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APPENDICES

APPENDIX-I

INTERVIEW SCHEDULE TO COLLECT INFORMATION ON SOCIO ECONOMIC AND DIETARY BACKGROUND

GENERAL:

1. Name of the interviewer : USHARANI,R
2. Name of the interviewee :
3. Age :
4. Sex : M/F
5. Educational Status :
6. Residential address :
7. Type of the family : Joint Nuclear
8. Family back ground :

S.No.	Name of members	Relation to the subject	Age	Sex	Education	Occupation	Monthly income
Total family income							

SOCIO ECONOMIC BACKGROUND:

1. Type of occupation :
Sedentary Moderate Heavy
2. Monthly income received by you?
< 5000 5000-10000 >10000
3. Do you balance your income and expenditure?
Yes No
If no, specify the reason?

4. If no have you got any loans?

Yes No

5. How much money you got as loans?

6. Mention the purpose for your loans

7. From where you got the loans?

i) Private Bank ii) Government bank iii) Money lenders iv)

NGOs

8. Mode of repayment?

i) Weekly ii) Monthly iii) Yearly

9. Have you got your own weaving unit?

Yes No

10. If no, are you employed as weaver under a society?

Yes No

11. Do you have own house?

Yes No

If yes, specify how many?

12. Mention the type of house

i) Tiled ii) Thatched iii) Concrete

13. Do you have agricultural land?

Yes No

If yes, specify (No. of acres, cents etc.,)

14. Do you have electricity connection to the household?

Yes No

15. Do you have sanitary arrangements?

- i) Toilet inside the home ii) Community toilet iii) Defecation in open field

16. Mention the type of transport used by you:

- i) Cycle ii) Motorbike iii) Bus iv) car/jeep

17. Location of the work:

- i) With in the house ii) With in the village iii) Nearby village/town (kms)

18. Do you have proper time schedule for your work?

Yes No

If no, specify the reason

DIETARY DETAILS

1. Dietary pattern

Vegetarian Non-vegetarian

Ova vegetarian Lacto-vegetarian

2. How many meals do you consume per day?

Two meals Three meals Four meals

3. Do you take food at the correct time?

Yes No

4. Do you take food outside the home?

Yes No

If yes, specify how frequently?

5. Do you take aerated drinks or fresh juices?

Yes No

If yes, give details

S.No.	Beverages	Amount (ml)	Frequency

6. Do you prefer green leafy vegetables?

Yes No

If yes, Why?

7. Do you know about balanced diet?

Yes No

If yes what is it?

8. Do you know the causes for calcium deficiency?

Yes No

If yes, specify

9. Do you know about calcium rich foods?

Yes No

If yes, mention the foods

10. Do you know the Vitamin – A rich foods?

Yes No

If yes, specify

11. Do you have the habit of skipping your meals?

Yes No

If yes, which meal is often skipped?

12. What kind of oil used for cooking?

i) Refined oil ii) Unrefined oil iii) Others

13. Do you consume fruits?

Yes No

If yes, specify the fruits and how frequently?

FOOD INTAKE PATTERN

FOOD ITEM	DAILY	WEEKLY ONCE	WEEKLY TWICE	OCCASIONALLY	NEVER
Cereal products: Rice Ragi Wheat Others					
Pulses: Red gram dhal Bengal gram dhal Black gram dhal Others					
Leafy vegetables: Amaranth Drumstick Mint Others					
Roots & tubers: Carrot Beetroot Potato Others					
Other vegetables: Beans Cauliflower Sundaikai Others					
Fruits: Guava Papaya Banana Others					
Milk and milk products: Milk Curd Butter milk Others					
Nuts and oil seeds: Cashew nuts Ground nuts Coconut					

Meat and poultry: Egg Mutton Fish Chicken Others					
Sugar and its products: Sugar Honey Jaggery Others					

HEALTH AND HYGIENE

1. Do you have clean water supply?

Yes No

2. Do you have adequate ventilation for weaving?

Yes No

3. Do you have any health problem?

Yes No

If yes, specify

4. Do you have joint pains?

Yes No

If yes, specify the duration and type of treatment?

5. Do you feel tiredness?

Yes No

If yes, are you taking any medicines?

6. Do you have regular menstruation? (for women only)

Yes No

If no, specify the reason

7. Do you have breathing problems?

Yes No

If yes, mention the duration

8. Do you have short sight problems?

Yes No

If yes, mention the duration

9. Do you have continuous cough?

Yes No

If yes, mention the duration

11. Do you have pain in fingers?

Yes No

If yes, mention the duration

12. What do you consume frequently?

i) Coffee ii) Tea iii) Milk iv) Any other

If yes, how many cups do you drink per day?

i) <2 ii) 2-4 iii) 5-7

13. Do you take hot foods?

Yes No

If yes, which foods?

14. Do you take cold foods?

Yes No

If yes, which foods?

LIFE STYLE PATTERN

1. Do you practice yoga?

Yes No

2. Do you have the habit of doing exercise?

Yes No

If yes, how often?

3. What kind of exercise?

Walking Jogging

Skipping Others

4. Do you smoke?

Yes No

If yes,

Cigarette Beedi Others

5. Do you have the habit of chewing pan?

Yes No

If yes,

Tobacco Betel leaves Others

6. Do you consume alcohol?

Yes No

If yes,

Daily Once in a week twice in a week rarely

WORK DETAILS:

1. Do you have adequate infrastructure for weaving?

Yes No

2. Do you have any difficulty while weaving?

Yes No

If yes, what kind of difficulty?

3. Mention the duration of work per day

i)8 hours ii)12 hours iii)16 hours

4. How many meters you can weave per hour?

5. Do you weave alone without any helpers?

Yes No

If no, specify reason

6. What are the major problems in weaving?

i) Health ii) Helpers iii) Inadequate light
iv) Inadequate ventilation

7. How long you take to weave one saree/one dhoti/others?

7. Do you take break while weaving?

Yes No

If yes, how long?

8. Are there any break given by society in between work

Yes No

9. Do you use gloves while weaving?

Yes No

ANTHROPOMETRIC MEASUREMENT

- Height (cm)
- Weight (kg)
- BMI (kg/m²)

BIO-CHEMICAL ASSESSMENT

- Hemoglobin (g/dl)
- Serum Calcium (mg)
- Blood Glucose

BIO-PHYSICAL ASSESSMENT

- Blood pressure (mm Hg)
- X - ray

CLINICAL ASSESSMENT

ORGANS	SYMPTOMS	PRESENCE
Hair	Brittle Thin	
Skin	Dryness Wrinkling Allergy	
Face	Pale Dryness	
Nails	Poor nail growth Brittle nails White spots on finger nails Transverse lines	
Teeth & Gums	Bleeding gums Dental caries Decay	
Eyes	Dimness of Vision Short sight Long sight	
Nervous system	Behavior disturbance Sleep disturbance Mental tension	
Respiratory system	Breathing problems Asthma Cough & cold	
Digestive system		
Extremities	Ulcer Improper digestion Edema Joint pain Muscle pain General Fatigue	

3 DAYS RECALL METHOD

DAYS	Breakfast	Amount (No./g/ml)	Lunch	Amount (No./g/ml)	Tea	Amount (No./g/ml)	Dinner	Amount (No./g/ml)
First day								
Second day								
Third day								

APPENDIX – II
SENSORY EVALUATION SCORE CARD

Name :

Product :

Date:

Evaluate the Health Mix according to descriptions

S.No.	Criteria	Scores	Sample I	Sample II	Sample III	Sample IV
1	<u>COLOUR</u> Excellent Very Good Good Fair Poor	5 4 3 2 1				
2	<u>FLAVOUR</u> Highly acceptable Fairly acceptable Acceptable Fairly unacceptable Unacceptable	5 4 3 2 1				
3	<u>TEXTURE</u> Fairly coarse coarse Very coarse soft Very soft	5 4 3 2 1				
4	<u>TASTE</u> Highly acceptable Fairly acceptable Acceptable Fairly unacceptable Unacceptable	5 4 3 2 1				
	Total					

Signature of the Panel Member

APPENDIX – III

அவினாசிலிங்கம் மகளிர் பல்கலைக்கழகம்

கோயம்புத்தூர் - 641 043

உணவு மற்றும் ஊட்டச்சத்து பற்றிய விழிப்பணர்வு படிவம்

நீரிழிவு நோய்

1. நீரிழிவு நோய் என்றால் என்ன?
அ) ரத்தத்தில் சர்க்கரையின் அளவு குறைதல்
ஆ) நாடி துடிப்பு அதிகரித்தல்
இ) இரத்தத்தில் சர்க்கரையின் அளவு அதிகரித்தல்
ஈ) கண் பார்வை குறைதல்
2. நீரிழிவு நோயால் பாதிக்கப்படும் உறுப்பு எது?
அ) சிறுநீரகம் ஆ) இதயம் இ) கண் ஈ) மூன்றும்
3. நீரிழிவு நோயில் காணப்படும் அறிகுறிகள்?
அ) அடிகடி சிறுநீர் கழித்தல் ஆ) அதிக தாகம்
இ) அதிக பசி ஈ) மூன்றும்
4. ரத்தத்தில் சர்க்கரையின் அளவு அதிகமானால் ஏற்படும் நோய் எது?
அ) நீரிழிவு ஆ) இரத்த சோகை இ) ரத்தக்கொதிப்பு ஈ) மாரடைப்பு
5. பின்வரும் உணவுகளில் நீரிழிவுக்கு எது நல்லது?
அ) எண்ணெயில் பொறித்தவை ஆ) இனிப்பு வகைகள்
இ) கீரைகள் ஈ) கிழங்கு வகைகள்
6. கீரை வகைகள் ஏன் உணவில் சேர்த்துக் கொள்ள வேண்டும்?
அ) அதிக புரதம் ஆ) அதிக நார்ச்சத்து
இ) அதிக கொழுப்புச்சத்து ஈ) அதிக நீர்ச்சத்து
7. சர்க்கரை நோயைக் கட்டுப்படுத்த உதவும் சிறந்த வழிமுறை எது?
அ) உணவின் மூலம் ஆ) மருந்தின் மூலம்
இ) மூன்றும் ஈ) உடற்பயிற்சியின் மூலம்
8. ஆரோக்கியமான ஒருவரின் ரத்தத்தில் சர்க்கரையின் பொதுவான அளவு என்ன?
அ) (160-200mg/dl) ஆ) (140-160mg/dl)
இ) (200-250mg/dl) ஈ) (80/120mg/dl)
9. சர்க்கரை நோய் உள்ளவர்கள் தவிர்க்க வேண்டிய உணவுகள் எது?
அ) இனிப்பு நிறைந்த பழங்கள் ஆ) கீரைகள்
இ) முழு தானியங்கள் ஈ) பருப்பு வகைகள்

22. தியானப் பயிற்சி செய்தால் எந்த நோயை கட்டுப்படுத்தலாம்?
 அ) ரத்தக் கொதிப்பு ஆ) இதய நோய்
 இ) சர்க்கரை நோய் ஈ) மூன்றும்
23. ரத்தத்தின் அழுத்தம் குறையும்போது என்ன செய்ய வேண்டும்?
 அ) ஆற்றல் அளிக்கின்ற உணவை உண்ண வேண்டும்
 ஆ) ஆற்றல் குறைந்த உணவை உண்ண வேண்டும்
 இ) கொழுப்பு நிறைந்த உணவை உண்ண வேண்டும்
 ஈ) உணவு உண்பதை தவிர்க்க வேண்டும்
24. கீழ்க்கண்டவற்றில் எந்த உணவு மன அழுத்தத்தை குறைக்கும் என்று நினைக்கிறீர்கள்?
 அ) பேரிச்சம்பழம் ஆ) வாழைப்பழம் இ) ஆப்பிள் ஈ) பலாப்பழம்

தசை நார் எலும்புகளின் தேய்மானம்

25. எலும்புகளின் தேய்மானம் எவ்வாறு ஏற்படுகிறது?
 அ) கால்சியம் குறைவினால் ஆ) வைட்டமின் டி குறைவினால்
 இ) முதுமை அடைவதால் ஈ) மூன்றும்
26. எலும்புகளின் தேய்மானத்தின் அறிகுறிகள் யாது?
 அ) தொடர்ச்சியான மூட்டு வலி ஆ) கண் பார்வைக் குறைவு
 இ) பட படப்பு ஈ) மயக்கம்
27. கால்சியம் குறைவினால் ஏற்படும் நோய் எது?
 அ) மாரடைப்பு ஆ) ரத்தக் கொதிப்பு
 இ) எலும்புகளின் தேய்மானம் ஈ) நரம்புத் தளர்ச்சி
28. ஒரு ஆரோக்கியமான மனிதனுக்கு ஒரு நாளைக்கு தேவைப்படும் கால்சியத்தின் அளவு என்ன?
 அ) 300mg ஆ) 500mg இ) 400mg ஈ) 600mg
29. எந்த சத்து எலும்புகளின் தேய்மானத்தை கட்டுப்படுத்தும் என்று நினைக்கிறீர்கள்?
 அ) புரதம் ஆ) கால்சியம் இ) இரும்பு ஈ) கொழுப்பு
30. கீழ்க்கண்டவற்றில் கால்சியம் சத்து நிறைந்துள்ள உணவு எது?
 அ) கோதுமை ஆ) அரிசி இ) சோயா ஈ) கீரை
31. சோயா பீன்ஸில் நிறைந்துள்ள சத்து எது?
 அ) புரதச் சத்து ஆ) மாவுச் சத்து
 இ) கொழுப்புச் சத்து ஈ) இரும்புச் சத்து
32. காளிபிளவர் இலையில் நிறைந்துள்ள சத்து எது?
 அ) புரதம் ஆ) கால்சியம் இ) மாவுச் சத்து ஈ) கொழுப்பு

33. கீழ்க்கண்டவற்றில் எவை எலும்பு தேய்மானத்தின் குறைக்கும் என்று நினைக்கிறீர்கள்?
 அ) துவரம் பருப்பு ஆ) சோயா பீன்ஸ் இ) பீன்ஸ் ஈ) தட்டைப் பயறு
34. கீழ்க்கண்டவற்றில் எந்த கீரையில் கால்சியம் சத்து மிகவும் அதிகமாக உள்ளது என்று நினைக்கிறீர்கள்?
 அ) அகத்தி கீரை ஆ) புதினா இ) தண்டுக்கீரை ஈ) அரைக்கீரை
35. கீழ்க்கண்டவற்றில் எந்த தானியத்தில் கால்சியம் சத்து மிகவும் அதிகமாக உள்ளது என்று நினைக்கிறீர்கள்?
 அ) கேழ்வரகு ஆ) அரிசி இ) கோதுமை ஈ) பார்லி
36. கால்சியத்தின் ரத்தத்தில் தக்க வைத்துக்கொள்ள தேவைப்படும் உயிர்ச்சத்து எது?
 அ) உயிர்ச் சத்து-சி ஆ) உயிர்ச் சத்து-டி
 இ) உயிர்ச் சத்து-ஏ இ) உயிர்ச் சத்து-ஈ

உணவுப் பழக்கம்

37. கீழ்க்கண்டவற்றில் எந்த சத்து உடல் வளர்ச்சிக்கு முக்கிய பங்கு வகிக்கிறது?
 அ) மாவுச் சத்து ஆ) புரதச் சத்து
 இ) இரும்புச் சத்து ஈ) கொழுப்புச் சத்து
38. உடல் உறுப்புகளை பாதுகாப்பதற்கும் சீராக இயங்குவதற்கும் தேவைப்படும் சத்துக்கள் யாவை?
 அ) வைட்டமின்கள் ஆ) தாது உப்புக்கள் இ) புரதம் ஈ) மூன்றும்
39. கீழ்க்கண்டவற்றில் எது விரைவில் சத்தி தரும் உணவு?
 அ) வெல்லம் ஆ) காய்கறிகள் இ) பழங்கள் ஈ) கீரைகள்
40. கீழ்க்கண்டவற்றில் எது உயிர்ச் சத்து-சி நிறைந்துள்ளது?
 அ) வாழைப்பழம் ஆ) நெல்லிக்கனி இ) பப்பாளி ஈ) மாம்பழம்
41. கீழ்க்கண்டவற்றில் எந்த சத்து குறைவினால் ஈறுகளில் ரத்தம் வடிகிறது?
 அ) வைட்டமின்-ஏ ஆ) வைட்டமின்-சி இ) வைட்டமின்-டி ஈ) வைட்டமின்-இ
42. கொய்யாப் பழத்தில் எந்தச் சத்து நிறைந்துள்ளது?
 அ) புரதச் சத்து ஆ) நார்ச் சத்து இ) இரும்புச் சத்து ஈ) மாவுச் சத்து
43. ஒரு சராசரி மனிதன் ஒரு நாளுக்கு தேவைப்படும் கொழுப்புச் சத்தின் அளவு என்ன?
 அ) 10 கிராம் ஆ) 20 கிராம் இ) 15 கிராம் ஈ) 25 கிராம்
44. இரும்புச் சத்தை ரத்தத்தில் தக்க வைத்துக் கொள்ள தேவைப்படும் வைட்டமின் எது?
 அ) வைட்டமின்-ஏ ஆ) வைட்டமின்-ஈ இ) வைட்டமின்-சி ஈ) வைட்டமின்-டி
45. கேரட்டில் எந்தச் சத்து நிறைந்துள்ளது?
 அ) பீட்டா கரோட்டின் ஆ) புரதம் இ) கால்சியம் ஈ) கொழுப்பு

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46. கீழ்க்கண்டவற்றில் மாவுச் சத்து நிறைந்துள்ள உணவு எது?
அ) அரிசி ஆ) மீன் இ) பருப்பு ஈ) காய்கறிகள்
47. ஒரு சராசரி மனிதனுக்கு ஒரு நாளைக்கு தேவைப்படும் இரும்புச் சத்தின் அளவு என்ன?
அ) 20மி.கி. ஆ) 28மி.கி இ) 38மி.கி ஈ) 48மி.கி
48. இரும்புச் சத்து குறைவினால் ஏற்படும் நோய் எது?
அ) ரத்த சோகை ஆ) மாலைக்கண் இ) ரத்தக் கொதிப்பு ஈ) நீரிழிவு
49. கீழ்க்கண்டவற்றில் எதில் இரும்புச் சத்து நிறைந்துள்ளது?
அ) மாமிசம் ஆ) வெல்லம் இ) அரிசி ஈ) எண்ணெய்
50. பின்வரும் உணவுகளில் அதிக சக்தி தரும் உணவு எது?
அ) பழம் ஆ) கீரை இ) பால் ஈ) எண்ணெய்

APPENDIX – IV



INSTITUTIONAL HUMAN ETHICAL COMMITTEE

Avinashilingam

Institute for Home Science and Higher Education for Women

University

(Estd. u/s 3 of UGC Act 1956)

Coimbatore - 641 043, Tamil Nadu, India

13th December, 2011

Dear Ms.Usharani,

Thank you for presenting the study entitled:

“Impact of supplementation of functional food mixes and Nutrition Education on the Health and Nutritional status of Adult Handloom weavers at Thiruvannamalai District”

Your proposal No: **HEC.2011.33** is approved with the following suggestions:

- Title can be changed as “Impact of nutrition intervention on the health and nutritional status of handloom weavers from Thiruvannamalai District”.
- Age should be specific (35-50 years).
- Give the different combinations of different mixes.
- Specify the amount of the mixes to be supplemented.

With best wishes for the successful completion of the project.

Dr.S.Premakumari
Member Secretary
Human Ethical Committee

To
Ms.Usharani
Ph.D. Research Scholar
Department of Food Science and Nutrition
Avinashilingam University for Women

Dr. S. Premakumari
Dean of Home Science
Prof. & HOD of Food Sci. & Nutrition
Avinashilingam Institute for Home Science
and Higher Education for Women
Coimbatore - 641 043.

APPENDIX – V



NATIONAL AGRO FOUNDATION

ANNA UNIVERSITY TARAMANI CAMPUS
TARAMANI, CHENNAI - 600 113

CERTIFICATE

This is to certify that Ms. USHARANI R
has attended the Training in Analytical Techniques in food analysis
from 30.04.2012 to 14.05.2012 conducted at the Food Safety Division, Research and Development Center,
National Agro Foundation, Taramani, Chennai - 600113.


Chief Executive Officer

APPENDIX – VI



APPENDIX – VII



APPENDIX – VIII

PUBLICATIONS

- Usharani, R. and Lakshmi, U.K.(2014) Socio economic and Nutritional Status of Handloom Weavers from Thiruvannamalai District, Tamil Nadu. International Journal of Current Research, Vol. 6, Issue, 05, pp.6513-6520, May, 2014 ISSN: 0975-833X. Impact factor – 1.125 IC value – 6.29.
- Usharani, R. and Lakshmi, U.K. (2014) Development and Evaluation of Functional Food Mixes as a Dietary Approach to Non Communicable Diseases. International Journal of Current Research, under publication; ISSN: 0975-833X. Impact factor – 1.125 IC Value – 6.29.