

## APPENDIX I

## Details of the Standard Meal Preparation

Stainless steel utensils and double distilled water was used for preparation of standard meal.

Standard MealItemsRotla, Khichdi, Kadhi, Vegetable

<u>Rotla</u> :	Wheat flour	. . . .	50 g
	Water	. . . .	30 ml

The flour was kneaded to a smooth dough and rolled into a thick rotla. It was then roasted on a hot gridle for 7 min taking care to brown both the sides evenly.

<u>Khichdi:</u>	Rice	. . . .	20 g
	Redgram dal	. . . .	10 g
	Water	. . . .	250 ml

Washed rice and dal and mixed them with 250 ml water. Added 0.5 g turmeric powder and 2.5 g salt. Cooked in a pan with the lid closed on slow fire till it was soft (30 min).

<u>Kadhi</u> :	Bengalgram flour		5 g
	Curd	. . . .	20 g
	Water	. . . .	60 ml
	Oil	. . . .	2.5 ml
	Salt and Spices.	. .	3.5 g

Added 25 ml water to curd and churned it with a churner to make buttermilk. Mixed Bengalgram flour, 0.5 g turmeric powder, 0.5 g chilli powder and 2.5 g salt to the buttermilk, stirring continuously so as not to form any lumps. Added 35 ml water to the mixture. Oil was heated in a pan and 3-4 mustard seeds were added to hot oil. Buttermilk - bengalgram flour mixture was poured and brought to boil (1 min).

<u>Vegetable</u> :	Potato	..	..	80 g
	Onion	..	..	20 g
	Oil	..	..	5 g
	Water	..	..	50 ml
	Salt and Spices.	..	..	4.5 g

Heated oil in a pan and added washed, chopped onions to it. When they turned brown, chopped potatoes were added. Salt (2.5 g) and spices (0.5 g turmeric powder, 0.5 g chilli powder and 1 g coriander powder) were sprinkled, water was added and the pan was covered. Cooked it on slow fire till soft (7 to 8 min).