0r 3.30 pm, I take a cup of tea.

RESPONDENT: When I feel taking something after lunch, I take salad or sometimes an apple.

RESPONDENT: Sometimes, I take one or two guavas if available at that time.

MODERATOR:Ok, now it is about the evening time. Tell me what do you take next before dinner?

RESPONDENT: At about 6pm to 6.30 pm, we take tea.

RESPONDENT: We also take tea.

RESPONDENT: I make pudis and take with tea.

RESPONDENT: I take tea either with fried rice or Nimkis.

MODERATOR:is there any variation in these?

RESPONDENT: We take some oil fried snacks like samosa or potato-chops.

MODERATOR: Do you make those in your house?

RESPONDENT: No, we get those from the shop. We have fried rice already in our house and take these with it.

RESPONDENT: Sometimes, we take fried rice and mixtures.

RESPONDENT:Sometimes, my husband brings home some snacks like chops, Mughlai parathas while returning from his office. We use to take those in the evening.

RESPONDENT: As such, we mostly take tea and biscuits in the evening.

RESPONDENT:We also mostly take tea and biscuits in the evening or some salty snacks.

RESPONDENT: I take only a cup of tea.

RESPONDENT:We also mostly take tea and biscuits in the evening.

RESPONDENT: We take samosas, pakodas or chops and then take tea.

MODERATOR:Which pakodas do you take at that time?

RESPONDENT: Chicken pakodas.

MODERATOR: what do you take in your house in the evening, soma?

RESPONDENT: we sometimes take some fruits at that time like apple, guava or cucumber.

MODERATOR:Ok, now tell what you make for your dinners, rotis or rice?

RESPONDENTS: We make rotis.

RESPONDENT: We take rotis with rice in the dinner.

MODERATOR: What about you, Sampa?

RESPONDENT: Rice.

MODERATOR:What about you, Soma?

RESPONDENT: Rice for my son and roti for others.

RESPONDENT: We take sometimes roti and sometimes rice.

RESPONDENT: My mother-in-law takes roti and we take rice.

RESPONDENT: We take rice and roti for 4 and 3 days respectively.

MODERATOR: Ok, now tell me what do you make to take with rotis?

RESPONDENT: We take potato-dam or egg curry with rotis.

RESPONDENT: We take rotis with fish curry.

MODERATOR:What about you, Ruby?

RESPONDENT: We take dal and any curry with rotis.

RESPONDENT: We take rotis with any one curry or sweets sometimes.

MODERATOR:What about you, Chhanda?

RESPONDENT: Others take rice with fish curry with vegetables but I take only fish curry. If fish is not there, we take mixed veg curry.

MODERATOR:What do you give to your baby?

RESPONDENT: I make paste of rice and all other boiled vegetables and give her. The rest of it she takes in the morning also.

MODERATOR:What do you make for your dinner, Rashida?

RESPONDENT: We take biryani or fried rice and paneer.

MODERATOR:Any of you who takes different from these?

RESPONDENT: We take roti with milk only.

MODERATOR:You are pregnant now, Sampa. What special do you take?

RESPONDENT: I take milk, fruits, eggs and cheese. I try to take nutritious diet which could be good for my health. Previously I was taking less diet in dinners but take bit more now.

MODERATOR:What more do your elders suggest you to take now?

RESPONDENT: Now I use to take veg soups more.

MODERATOR: Ok, now tell me your food habits on Saturdays and Sundays.

Are those same as the rest five days of the week or are some special items made?

RESPONDENTS: Some special items are usually prepared on Sundays in most of the families.

MODERATOR: What special breakfast do you have on Sundays?

RESPONDENT:RESPONDENT: We normally take veg curry with rotis.

MODERATOR: What about you, Sampa?

RESPONDENT: We also have the same.

MODERATOR: Do you ever make pullawo in dinners?

RESPONDENT: Yes, we sometimes change rice and roti and make pullawo in our dinner.

MODERATOR: What items do you prepare in dinners?

RESPONDENT: Pullawo, fried rice and biryani.

RESPONDENT: We make either rice or roti in our dinners.

MODERATOR: anybody who changes the items other than these?

RESPONDENT: Yes, though not always, we make sweet rice and cheese sometimes once or twice a month. (93.10 minute0

MODERATOR: Do you prepare breakfast in your houses?

RESPONDENT: Yes, we do in our house or sometimes get from outside.

MODERATOR: What do you make in your house for breakfast?

RESPONDENT: We make parathas or puris and gram dal with potatoes.

RESPONDENT: We can make some special items on Sundays as no pressure is there to send the children and husband to school and office respectively. I make pudis and curry and sometimes Chowmin.

MODERATOR: What do you do Soma?

RESPONDENT: Most of the times I make parathas on Sundays. I make potato-parathas or cauliflower-parathas. Sometimes, I make pudis.

RESPONDENT: I make halwa of semolina on Sundays.

RESPONDENT: I make potato-parathas or cauliflower-parathas along with potato-dam.

RESPONDENT: Every Sundays, my husband brings snacks from outside which we use to take.

RESPONDENT: I take sattu (grinded wheat and grams) and my son takes bread slices and butter on Sundays.

RESPONDENT: I make either halwa or spiced upma of semolina on Sundays.

RESPONDENT: We take Dalia on Sundays.

MODERATOR: Moderator: What all food items you prepare on different occasions? When do you start cooking in the morning?

RESPONDENT: I start cooking by 7 A.M.

MODERATOR: What all do you cook?

RESPONDENT: Pasta, Maggie, Chowmin, sewain, flattened rice, upma and semolina etc.

NODERATOR: What do you cook most of the times?

RESPONDENT: Pasta, Maggie and Chowmin.

RESPONDENT: I make kheer of semolina.

MODERATOR: Ok, do you make anything else in between breakfast and lunch on Sundays?

RESPONDENT: No.

MODERATOR: What do you cook for Sunday's lunch?

RESPONDENT: I make some special on Sunday's lunch like biryani and fried rice.

MODERATOR: Do you take your meals outside?

RESPONDENTS: Yes, we take outside sometimes.

RESPONDENT: We sometimes get meals from outside and take in our house.

MODERATOR: How many times in a month normally you get those meals to your house?

RESPONDENT: It is occasional.

MODERATOR: So you 5 get meals from outside and not the other 3.

How many times in a month normally you get those meals to your house?

RESPONDENT: While returning from outside sometimes we get the meals from there and take in our house.

MODERATOR:What do you bring from outside?

RESPONDENT: Biryani, chilli-chicken, Chowmin, dal mix veg curry etc.

MODERATOR: What more do you bring from outside?

RESPONDENT: We also bring idlis and dosas from outside.

RESPONDENT: We take whatever we like in outside hotels.

MODERATOR:That is about your meals taken outside, but I want to know the foods you bring home to take? Is it lunch or dinner?

RESPONDENT: Usually, my husband brings foods for our dinners.

MODERATOR: What is the reason of bringing foods to home?

RESPONDENT: It is just skip cooking and change the taste.

RESPONDENT: On the day when I cannot cook or can ask my mother-in-law to cook, I ask to get foods from outside.

MODERATOR:Jaya, how many times in a month normally you get those meals to your house?

RESPONDENT: We get biryani and non-veg items occasionally, say once or twice in a month.

RESPONDENT: Sometimes, we do not get outside foods at all in a month.

MODERATOR:Now tell who takes the decision of taking foods outside?

RESPONDENT: I discuss with my husband and take the decision of taking meals outside.

RESPONDENT: My husband asks me to go to take meals outside.

RESPONDENT: We all decide to go out for taking foods.

RESPONDENT: We go to 'Spring Club' and take different foods there.

RESPONDENT: We take Chinese foods in Jadavpur.

MODERATOR: What Chinese dishes do you take?

RESPONDENT: We take biryani or fried rice and chilli-chicken etc.

MODERATOR:Has it ever been there you have taken completely different food than your normal foods?

RESPONDENT: Yes, we have taken pizza and burgers.

RESPONDENT: We take spiced-rice sometimes.

MODERATOR:Generally we go outside to celebrate some occasions like birthday parties and take food there. Have you ever organized in house parties for the some occasions?

RESPONDENTS: Yes, we have celebrated those parties in house also.

MODERATOR:What do you cook in those occasions?

RESPONDENTS: We make starter, chicken pakodas, egg-roles etc.

RESPONDENT: We make naans and non-veg items with sweets for our invited guests.

RESPONDENT: We make biryani, non-veg items, cauliflower curry and keep ice creams for the guests and for our family members and relatives.

RESPONDENT: We make biryani or fried rice with chilli chicken and other curries. We also keep sweets and ice creams on those occasions.

RESPONDENT: We make biryani and roasted chickens.

MODERATOR:Do you cook special items on any of the festivals like Durga puja, Laxmi puja etc.?

RESPONDENT: Yes, I make pudis and curry.

RESPONDENT: I prepare Mihi-dana (a kind of sweet) and bundis.

RESPONDENT: I make laddoos of grated coconuts or semolina.

RESPONDENT: I make different kinds of deserts.

RESPONDENT: We bring different kinds of sweets from the market.

RESPONDENT: We make pudis gram dal with potatoes and several type of sweets.

MODERATOR:Well Rashida and Naseema, what do you make special on your festivals like Eid?

RESPONDENT: We make biryani, muttons, lachha, sewain, kheer of semolina, pullawo, halwa of semolina etc. on the eve of Eid.

MODERATOR:Do you make any item of cheese?

RESPONDENT: (Rashida and Naseema), yes we do items with cheese.

MODERATOR:Do you make something different from your regular foods?

RESPONDENT: Yes, we make heni-parathas and lachha.

MODERATOR: Anything more you make?

RESPONDENT: We make fried rice with chilli-chicken.

MODERATOR:What do you make at the time of 'Iftaar'?

RESPONDENT: We make sweet rice, sweets and muttons. Or we make pudis and muttons.

MODERATOR:Ok, what special food you take in Pujas?

RESPONDENT: I take fruits as I do not take meals on sashthi (the sixth day of Durga Puja).

RESPONDENT: We take pudis, gram dal with some sweets.

RESPONDENT: We don't take any non-veg items in Pujas like Laxmi Puja and Saraswati Puja.

RESPONDENT: We take pudis along with payas (kheer) and sweets.

MODERATOR:Do any of you take full boiled foods?

RESPONDENT: We have the tradition of doing that, but I do not.

MODERATOR: What do you take on the fasting days?

RESPONDENTS: We take fruits, sharwat of curds.

RESPONDENT: We take flattened rice with curd and sugar or take fruits or sprouted green grams.

RESPONDENT: We take sago or curd sharwat.

RESPONDENT: We take fruit salads or sharwat of curd.

MODERATOR:Now please tell me whether you take the following in your breakfast or not.

Do yoy take South Indian vadas?

RESPONDENTS: Yes, sometimes.

MODERATOR: Bread pakoda?

RESPONDENTS: Yes.

MODERATOR:Sandwiches?

RESPONDENTS: Yes.

MODERATOR:Parathas of potatoes and cauliflowers?

RESPONDENTS: Yes.

MODERATOR: Now tell me who brings the groceries for your foods?

RESPONDENT: (Six of the Respondents), we get the groceries ourselves.

MODERATOR: What about you, Sampa?

RESPONDENT: My mother-in-law brings those.

MODERATOR: And what about you?

RESPONDENT:My husband brings those.

MODERATOR: There are vegetables, groceries, food supplements and dry foods. Besides, there are milk, fish, egg, chicken and mutton.

Who brings all these materials?

RESPONDENT: I bring all those which are cooked in our house.

RESPONDENT: (Five of the respondents), we bring all these materials.

RESPONDENT: My mother-in-law buys all the vegetables, groceries and non-veg stuffs. I only buy the things required for our child.

MODERATOR: Where from you get the groceries and dry fruits?

RESPONDENTS: we get those from Big Bazar.

MODERATOR: How many of you buy those from Big Bazar?

RESPONDENTS: (Five of them raised their hands)

MODERATOR:How many of you buy those from the grocery shops in your area?

RESPONDENT: (Two of them buy from the local shops)

RESPONDENT: My husband buys all those. I tell him over phone and he brings all those.

MODERATOR: Do any of you shop online?

RESPONDENTS: No.

MODERATOR:How often do you buy the groceries in a month, Soma?

RESPONDENT: (Soma) we get the grocery items once in a month.

RESPONDENT:We get the grocery items three times in a month.

RESPONDENT:We get the grocery items two times in a month.

RESPONDENTS: (Five of them) we get those once in a month.

MODERATOR:How often do you buy the vegetable in a month, Soma?

RESPONDENTS: (Four of the Respondents). We get the vegetables in every alternative day.

RESPONDENT: I get the vegetables in every three days.

RESPONDENT:I get the vegetables every day.

RESPONDENT: (Two of them), we get vegetables as and when required.

MODERATOR:How often do you buy fishes, chickens or muttons?

RESPONDENTS: (Six of the Respondents) we get those on the day we cook.

RESPONDENTS: We sometimes use the fishes on the next day even.

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:How can you know the quality of rice while buying?

RESPONDENT: From its texture and size.

RESPONDENT: It can only be known after is cooked.

RESPONDENT: If it is of good quality, the taste will be definitely good.

RESPONDENT: The shopkeeper is very well known to us and nearest to us and so he suggests the quality of rice to have.

RESPONDENT: Unless it is cooked, we cannot be sure of the quality of rice.

MODERATOR:How much of rice do you take in a month, Sampa?

RESPONDENT: The shopkeeper brings two sacks of rice to our house at a time which we use for few months.

MODERATOR:How do you find the quality of groceries in Big Bazar?

RESPONDENTS: They are always better than other shops as they keep materials of good brands.

RESPONDENT: Those are mostly in packets.

MODERATOR: Can you determine the quality of any food materials by their looks?

RESPONDENT: Yes, if it sugar, we can know from its look and size.

RESPONDENT: But we cannot know from the look or size of dal grains unless they are boiled well.

MODERATOR: There are some materials famous in some stores. Do you see that?

RESPONDENT: Yes, we also see that and get from there.

MODERATOR:Do you think from the point of Hygiene and nutritional values?

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.

RESPONDENT: I see the cleanness and how clean is the material.

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

RESPONDENTS: Yes, we do.

MODERATOR:Do you believe in promotional factor of a material?

RESPONDENTS: Yes.

MODERATOR: How does it matter while buying?

RESPONDENT: We feel happy when there is a promotional offer of buying one to get another free of cost.

RESPONDENT: These promotions are in big malls like Big bazar.

MODERATOR: Ok, there are many factors to see while buying a product like promotional offer, packaging, date of expiry and quality etc.

Do you find any such factor while buying vegetables?

RESPONDENTS: We buy vegetable which we can see with our eyes and can know its quality whereas we faith in a grocery material while buying.

MODERATOR:Ok, now tell me whether you compromise with foods as we sometimes do in other cases?

RESPONDENT: Yes, we do compromise when a guest reaches our house after the cooking is finished. We manage to satisfy him by taking bit less ourselves. Generally, the ladies compromise more in this situation.

RESPONDENT: Sometimes we compromise while taking some food outside thinking that amount could be use of our child the next day.

MODERATOR: Which food you do not like to take within your food habit?

RESPONDENT: I do not like to take soft drinks and more of oily and spiced foods.

MODERATOR: Do you give importance to the ads given for a product?

RESPONDENTS: Yes, some of the ads we give importance and buy the products.

RESPONDENT: I see the ads of toothpaste and buy the better one.

MODERATOR:How can you be sure of the product having nutritional value?

RESPONDENT: I see the percentages of cholesterol.

RESPONDENT: I see the amount of oils and 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. I use products which are packed. I like to buy 80% of the required products of TATA from tea to salt and in my opinion; those are really good in quality.

MODERATOR: Do you ever take the suggestions of your friend regarding the quality of a product?

RESPONDENTS: Yes, sometimes we do that also.

MODERATOR: Anything that you have changed now in your eating habit?

RESPONDENT: Previously, we used to take spicy and oily foods which most of us have avoided now-a-days.

RESPONDENT: People have started avoiding foods causing high level of cholesterol.

RESPONDENT: As a whole, people have started avoiding junk and rich foods to stay healthy.

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.

********** **(rkd)**