

# A STUDY ON THE FOOD BEHAVIOUR OF ADOLESCENTS

(BEYOND TRADITIONAL FOOD)  
in Beliaghata area of Kolkata.

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Formated  
Prasanti Sarkar  
21/06/23  
Ref.  
Prostaglandin synthase  
inhibitor + Aspirin  
suggestion  
Analysis of

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Session - 2023

SINO	TOPIC	Pg no	Teachers signature.
1	Introduction	1-4	
2	Scope of the study	5-6	
3	Aims and objectives of the study	7-8	
4	Field techniques and approaches	9-10	
5	Area and the people	11-12	
6	Analysis of the data and discussion	13-28	
7	Daily diary	29-31	
8	Case Study	32-33	
9	General observation	34	
10	Suggestion	35-36	



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## Introduction

Pg no - 1

Anthropology is the scientific study of humanity concerned with human behaviour human biology, culture, societies and linguistics in both the present and past including past human species. The word Anthropology is derived from the word anthropos meaning man or human and logos meaning thought or reason.

The index of anthropologists is man. Whenever may be he weather on land, air or sea. They study the human beings in all climates and time. Man of the prehistoric as well as the historic past men of the present generation and also of coming future come with preview of anthropologists but obviously they are not concerned with a particular man as such; their attention centre on men in group. They perceive man not only as animal but also a social human having a history people irrespective of their genders, ages and occupation are considered. Anthropologists deal with



Bath male and female - old, middle aged and young. Doctors, lawyers, students and agriculturists, public administrators, bureaucrats etc all are taken into account. People with different ideologies (democratic, communists and socialists) etc or different creeds (Hindu, muslim, Christian, Jain and zoroastrian, Pagan ancestor worshiper, atheist, etc) appear to them at same importance. Even the village folk and city people are treated with equal attention. Anthropology offers a total study of all aspects of culture and the society in an integrated and comprehensive manner. All aspects of culture say for example religion, politics, social life, family, kinship, economic, aesthetic, health, technology etc are combined into one whole. The ultimate goal is to evolve certain generalizations which can be applied more or less all human kind. The whole world is an anthropological laboratory it is possible to deduce certain rules of human



Conduct. At present although anthropology has been divided into several sub-disciplines where considerable use of laboratory is found, but the discipline itself emerged from the book. The value of fieldwork was realized at the beginning of 20th century when the outlook of the anthropologists change. It was understood that an anthropologists should face the situation by himself in order to get accurate and relevant data. So many anthropologists of this time made themselves engaged with the group of aborigines. These anthropologists started to live among the alien people for a long period of time leaving his family and friends and the whole of the culture behind. This practice helped them to gather some total knowledge about a foreign culture. E.B Tylor was the first scholar who emphasized the need of direct data collection in anthropology but the F Boas was the pioneer to begin with this practice. In a book the history of anthropology (1927)

AC Haddon divided anthropologists into two distinct groups.

- (a) The Worker in the Field who collect the facts.
- (b) The armchair Worker who welcome them into distinct groups.

Fieldwork is the part of training in the subject social cultural anthropology. Every anthropologist should undergo this training in course of his preliminary study it enables the students to go beyond horizons of his own society and perceive an alien culture with subjectively learning about two different societies give a student a comparative view i.e he requires competency to estimate the similarity or dissimilarity between any two societies or culture. Selection of venue is very important pre-requisite of the field work by traditional anthropologists select a homogeneous ethnic group where the specific sense of identity is maintained on the basis of common language and culture.



## Scope of the Study :-

Studying the relationships between food and anthropology offers an extensive scope of learning which includes -

- 1 Understanding the diverse cultural perspectives regarding food and its function in daily life.
- 2 Analysing the cultural significance of food practices such as dietary rules, food taboos and rituals.
- 3 Investigating the social economic and political implications of food production, consumption and distribution.
- 4 Exploring the impact of globalization of food cultures and practices.
- 5 Examining the intersections between food and identity, ethnicity, gender and class.
- 6 Studying food as a historical artifact tracing the evolution of food from a cultural perspective.
- 7 Investigating the environmental and cultural



and Ecological impact on food production practices

8 Exploring new and alternative food practices such as urban agriculture foraging and Sustainability.

9 Analyzing the impact of food on health and disease, food insecurity and malnutrition.

The scope of studying food and anthropology is vast and offers exciting opportunities for interdisciplinary learning with potential applications in fields such as public health international development, sustainability and food policy.

## Aims and Objectives of the Study :-

The aims and objectives of studying food and anthropology are-

- 1 To understand the relationship between food and culture, and how food reflects and shapes social and cultural identities.
- 2 To examine the diverse cultural beliefs, practices and taboos associated with food and how they are transmitted across generation.
- 3 To explore the economic, political and the environmental factors that influence food production, distribution and consumption.
- 4 To investigate the cultural and socioeconomic determinants of food choices and dietary practices, and their impact on health and wellbeing.
- 5 To analyze the impact of global processes, such as migration, urbanization, and the globalization on food culture and practices.



- 6 To Examine the intersections between food, Identity, gender, race, ethnicity and class.
- 7 To Investigate alternative food practices, such as urban agriculture and sustainable food systems.
- 8 To analyze the historical social and the cultural dimensions of food, and how they reveal broader patterns of social change.
- 9 To generate insight and knowledge that can contribute to improving food security, reducing malnutrition and promoting sustainable food systems.

## FIELD TECHNIQUES AND APPROACHES:

The techniques are usually the part of broad method 'observation' and Interview are the broad methods of data collection. Each of this method consists of a number of techniques. Techniques of interview can be classified into two distinct types on the basis of nature and the scope of investigation.

### Techniques for documentary interview-

The techniques which are devised mainly for interview for the documentation of real facts, are called "documentary interview techniques" have been distinguished here namely are →

- (i) Census Survey technique → The fieldwork usually begins with this technique. The community or the area under investigation is surveyed in order to count the people therein. The investigator may from door to door to get him introduced with the families with. During this visit he collects the primary information of the respective family. A schedule is essentially used for this purpose. The technique is very useful in gathering a basic data about a people.



(ii) Description of narrative technique → In this technique the informant is requested to narrate certain facts on the basis of his experience, no particular case is investigated. As narration differs with individual, the content and the pattern of analysis vary from man to man due to the variation of individual psychology. The social-cultural anthropologists normally avoid this technique but its use becomes inevitable in collecting information on religion. The reason is that the religious attitudes stands on ideas, beliefs and things which occurred in long past; one has to hear them from certain sources where the total matter has been visualized.

(iii) Case history (Concrete technique) - This is the technique where a person (informant) is allowed to state his own experience in reference to the recent past. In this type of investigation a large no of collaterals are known by the name. The large no of concrete cases are collected and analysed in order to draw a conclusion. The technique has provided its worthiness in collecting data on a particular topic, particularly for the cases like birth, marriage and death. It is the most convenient way of collection.

## Area and the people:-

Ward no 36 Kolkata municipal Corporation is an administrative division of Kolkata municipal Corporation in Bengal Borough NO 5, covering part of Belegkata (Barakal), Sealdah and Roda Bazar neighbourhoods in north central Kolkata in the Indian state of West Bengal.

The Area where I did the field work is named as 'Lal Bari' which comes under the Ward no-36. The Ward is served by Narberdanga police station of Kolkata police, i.e. Belegkata, Beniapukur, Entally, Maniktala, Narberdanga, Ultadanga and Phoolbagan. Ward no 36 is bordered on the north by Dr MN Chatterjee Sarani, on the east by Circular Canal on the south by Belegkata road and on the west by Acharya Jagadish Chandra Bose road and Acharya Prafulla chandra road with fumb flyover.



### Demographics:-

As per the Census of India Ward no 36 Kolkata Municipal Corporation had a total population of 27,238 of which 16,743 (61%) were males and 10,495 (39%) were females. The total population below 6 years was 2,142. The total no of literates in ward no 36 was 16,648 (66.38%) of the population over 6 years. The literacy rate in ward no 36 is 66.54%.

### Educational Institutes:-

Some educational institutes around the area on which I have done the field work are Sri Balleshwar vidyalaya. School is a co-educational primary level of school under the department of education. Another one is Khamra high school for girls it is also a co-educational higher secondary level of school but the classroom or the department of boys and girls are divided on the basis of this area. We can say that educational facilities of this area is good.

ANALYSIS OF  
THE DATA  
AND DISCUSSION



Distribution of the population on the basis of age and sex -

Age \ Sex	Male	%	Female	%	Total	%
13-14	11	10%	111	15%	5	25
15-16	1111	20%	1111	20%	8	40
17 and above	111	15%	1111	20%	7	35%
Total	9	45%	11	55%	20	100%

on the basis of age and sex composition of the population 45% is male and 55% is female in which 10% of the male population is between the age of 13-14, 20% between 15-16 and 15% are the age of 17 and above. In female population 15% are between the age of 13-14, 20% are between 15-16 and 20% are of 17 and above.

### Distribution of the female population on the basis of age and education

age \ education	7th	8th	9th	10th	11th	12th	Total	Dist. %
13	1 (1)	1 (1)					3	15%
15								
16				1 (1)	1 (1)		4	20%
17				1 (1)	1 (1)	1 (1)	4	20%
17+							1	
Total	1 (15%)	1 (10%)		1 (20%)	1 (15%)	1 (5%)	4	55%

The population distribution of the female on the basis of age and education is 55% in which 15% is studying in upper primary, 20% in senior secondary and 20% is in senior secondary level.



Distribution of the population on the basis of age and education of the male -

age \ education	Education						Total	% out of 20
	7th	8th	9th	10th	11th	12th		
13	1	1					2	10%
15			1		1		2	10%
16				1	1		2	10%
17					1	1	2	10%
17+						1	1	5%
Total	1 5%	1 5%	1 5%	1 5%	3 15%	2 10%	9 45%	45%

The population distribution of the male on the basis of age and education is 45% in which 10% is studying in upper primary, 10% in junior secondary and 25% in senior secondary level.

Distribution of the male and female population on the basis of age and religion.

Religion age	Hindu				Muslims				Total %	
	Male	%	Female	%	Male	%	Female	%		
13	11	10%	11	10%			1	5%	5	25%
15	1	5%			1	5%			2	10%
16	11	10%	11	10%			11	10%	6	30%
17	1	5%	11	10%	1	5%	1	5%	6	30%
17+	1	5%			1				1	5%
Total	7		7		2		4		20	
%	35%		30%		10%		20%			

Distribution of the population on the basis of religion is 65% in which 35% is male and 30% is female, and 30% of the population is Muslim in which 10% is male and 20% is female.



Distribution of the male and female population on the basis of Age and area

age \ area	Rural				urban				Total	%
	M	%	F	%	M	%	F	%		
13			I	5%	II	16%	II	10%	5	25%
15	I	5%			I	5%			2	10%
16	I	5%	I	5%	I	5%	III	15%	6	30%
17	I	5%			I	5%	IIII	20%	6	30%
17+					I	5%			1	5%
Total	3	15%	2	10%	6	30%	9	45%	20	100%

The population distribution on the basis of Rural and urban area is 15% of the male and 10% of the female are of Rural area and 30% of the males and 45% of the females are of urban area.

Distribution of the male and female population on the basis of Age and Ceremony.

Age	Religious Ceremony				Occasional Ceremony				Total	%
	M	%	F	%	M	%	F	%		
13			1	5%	11	15%	111	15%	6	30%
15					11	5%			1	5%
16			1	5%	11	10%	111	15%	6	30%
17					11	10%	1111	20%	6	30%
17+					1				1	5%
Total			1	5%	9	45%	10	50%	20	10%

On the basis of ceremony attended by male and female population 5% of the female population is attending religious ceremony and 95% is attending occasional ceremony in which male population is 45% and female population is 50%.



Distribution of the population on the basis of food Preferred:-

Food type age	Veg				Non-veg				Total	%
	M	%	F	%	M	%	F	%		
13			I ①	5%	II ②	10%	III ③	15%	6	30%
15					II ②	10%			2	10%
16	I ①	5%			I ①	5%	II ②	15%	5	25%
17			-		II ②	10%	III ③	20%	6	30%
17+					I ①	5%			1	5%
Total	1	5%	1	5%	8	40%	10	50%	20	100%

On the basis of food preference 10% of the population is vegetarian in which 5% is male and 5% is female. And 90% of the population is non-vegetarian in which 40% is male and 50% is female.

Distribution of the population on the basis of food items  
of female -

Food items age	Pizza	Burger	Chowmin Roll	Chicken manchurian	Pasta	Noodles	Cake	Pastabs	Chicken Pakoda	Biryani	Branch Fry	Total	%
13			1 ①			1 ①		1 ①	1 ①	1 ①			
15						1 ①							
16	11 ②	1111④	1111⑤	1 ①		1 ①	1 ①	1 ①	1 ①				
17	11 ②	111⑤	111⑤	1 ①		111③	1 ①	1 ①		1 ①			
17+	1 ①	1 ①	1 ①			1 ①							
Total	5	8	6	2	1	7	2	2	2	2			
	38.46%	61.53%	46.15%	15.38%	7.69%	53.84%	15.38%	15.38%	15.38%	15.38%			



### Analysis of the data.

On the basis of food habit 38.46% is eating Pizza, 61.53% Burger, 61.3% - chowmin, 46.15% - Roll, Manchurian is 15.38%, Pasta is 7.69%, Noodles - 53.84%, Cake - 15.38%, Pastories - 15.38%, Chicken Pakoda - 15.38%, Biryani - 15.38%. The highest no of population is habituated of eating Pizza - burger and chowmin.

Distribution of the male population on the basis of food items:-

Food items	Pizza	Burger	Chowmin	Roll	Momcho suam	Pasta	Noodles	Cake	pastries	Custom packed	Electronics	Search	Total	%
13	11 (2)	11 (4)	11 (4)								11 (2)			
15		1 (1)	11 (2)	1 (1)			1 (1)		1 (1)	1 (1)		1 (1)		
16		11 (2)	111 (6)	1 (1)	1 (1)						1 (1)			
17	11 (2)	11 (2)	11 (2)	1 (1)			1 (1)							
17+		1 (1)	1 (1)	1 (1)		1 (1)	1 (1)	1 (1)						
Total	4	8	10	4	1	1	2	3	1	1	3	1	7	7.69%
	30.76%	61.53%	61.53%	46.15%	7.69%	7.69%	15.38%	23.07%	7.69%	7.69%	23.07%	7.69%	7.69%	



## Analysis of the male population on the basis of food items.

On the basis of food habit 30.76% of the population is consuming Pizza, 61.53% of the population is consuming Burger, 61.53% is consuming chowmin, 46.15% is consuming roll, 7.69% is consuming manchurian, 7.69% is consuming Pasta, 15.38% is consuming noodles, 23.07% is consuming cake, 7.69% is consuming Pastoules, 7.69% is consuming Chicken pakoda, 23.07% is consuming Biryani, 7.69% is consuming french fry.

Distribution of male and female population on the basis of family income

Family monthly Income	Individuals						
	Male	%	Female	%	Total	%	Total %
15,000	+++	25%		10%	7	35%	
20,000	1	5%		5%	2	10%	
25,000			1	5%	1	5%	
32,000				10%	2	10%	
35,000	1	5%		5%	2	10%	
50,000				10%	2	10%	
55,000	1	5%			1	5%	
60,000	1	5%		5%	2	10%	
75,000				5%	1	5%	
Total	9	45	11	55%		100%	



on the basis of economic status of the family of the population is 35% is earning 50,000, 10% is 20,000, 5% is 25,000, 10% is 35,000, 10% is 50,000, 5% is 55,000, 10% is 60,000, 5% is 75,000.

## Distribution of the population on the basis of Family Income member

No of Family Members	Frequency		Total	
	No	%	No	%
2	2	10%	4	20%
3	7	35%	21	
4	8	40%	32	
5	1	5%	5	
6	2	10%	12	
Total	20	100%	74	

on the basis of the family members of the population 10% of the population is of two family members, 35% of the population is of 3 family members, 40% of the population is of 4 family members, 5% of the population is of 5 family members, and 10% is of 6 family members.



## Daily diary:

I started collecting data from the month of June 20/5/23 and completed by data on July 18/6/23. I collect this data in 9 days.

Day 1 → At first day I collected the data on 20/5/23. I collect the data of 1 male and one female

Day 2 → At second day I collected the data on 21/5/23. I collected two data, one male and one female. from 12:30 to 12:45 Pm

Day-3 on third day I collected the data of four females and one male on 23/5/23

Days-4 - on fourth day I collected the data on 25/5/23 of one female.

Day-5 - on day five I collected the data of two males on 26/5/23

Day-6 At day 6 I collected the data of one female and two male on 11/6/23

Day 7 → At day 7 I collected the data of only one female on 15/6/2023



Day - 8 - On 8th day I collected the data of one male and one female on 18/6/25

Day - 9 → On day 9 I collected the data of two females and one male on

17-6-25.



**Kolkata, West Bengal, India**

7MJCH97G+X48F, Seal Lane, Ward Number 36, Kolkata,  
West Bengal 700015, India

Lat 22.604877°

Long 88.376338°

20/06/23 08:38 PM GMT +05:30

Google



Case Study-1

Name - Muskan Yadav

Address - FH/2 Beleghat

Age - 17

road Kolkata - 15

Sex - Female

Class - 12th

Food habits - She is pursuing class twelve. She went outside with her friend as well as family. She loves to eat junk food and eat 2 to 3 times in a day. Apart from this she eats non-veg more than vegetarian food and like to eat foreign food such as momo, chowmin, burger, pizza, Biryani etc. The area where he lives restaurants are easily available and it is easy to eat foreign food. She does not have any health issue but sometimes she feels. Faces some problems due to over-eating and eating junk food a lot. Causes stomach ache sometimes etc.





Case Study - 2

Name - Ishika Roy

Address - 7H/2 Beleghat

Age - 13

Road Kal-15

Sex - Female

Class - 8th

**Food habit** - She is thirteen years old, so she went outside on restaurants on any other occasions, or in festivals with her parents. She is not much habituated of eating junk food or any other foreign food but she likes to eat maggi and chowmin sometimes. She enjoys our traditional sweets like Samosa, Phuchka, and sweets like Rasagulla, gulabjamun and Sandesh. She is healthy and fit and lives a healthy life, she does not suffer from any health issues.

## General Observation:-

I observe the most of the people of adolescent period is habituated of eating junk food, Italian, French and Chinese food though it has bad impact on human health by excessive eating but due to their habit and choices they prefer foreign food instead of traditional food. Foreign food is basically not according to the environment of India as it contains high calories and not so much healthy to eat. But due to taste and easy to cook and eat it is eaten in India from the large states especially by the group of adolescent persons. Foreign foods have good economic status comparison to the traditional food in India.



## Suggestion:-

Based on the study of food behaviour of the adolescent person, some suggestions that could be provided for improving their dietary intake and promoting healthy eating habits include.

- ① Educate the person about nutrition - Adolescents should be provided with education about the proper nutrition, including the importance of a balanced diet and adequate intake of vitamins and minerals.
- ② Encourage healthy food choices - Encourage adolescents to choose healthy food such as fruits, vegetables, whole grains, lean protein, and low fat dairy products. Provide them with example of healthy snacks and suggest eating healthier option when eating out.
- ③ Promote mindful eating - Adolescents should be encouraged to eat mindfully paying attention to hunger and fullness cues while avoiding distractions such as screens or social media.



- 4 Engage with parents and caregivers - Collaborate with parents or caregivers to encourage healthy eating habit at home. Provide them with resources and education about healthy eating habits, and encourage them to involve adolescents in meal planning and preparation.
- 5 Address Environmental factors - Address environmental factors that may be impacting the food behaviour of adolescents, such as access to healthy food option, food marketing and peer pressure.
- 6 Taking a holistic approach - Consider the overall health and well-being of adolescents when providing suggestions for improving their food behaviour. Include recommendations for physical activity, stress management, and reducing screen time in addition to dietary changes. By taking a comprehensive approach to addressing food behaviour in adolescence, it is possible to promote healthy choices and improve overall health outcomes.

## Reference

- Introduction - from Indrani Basu
- Aims and Objective of the field work →

<http://otheris4u.blogspot.com>

→

## Food Behaviour on Adolescence

## (Beyond Traditional Food)

1. Name of The Informant: Saiona Saiforaz Date: 17/6/23  
 2. Address: 36/1 Lopsa road Kolkata 700039 3. Rural/Urban  Urban  
 4. Age: 16 5. Sex: Female  
 6. Education: 10  
 7. Family Composition:

Member	Age	Religion	Education	Income	Veg/Non-Veg
Saiforaz Alam	43	Islam	10th	25,000	Non-veg
Firozi Khatun	32	Islam	10		"
Saiona Saiforaz	16	Islam	Passing 10		"
Zoya Saiforaz	12	Islam	Passing 5		"

8. Source of knowledge of food beyond tradition: Social media and parents  
 9. Source of Food (Company / Outlets): Outlets 10. Available (Yes/No)  Yes  
 11. Frequency Beyond Traditional Food 7 to 8 times in a month  
 (a) Particular any social culture- (Religious/Ceremony)  
 12. Item (List)

Trade	Foreign
Mutton Biryani	Pizza, burger, chicken
Sewai, Hori, Masal Kofta	Roll, Pasta, Maggi
Nannihari, Rimali roti	Momo, Chicken
Tandori roti	manchurian

Health Issues: NO

Remark: She likes to eat junk food and habituated to eat more outside food than the traditional



### Food Behaviour on Adolescence (Beyond Traditional Food)

1. Name of The Informant: Sazia Ali Date: 17/6/23  
 2. Address: Narkeldanga Road 29/4/3 3. Rural/Urban   
 4. Age: 13 5. Sex: Female  
 6. Education: 8th  
 7. Family Composition:

Member	Age	Religion	Education	Income	Veg/Non-Veg
Afzar Ali	45	Islam		30,000	Non-Veg
Shehzada Ali	42	"		20,000	Non-Veg
Rafiq Ali	39	"		25,000	Non-Veg
Rizwana Ali	37	"			

8. Source of knowledge of food beyond tradition: From their parents and family members  
 9. Source of Food (Company / Outlets): \_\_\_\_\_ 10. Available (Yes/No)   
 11. Frequency Beyond Traditional Food  
 (a) Particular any social culture- (Religious/Ceremony)   
 12. Item (List)

Trade	Foreign
	Chicken Roll
	Biryani
	Kebab

Health Issues: NO  
 Remark: \_\_\_\_\_

## Food Behaviour on Adolescence

### (Beyond Traditional Food)

1. Name of The Informant: Rani Das Shaitk Date: 15/6/23
2. Address: 2<sup>nd</sup> 53 A/4 phoolbagan Road 3. Rural/Urban
4. Age: 16 5. Sex: female
6. Education: 10<sup>th</sup>
7. Family Composition:

Member	Age	Religion	Education	Income	Veg/Non-Veg
Rashida das	35	Islam	10 <sup>th</sup>	0	Non-veg
Anwar das	38	Islam	Graduation	35,000	Non-veg

8. Source of knowledge of food beyond tradition: Social media and parents
9. Source of Food (Company / Outers): \_\_\_\_\_ 10. Available (Yes/No)
11. Frequency Beyond Traditional Food
- (a) Particular any social culture- (Religious/Ceremony)
12. Item (List)

Trade	Foreign
Biryani, Kabab, Chicken.	Chowmin, Burger, Roll Momo, Cake

Health Issues: NO

Remark: \_\_\_\_\_

## Food Behaviour on Adolescence

### (Beyond Traditional Food)

1. Name of The Informant: Insha Saba Date: 18/6/23
2. Address: 4 no bulai dutta street (Kalyan) 3. Rural/Urban  Rural  Urban
4. Age: 17 (Kol-17) 5. Sex: Female
6. Education: 10th
7. Family Composition:

Member	Age	Religion	Education	Income	Veg/Non-Veg
Md. Sanjay	40	Islam	10th	15,000	Non-veg
Sabana Parveen	35	Islam	8th		Non-veg
Md. Anas	13	"	8th		"
Md. Ejilam	6	"			"

8. Source of knowledge of food beyond tradition: Social media and parents.

9. Source of Food (Company / Outlets): outlets

10. Available (Yes/No)  Yes  No

11. Frequency Beyond Traditional Food

(a) Particular any social culture- (Religious/Ceremony)

12. Item (List)

Trade	Foreign
Chicken biryani,	Momo, noodles, Roll
Romali roti, Mutton	Pizza, burger
Biryani, Nalli nihari	chowmin. cake

Health Issues: NO

Remark: \_\_\_\_\_



## Food Behaviour on Adolescence

### (Beyond Traditional Food)

1. Name of The Informant: Resham Kushwaha Date: 11/6/23
2. Address: Surauli Paikauri Maharaaj Deoria 3. Rural/Urban  Rural  Urban
4. Age: 16 5. Sex: female
6. Education: 10th
7. Family Composition:

Member	Age	Religion	Education	Income	Veg/Non-Veg
Durga	46	Hindu	8th	15,000	Non-veg
Aneta devi	40	Hindu	5th		Non-veg
Annu Kushwaha	19	Hindu	12th		Non-veg
Abhimanyu Kushwaha	18	Hindu	11th		Non-veg
Chanchal Kushwaha	15	Hindu	9th		Non-Veg

8. Source of knowledge of food beyond tradition: Went outside with friends

9. Source of Food (Company / Outers): \_\_\_\_\_

10. Available (Yes/No)  Yes  No

11. Frequency Beyond Traditional Food

(a) Particular any social culture- (Religious/Ceremony)

12. Item (List)

Trade	Foreign
Phuchka, Dahi bada	Chowmin, Burger,
Jalebi, Rossagulla	Momo, Pastories
Chat, Aloo paratha,	

Health Issues: NO

Remark: Eat, less junk food sometimes

## Food Behaviour on Adolescence

### (Beyond Traditional Food)

1. Name of The Informant: Anshika Kushwaha Date: 21/5/23
2. Address: Sunauli Paikauli Maharaaj Deoria 3. Rural/Urban  Rural  Urban
4. Age: 13 5. Sex: Female
6. Education: 8<sup>th</sup>
7. Family Composition:

Member	Age	Religion	Education	Income	Veg/Non-Veg
Bhabhu Kushwaha	49	Hindu	Graduated	50,000	Veg
Usha Kushwaha	45	Hindu	12 <sup>th</sup>		Veg
Shawya Kushwaha	18	Hindu	11 <sup>th</sup>		

8. Source of knowledge of food beyond tradition: From the parents
9. Source of Food (Company / Outlets): \_\_\_\_\_ 10. Available (Yes/No)  Yes  No
11. Frequency Beyond Traditional Food
- (a) Particular any social culture- (Religious/Ceremony)
12. Item (List)

Trade	Foreign
	Maggi
	Chowmin
	Pasteries

Health Issues: NO

Remark: \_\_\_\_\_

## Food Behaviour on Adolescence

### (Beyond Traditional Food)

1. Name of The Informant: Kashish Bhagat Date: 25/5/23  
 2. Address: 2 CGPO Tigaria Campus 3. Rural/Urban   
 4. Age: 16 5. Sex: Female  
 6. Education: 11th  
 7. Family Composition:

Member	Age	Religion	Education	Income	Veg/Non-Veg
Janki Bhagat	42		Graduated		Non-Veg
Suwendra Bhagat	45		Graduated	50,000	Non-Veg
Shawrya Bhagat	9		2nd		Non-Veg

8. Source of knowledge of food beyond tradition: From social media  
 9. Source of Food (Company / Outers): \_\_\_\_\_ 10. Available (Yes/No)   
 11. Frequency Beyond Traditional Food  
 (a) Particular any social culture- (Religious/Ceremony)   
 12. Item (List)

Trade	Foreign
Idli, Dosa	Pizza, Burger
Biryani	Chowmin, Roll
Chat, Phuchko	Chicken Momo.

Health Issues: NO

Remark: \_\_\_\_\_



## Food Behaviour on Adolescence

### (Beyond Traditional Food)

1. Name of The Informant: Suneha Ray Date: 23/5/23
2. Address: 7H/2 Beleghata Road KOL-15 3. Rural/Urban  Urban
4. Age: 17 5. Sex: Female
6. Education: 11th
7. Family Composition:

Member	Age	Religion	Education	Income	Veg/Non-Veg
Suresh Ray		Hindu		40,000	Non-Veg
Lalita Ray		Hindu			
Rajesh Yadav		Hindu		10,000	
Papshu Yadav		Hindu		10,000	
Suneha Yadav	17	Hindu			

8. Source of knowledge of food beyond tradition: Social media
9. Source of Food (Company / Outers): \_\_\_\_\_ 10. Available (Yes/No)  Yes
11. Frequency Beyond Traditional Food
- (a) Particular any social culture- (Religious/Ceremony)
12. Item (List)

Trade	Foreign
Idli - dosa,	Chowmein,
Indian snacks	Chicken roll, Pasta, Maggi

Health Issues: NO

Remark: \_\_\_\_\_

**Food Behaviour on Adolescence**  
**(Beyond Traditional Food)**

1. Name of The Informant: Tshika Roy Date: 23/5/23  
 2. Address: 7H/2 Beleghola Road Kol-15 3. Rural/Urban  
 4. Age: 13 5. Sex: Female  
 6. Education: 7th  
 7. Family Composition:

Member	Age	Religion	Education	Income	Veg/Non-Veg
Arun Roy	45	Hindu	Graduated	20,000	Non-veg
Shanti Roy	42	"	12th		Non-veg
Siravan Roy	22	"	2nd year	12,000	Non-veg
Soniya Roy	20	"	12th		Non-veg
Shreya Roy	18	"	12th		Non-veg
Ansh Roy	7	"	UKG		Non-veg

8. Source of knowledge of food beyond tradition: From Parents  
 9. Source of Food (Company / Outers): \_\_\_\_\_ 10. Available (Yes/No)  
 11. Frequency Beyond Traditional Food  
 (a) Particular any social culture- (Religious/Ceremony)  
 12. Item (List)

Trade	Foreign
Pakoda	Maggi, Chowmin
Phuchka	Chowmin, Maggi
Chat	Pizza
	Chowmin, Maggi

Health Issues: NO

Remark: \_\_\_\_\_

**Food Behaviour on Adolescence  
(Beyond Traditional Food)**

1. Name of The Informant: Shreya Yadav Date: 23/5/23  
 2. Address: 711/2 Beghata Road Kol-15 3. Rural/Urban   
 4. Age: 17+ 5. Sex: Female  
 6. Education: 12th  
 7. Family Composition:

Member	Age	Religion	Education	Income	Veg/Non-Veg
Abum Ray	45	Hindu	Graduated	20,000	Non-Veg
Shardil Ray	42	Hindu	12th	.	Non-Veg
Simran Ray	22	Hindu	2nd year	12,000	Non-Veg
Soniya Ray	20	"	12th		Non-Veg
Ishika Ray	10	"	12th		Non-Veg
Prish Ray	7	"	Ukg		Non-Veg

8. Source of knowledge of food beyond tradition: From advertisement, social media.  
 9. Source of Food (Company / Outlets): \_\_\_\_\_ 10. Available (Yes/No)   
 11. Frequency Beyond Traditional Food  
 (a) Particular any social culture- (Religious/Ceremony)   
 12. Item (List)

Trade	Foreign
	Maggi, Choronin
	Burger
	Chicken, Fish
	Pizza

Health Issues: NO

Remark: \_\_\_\_\_



**Food Behaviour on Adolescence  
(Beyond Traditional Food)**

1. Name of The Informant: Muskan yadav Date: 23/5/23  
 2. Address: 7H/2 Belghata Road Kol-15 3. Rural/Urban  
 4. Age: 17 5. Sex: Female  
 6. Education: 11<sup>th</sup>  
 7. Family Composition:

Member	Age	Religion	Education	Income	Veg/Non-Veg
Ajay yadav	42	Hindu	12 <sup>th</sup>	20,000	Non-Veg
Seema Devi	38	"	9 <sup>th</sup>		Non-Veg
Aman yadav	21	"	2nd year		Non-Veg
Rampavresh yadav	80	"	5 <sup>th</sup>		Non-Veg

8. Source of knowledge of food beyond tradition: From social media  
 9. Source of Food (Company / Outers): \_\_\_\_\_ 10. Available (Yes/No)  
 11. Frequency Beyond Traditional Food  
 (a) Particular any social culture- (Religious/Ceremony)  
 12. Item (List)

Trade	Foreign
	Momo, chowmin
	Burger, Pizza
	chicken wolfpop
	Bibiyomi

Health Issues: NO

Remark: Eat junk food 2 to 3 times in a day

Male

46

### Food Behaviour on Adolescence

#### (Beyond Traditional Food)

1. Name of The Informant: Shivam Barnawal Date: 11/6/23  
 2. Address: Sivauli, Paikauli Maharaaj Dewra 3. Rural/Urban  Rural  Urban  
 4. Age: 17+ 5. Sex: Male  
 6. Education: 12<sup>th</sup>  
 7. Family Composition:

Member	Age	Religion	Education	Income	Veg/Non-Veg
Udaynarayan	80	Hindu	5 <sup>th</sup>		Non-veg
Ajit Narayan	40	Hindu	8 <sup>th</sup>	15,000	Non-veg
Seema Barnawal	38	Hindu	12 <sup>th</sup>		Non-veg
Ritika Barnawal	14	Hindu	9 <sup>th</sup>		non-veg

8. Source of knowledge of food beyond tradition: Social media  
 9. Source of Food (Company / Outlets): outlets 10. Available (Yes/No)  Yes  No  
 11. Frequency Beyond Traditional Food  
 (a) Particular any social culture- (Religious/Ceremony)  
 12. Item (List)

Trade	Foreign
Phuchka, Jalebi, Kachodi	Egg roll, manchurian
Dahi bada, Aulab Samun,	Momo, Pasta, chaomun,
	magggi, Cakke, Burger

Health Issues: NO

Remark: Eats, drink food two times in a day

### Food Behaviour on Adolescence (Beyond Traditional Food)

1. Name of The Informant: Ramak Sharma Date: 11/6/23
2. Address: Surauli, Paikauli Maharaaj Deoria. 3. Rural/Urban  Urban
4. Age: 15 5. Sex: Male
6. Education: 11
7. Family Composition:

Member	Age	Religion	Education	Income	Veg/Non-Veg
Rajkumar Sharma	37	Hindu	5th	12,000	Non-Veg
Sangeeta Sharma	35	Hindu	12th		Non-Veg
Ritesh Sharma	14	Hindu	9th		Non-Veg
Rohit Sharma	13	Hindu	7th		Non-Veg

8. Source of knowledge of food beyond tradition: Social media
9. Source of Food (Company / Outers): Outers 10. Available (Yes/No)
11. Frequency Beyond Traditional Food
- (a) Particular any social culture- (Religious/Ceremony)
12. Item (List)

Trade	Foreign
<u>Litti-Chokha, Pakodas</u>	<u>Chowmi, Momo, Roll</u>
<u>Samosa, Tarebi, Phuchhka</u>	<u>Burger, Cake</u>
<u>Dahi-bada,</u>	<u>Snack</u>

Health Issues: NO

Remark: Eat Junk food two times in a week



## Food Behaviour on Adolescence

48

### (Beyond Traditional Food)

1. Name of The Informant: Satyam Kushwaha Date: 21/5/23  
 2. Address: Surahi Patkauri Mahaganon Deoria 3. Rural/Urban  Rural/ Urban  
 4. Age: 16 5. Sex: Male  
 6. Education: 10  
 7. Family Composition:

Member	Age	Religion	Education	Income	Veg/Non-Veg
Mumma Lal Kushwaha	50	Hindu	Graduated	15,000	Veg
Sasur Devi	43	Hindu	Graduated		Veg
Aanchal Kushwaha	17	Hindu	12th		Veg

8. Source of knowledge of food beyond tradition: From the Parents  
 9. Source of Food (Company / Outers): \_\_\_\_\_ 10. Available (Yes/No)  Yes/ No  
 11. Frequency Beyond Traditional Food  
 (a) Particular any social culture- (Religious/Ceremony)   
 12. Item (List)

Trade	Foreign
Phuchka	Chowmin
Chat	Burger, Momo
Samosa, Talebi	..
Dosa	

Health Issues: \_\_\_\_\_

Remark: \_\_\_\_\_

## Food Behaviour on Adolescence

49

### (Beyond Traditional Food)

1. Name of The Informant: Aahan Kushwaha Date: 20/5/23
2. Address: Tilaguri Patulla Water front Siddha 3. Rural/Urban  Rural  Urban
4. Age: 13 5. Sex: Male
6. Education: 8
7. Family Composition:

Member	Age	Religion	Education	Income	Veg/Non-Veg
Kusumawati Bhagat	40	Hindu	Graduated	25,000	Non-veg
Mamod Kumar	42	"	Graduated	30,000	Non-veg
Aanya Kushwaha	6	,	UKG		

8. Source of knowledge of food beyond tradition: went outside with their parents

9. Source of Food (Company / Outlets): \_\_\_\_\_

10. Available (Yes/No)  Yes  No

11. Frequency Beyond Traditional Food

(a) Particular any social culture- (Religious/Ceremony)

12. Item (List)

Trade	Foreign
Phuchka	Momo
	Chowmein, Burger, Pizza
	Biryani

Health Issues: NO

Remark: \_\_\_\_\_

## Food Behaviour on Adolescence

50

### (Beyond Traditional Food)

1. Name of The Informant: Anurag Yadav Date: 23/5/23  
 2. Address: 7H/2 Belegkata Road Kal-15 3. Rural/Urban  Rural  Urban  
 4. Age: 13 5. Sex: Male  
 6. Education: 7th  
 7. Family Composition:

Member	Age	Religion	Education	Income	Veg/Non-Veg
Aashi Yadav	30	Hindu	Graduated	15,000	Non-Veg
Dhanjay Yadav	38	"	Graduated		

8. Source of knowledge of food beyond tradition: Went outside with their parents  
 9. Source of Food (Company / Outers): \_\_\_\_\_ 10. Available (Yes/No)  Yes  No  
 11. Frequency Beyond Traditional Food \_\_\_\_\_  
 (a) Particular any social culture- (Religious/Ceremony) \_\_\_\_\_  
 12. Item (List)

Trade	Foreign
	Pizza Burger
	Biryani
	Chowmin
	Phuchka

Health Issues: NO

Remark: \_\_\_\_\_



## Food Behaviour on Adolescence

51

### (Beyond Traditional Food)

1. Name of The Informant: Santosh Gupta Date: 26/5/23
2. Address: 11/1 Sitaram Ghosh Street 3. Rural/Urban  Rural  Urban
4. Age: 17 5. Sex: Male
6. Education: 12th
7. Family Composition:

Member	Age	Religion	Education	Income	Veg/Non-Veg
Tanukeshwar Sah	59	Hindu	12th	35,000	Non-Veg
Ramam devi	52	Hindu	10th		Non-Veg
Rinki Gupta	30	Hindu	Graduated w/ B.Com		Non-veg
Rinki Gupta	29	Hindu	B.A		Non-veg
Santosh Gupta	17	Hindu	12th		Non-veg

8. Source of knowledge of food beyond tradition: Social media
9. Source of Food (Company / Outers): outers 10. Available (Yes/No)  Yes  No
11. Frequency Beyond Traditional Food
- (a) Particular any social culture- (Religious/Ceremony)
12. Item (List)

Trade	Foreign
Thal mudhi	Chowmin, Eggroll,
Dosa	chicken roll, Burger,
Rakodas	Pizza, maggi
Biryani	

Health Issues: NO

Remark: Habituated to eat junk food daily.

## Food Behaviour on Adolescence

52

### (Beyond Traditional Food)

1. Name of The Informant: Aayush gupta Date: 25/5/23  
 2. Address: 11/1 Silavaram ghorh Street 3. Rural/Urban  
 4. Age: 16 5. Sex: Male  
 6. Education: 11th  
 7. Family Composition:

Member	Age	Religion	Education	Income	Veg/Non-Veg
VIVEK gupta	38	Hindu	Graduated	20,000	Non-Veg
Vimla gupta	32	Hindu	Graduated		Non-Veg
Adarsh gupta	12	Hindu	6th		Non-Veg

8. Source of knowledge of food beyond tradition: went outside with their parents.  
 9. Source of Food (Company / Outers): outers 10. Available (Yes/No)   
 11. Frequency Beyond Traditional Food  
 (a) Particular any social culture- (Religious/Ceremony)  
 12. Item (List)

Trade	Foreign
Chilla, paratha, dosa	Chowmin, Roll
idli, Aloo parathas	Biryani, Mandhonia.

Health Issues: NO

Remark: Eat Junk Food 2 to 5 times in a week

## Food Behaviour on Adolescence

53

### (Beyond Traditional Food)

1. Name of The Informant: Ma Anesh Date: 18/6/23
2. Address: 711/2 Beleghula Road Kol - 15 3. Rural/Urban  Urban
4. Age: 11 5. Sex: Male
6. Education: 11
7. Family Composition:

Member	Age	Religion	Education	Income	Veg/Non-Veg
Wahida Khatoon	39	Islam	7th		Non-Veg
Iqbal parveen	22	'	3rd year		
Iqbal parveen	19	'	1st year		

8. Source of knowledge of food beyond tradition: Social media
9. Source of Food (Company / Outers): \_\_\_\_\_ 10. Available (Yes/No)  Yes
11. Frequency Beyond Traditional Food
- (a) Particular any social culture- (Religious/Ceremony)
12. Item (List)

Trade	Foreign
Chicken biryani, Mutton biryani, Naul nihari,	Cake, Pizza, Burger
fish, Kabab.	Chowmin, Momo

Health Issues: NO

Remark: \_\_\_\_\_



**Food Behaviour on Adolescence**  
**(Beyond Traditional Food)**

54

1. Name of The Informant: Mohit Nasim Date: 17/6/23  
 2. Address: Narkeldanga Road 26/4/3 3. Rural/Urban  
 4. Age: 15 th 5. Sex: Male  
 6. Education: 9th  
 7. Family Composition:

Member	Age	Religion	Education	Income	Veg/Non-Veg
MD Nasim	35		Graduated	60,000	Non-veg
Jalak Nasim	26		"		Non-veg
Mariyam Nasim	9		5th		Non-veg

8. Source of knowledge of food beyond tradition: From social media  
 9. Source of Food (Company / Outers): \_\_\_\_\_ 10. Available (Yes/No)  
 11. Frequency Beyond Traditional Food  
 (a) Particular any social culture- (Religious/Ceremony)  
 12. Item (List)

Trade	Foreign
	Chicken Pakodas
	French fry, Momo
	Chowmin, Pastries.

Health Issues: NO  
 Remark: \_\_\_\_\_