

ANNEXURE 3

DIETARY PATTERN

Name:

Std: _____ **Division:** _____ **Roll No:** _____

Sr. No	Food & life style pattern	Day:____	Day:____	Day:____
1.	Breakfast: Milk, Tea, Milk/Cereal, Cereal/Veg, Milk/Cereal/Veg etc.			
2.	Mid morning: Cereal, Cereal/Veg, Cereal/Pulse/Milk product, etc.			
3.	Vegetables: GLV'S, other veg, yellow and orange veg, roots & tubers			
4.	Fruits: Other Fruits, citrus fruits, yellow & orange fruits			
5.	Mid day meal consumption: Full, partial, None			
6.	Pocket money: yes/ no How much			
7.	Biscuits: Plain, cream, wafer, cookies.			
8.	Confectionaries: Hard candies, toffees, chewing gum, Cadbury.			
9.	Fried foods: samosa, dabeli, vadapav, etc.			
10.	Fast foods: Fryms, wafers, kurkure, chips			
11.	Cold drinks: coke, thumsup, fanta, limca, others.			

12.	Local fruits: wood apple, guava, bor, etc.			
13.	Water intake			
14.	Physical activity:			
a)	Mode of transport to/ from school			
b)	PA during recess			
c)	PA during evening time/ at home			
d)	PT class			
15.	TV watching: yes/ no			
	Duration			