

TITLE

A study on the Food

of adolescents

Behaviour on adolescence

?

(Beyond Traditional Food)

of Gulsan colony area

of west chowbagh, Kolkata. → 700100

Work done under H.O.D Prof. Prasenjit sarkar. department of Anthropology. under Calcutta university (Bangabasi morning college). and Chomo sharma and Amrita majumder.

Submitted
Prasenjit Sarkar
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SESSION → 2023

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Preface

This field work has been given by our Anthropology department of Bangabasi morning college which is under the calcutta University. This field work is given by our H.O.D Prof. Prasenjit Sarkar to the students of 6th Semester.

This field work is for our practical Exam.

ACKNOWLEDGEMENT

I take this opportunity to the University of Calcutta
My special thanks goes to the head of the department
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Emprior knowledge of field work. he thought the
how to write field project that is very helpfull
to me. I am very thankfull for my guidance
Chomo sherpa and Amrita mazumder checked my
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very helpfull correctly complete this project
and lots of thanks who adolescence who gave
their food behaviour information. Thank you
so much.

11 अक्टूबर, 2019

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CHAPTER - I

INTRODUCTION.

Anthropology: Anthropology is discipline, which serves that invite Curiosity about human being Ethnologically the learn is derived from two distinct Greek words - Anthropos. the meaning of which is man and the logos refers to science or study. therefore, we define anthropology a discipline which studies that human being sociologically.

Branches of Anthropology: In the beginning anthropology was divided into two major branches according to the scope of study. They were physical Anthropology and Cultural Anthropology. the biological aspect of man was being solely under physical anthropology and Cultural Anthropology included the whole of mental, rational and material technological process and products of the human being in an integrated pattern. But with time development of more division in the subject has been noted physical anthropology continues to be one of the major fields of anthropology. The cultural anthropology has given rise three major sub fields Archaeological anthropology, linguistic anthropology and social cultural anthropology.

Physical Anthropology: Paul Broca (1871) the famous biologist defined Physical anthropology as the science whose objective is the study of humanity considered as a whole in its parts and in relationship to the rest of nature, although it is related to the biological sciences like anatomy, physiology etc.

Archaeological Anthropology: Archaeological anthropology has been derived from the broad field of archaeology. which is concerned with the study of the extinct.

Linguistic Anthropology: It is sub-field of cultural Anthropology which is concerned solely with language.

Social-cultural Anthropology: Social anthropology is a sub-field of cultural anthropology because of its organization or intensive interest in social behavior.

Field: Physical anthropology continues to be one of the major field of anthropology. Physical health is depend upon the food.

Field of Food anthropology is social science where research food and ingredients to learn about their social and cultural significance to different populations.

(Food Anthropology, working in the field means going to particular location and studying the people who live there and their food habits including food gathering, preparation choice of food and way of eating.)

Food Anthropology is a sub-discipline of Anthropology that connects an ethnographic and historical perspective with contemporary social issues in food production and consumption systems. Although early anthropological accounts often dealt with cooking and eating as part of ritual or daily life, food was rarely regarded as the central point of academic focus.

This field work is food habit of adolescence. Adolescence is the threshold of adulthood. It extends from thirteen years to seventeen years. it starts from the time of puberty and continues up to the onset of adulthood.

Scope of Study: The scope of this study was to assess dietary and food behavior among 13-17 years old students.

The scope of studying the food behavior of adolescence extends beyond traditional food and encompasses various aspects related to their dietary choices, preferences, and eating habits. Here are some key areas that can be considered when studying the food behavior of adolescents beyond traditional food.

1. Cultural influences: Investigating how cultural factors shape the dietary choices of adolescents can provide insights into the foods they consume. This includes studying the impact of cultural practices, traditions, and beliefs on their food preferences.

2. Globalization and food trends: Analyzing the influence of globalization on adolescent food behavior can shed light on the.

3. Dietary choices: We study the types of foods adolescents choose to consume, including healthy and unhealthy options, processed foods, fast food, and convenience foods. They explore factors influencing their dietary choices, such as taste preferences, availability, cost and nutritional knowledge.

4) Eating patterns: The study of adolescent food behaviors encompasses their eating patterns, such as irregular meal skipping, snacking habits, and irregular eating schedules. It investigates the impact of these patterns on their overall nutritional intake, energy balance, and health outcomes.

Food Preferences: Researchers examine adolescents' food preferences including flavours, textures, and cultural influences.

They explore how personal and environmental factors shape these influences. They explore how preferences, such as peer influence, media exposure, and advertising.

Nutritional knowledge and awareness: Understanding adolescents' knowledge about nutrition and their awareness of the importance of a balanced diet is crucial. Researchers investigate their understanding of nutrition labels, portion sizes, and the effects of certain foods on health. They explore strategies to improve nutritional knowledge and promote healthier food choices.

Food marketing and advertising: The influence of food marketing and advertising on adolescent food behavior is a significant area of study. Researchers analyze the impact of food advertisements, branding, and packaging on their food choices and interventions aimed at reducing the influence of unhealthy food marketing on adolescents.

Food culture and identity: Exploring the role of food in adolescent culture and identity formation is another important aspect. This includes studying how food practices and sense of belonging contribute to their sense of belonging, cultural heritage, and social interactions. It may involve examining ethnic cuisines, fusion foods, and the adoption of different dietary patterns.

Aim and objective of the study.

The aims and objectives of a study on the food behavior of adolescence one beyond traditional food may includ:

Food and psychological well-being: The relationship between food and psychological well-being between food and is an emerging area of research. It investigates how certain foods or dietary patterns may affect adolescent mental health, emotional well-being and body image. It also explores the role of emotions eating, disordered eating behaviors, and the development of eating disorders.

Environmental sustainability: Considering the growing concern for environmental sustainability, studying adolescents' food behavior extends to their attitudes towards sustainable food choices, such as plant-based diets, organic foods and locally sourced produce. Researchers explore their awareness of environmental issues related to food production and the potential for promoting sustainable dietary practices. Overall, studying adolescent food behavior goes beyond traditional food to encompass a wide range of factors that influence their dietary choices, eating patterns, and attitudes towards food. This multidimensional approach helps researchers and policymakers develop targeted interventions to promote healthier food behaviors among adolescents.

Pre-requrement of field

work.
area.

Selection of Venue: Selection of a venue is very important prerequisite of fieldwork

Self Preparation: Every fieldwork whether it is a training or research involves certain kinds of preparation stage. Preparation for fieldwork has come be seen as an essential part of the training of students in the subject and the fieldwork itself is a unique and necessary experience. It is nothing but an orientation of the investigator before leaving for the field. These preparation is generally two folds - intellectual preparation and material preparation. The intellectual preparation chiefly means the library work. I also needs the information about the area to which the particular group. is located. Naturally the investigator should have grown a first-hand knowledge about the field-locality before reaching there. I should know the various field method and techniques as used to by the anthropology in their fieldwork. Material Preparation: the other kind preparation is the material preparation. There are few listed as - water bottle, paper, note book, variety of items like bedding, pen and pencil, camera etc.

Mentally preparation :> Mentally prepared to face the odds. i.e. In field I should forget to maintain a double standard of norm. I ought to be satisfied with the available accommodation. Local people may come forward to provide a space for living when they cordially accept the researcher. These happen only where the I can satisfy them with an amiable behaviour.



Interview method.

Field technique and approaches.

Field technique: The techniques are usually the part of a broad method. Observation and interview are two methods of data collection. Each of this method consists of a number of techniques.

Interview: An interview may be defined as face-to-face meeting of persons on some particular points.

Techniques of interview can be classified into two distinct types on the basis of nature and scope of investigation techniques for documentary interview and techniques for special interview.

- Techniques for documentary interview: The techniques which are devised mainly for the documentation of real facts, are called documentary interview. Each of these techniques follows a special procedure typical to its own.
 - i) Census survey technique
 - ii) Description or narrative technique
 - iii) Case history technique.
 - iv) Techniques for special interview
 - v) Clinical interview
 - vi) Memoir interview
 - vii) Repeated interview.

I applied all this interview techniques for my field work.

Field approaches: Field approach means an approach which joins the right with a driveway to private property that is vacant, in an unimproved condition on a roadside.

Types of approaches: (i) longitudinal, (ii) cross sectional, (iii) cross cultural
iv) experimental

Two approaches are very popular here.

i) longitudinal study (ii) cross-sectional study.

The other approaches are:-

- Empirical and Ethnical approaches
- Macro approach and micro approach.

I used cross sectional, cross cultural, and Empirical and Ethnical approach, also micro approaches.

Interview recall method :> It is a technique used in fieldwork research to gather detailed and specific information from participants about past experiences, events or behaviors. It involves asking individuals to remember and reflect upon particular instances or situations that occurred in past.

In the context of studying adolescent good behavior. The interview recall method would entail conducting interviews with adolescents and asking them to recall specific instance of events related to their good choices, preferences and behaviors.

During the interview, participants may be asked to recall and describe specific meals, snacks or food-related interactions they have had. This method helps me gain insights into the factors that shape adolescent good behavior. before 2-3 months recalled used to in this method

over telephone Interview : The telephone method refers to conducting interviews or data collection over the phone instead of face to face interactions. This method is commonly used in field work research when in - person interview are not feasible or practical such as when participants are geographically dispersed or when there are time constraints. when using the telephone method for interview recall in fieldwork. the process typically involves the following steps

1) participant selection

2) scheduling

3) interview guide

4) record. Data Analysis

4) consent and confidentiality.

5) Establish rapport

6) open - Ended questions.

7) Active Listening and probing

8) Ethical considerations.

I used apply both methods interview recall method and over telephone methods.

Rapport

objective of the fieldwork is to get a reliable and verifiable information. at the first step, cooperation can be sought only after the establishment of friendship. I should start with friendly greeting as per the respective cultural pattern. this is the key to entry-point. use of pen and pencil is not recommended at the initial phase. because a noting may make the pattern people suspicious which hampers in building of an easy relationship. It should be remembered that human mind is highly sensitive, an anthropologist should be win people with love sympathy. instead of win an sophistication.

Rapport is the most difficult but the most interesting stage in field work. A good rapport brings the so close to the people that they provide him not only with all required information. they try to protect him in all ways, with time they really forget that the person is outsider. rather take him as their own kin or a well-wisher naturally the people further do not feel shy on allowing the investigation to watch all of their socio-cultural activities. At this time the investigator must be very cautious about himself but the he may participate in eating, drinking or talking together. He should not violate any rule or norm.

I must follow these every rules of rapport. First always to bear is my college identity card. and told them this interview is done only to cover my syllabus of C.U anthropology practical. Sied food habit of adolescence beyond traditional food. I convince them if they gave the data then I complete my field work. and try to build good relation with them. Then I completed my rapport.

Cross-checking of data

Data collection: Data collected at the last phase of fieldwork they are largely based on our sense-observations. The word observation in the context of data collection include all forms of sense perception used to recording responses as they impinge upon our senses. But response is not a datum is what observed is mindist and phynotic. I looked the facts by observing the people are fully. I try to understand the themes of every behavior. Bieng I observed should now my self. at present I most of the supplement theine observation by the method of interview.

Types of data:

Primary data: Primary data are those which are collected offesh for the first time and thus happen to the original even one taken into account.

in character Eyewitness

secondary data: secondary data are those which already been collected by someone else.

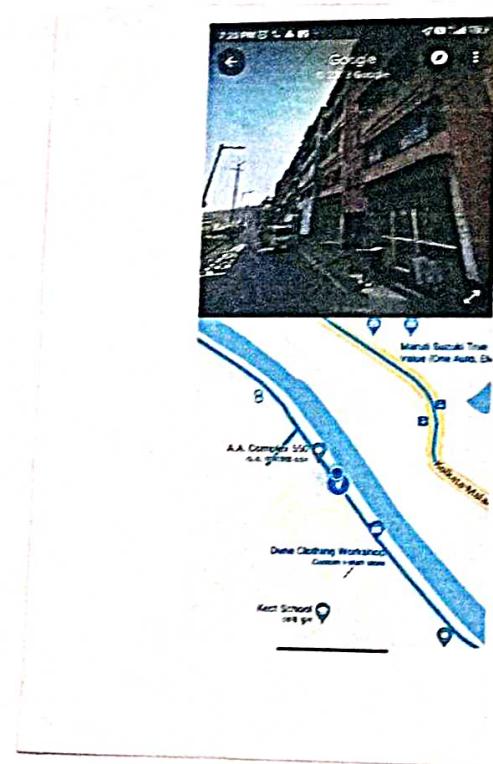
Qualitative data: Qualitative data is the descriptive and conceptual finding collected through anecdotes, interviews.

Quantitative data: quantitative data that can be counted or measured in numerical values. Eg → Height, in feet, age in years.

Cross checking of data: cross checking data that mean rechecking the data in make sure they have been entered

accurately. using each of these approaches I may be asking the same question of different respondent. or even the same question of the sam responder. But of more than one way. By exploring the topic using different technique I can be sure that my results will not hold bios. For example. I will check that what I learn in qualitative discussions supports my survey findings. and that these results have been supported in results from other similar studies from secondary research. To be sure that what I observe is consistent with what other perceive is going.

CHAPTER 11



Field Area.

Area of Study.

Name of the area is Panchanna gram. ward No. 108, Kalkata municipal corporation is an administrative division of Kalkata municipal corporation in Borough No. 12, covering parts of VIP Nagar, Jagorani colony, Uttar Panchanna gram (Martin para & Aulson colony) west Chowbagh, Sandeshal Chowbagh, Bantala Adatasa Nagar, Nandanga, Mundapara and East Calcutta Township (Ruby-anandapur, Nazirabad-Urbana-Hussainpur-Madundaha) neighborhoods is south Kalkata in the Indian state of West Bengal.

The ward is served by Tulsiala, Anandapur Pragati maida and Kalkata leather complex, police station of Kalkata Police Kotwali women Police station.

This area is newly developed area nearly 20 to 30 years. This area is nearly 20 to 30 years. This area is Muslim dominated timeline of the area EKA Bypass Now-a-days people from (Topsia, Rajabazar and Park Circus) start residing here mostly from Topsia this area is developing so many new building and shops are progressing. Now days the population like education and is poor and health care facilities of the area is poor and most of the people of this area are less educated. A section of the people are belong to the primary and secondary level of education.

Demographic profile (with table).

Distribution of population on the basis of age and sex.

Age. Sex	B	%	G	%	Total	%
13-14	7	35%	5	25%	12	60%
15-16	4	30%	1	5%	5	25%
16+	3	15%	-	-	3	15%
Total	14	70%	6	30%	20	100%

Age and sex analysis :-

Table 1 showing there is a trend of decreasing numbers of female correspondence from the age of 13 years as age grow increasing.

But in general from the age of 13 in both the gender numbers of population show in gradually decreasing as age is increasing.

out of total 20 person 70% Boys and 30% are girl correspondence.

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Distribution of the population on the basis of family composition of the respondents.

Table No. 2

No. of family members	Frequency		Total	
	No.	%	No.	%
3	11	55%	33	45.83%
4	7	35%	28	38.89%
5	1	5%	5	6.94%
6	1	5%	6	8.33%
Total	20	100%	72	100%

Family composition analysis:

- Average family size = $\frac{72}{20} = 3.6$ that means most of the family is nuclear family.
- out of total 20 person = 0.55 family, there are 3 family members only.
- In 35% family, there are 4 family members present.
- In 5% family, there are 5 family members present.
- total no. of adolescence is 20. in these family 72 family members are present.

Distribution of population on the basis of food item. for male.

Table: 3.

Items	Biryani	chicken	coldriy	lays	Pizza	momo	chosmin	Roll	Burger	Pasta	Cake	Sand-wich	veg-wich	paneer-wich	paekno-wich									
age	No.	%	No.	%	No.	%	No.	%	No.	%	No.	No.	No.	No.	No.									
13	2	-	1	1	2		2		1	1	1	1	1	1	1									
14	2	2	3	3	3		1	3	1	1	1	1	1	1	1									
15																								
16																								
16+	3	2			2		4	1	2		1	1	1	1	1									
Total	7	53.84	7	53.84	6	46.15	10	76.92	4	30.77	10	76.92	6	46.15	8	61.53	4	30.77	2	15.38	2	15.38	1	7.69

Food Item analysis :-

- out of total 13 item the most like item is pizza and showing 76.92%.
- then Burger (61.53%) , chicken (53.84%) are most liked item by adolecence boys.

Distribution of population on the basis of food item for girls.

Items	Biryani	Chicken	coldninks	Pizza	Momos	Chowmin	Rolls	Burger	Pasta	sandwich	Idli	sweet	phuchka
age													
13	2	3	2	-	4	2	1	2	2	1	1	1	1
14	-	-	-	-	-	-	-	-	-	-	-	-	-
15	-	2	-	1	-	1	1	1	-	-	1	-	-
16	-	-	-	-	-	-	-	-	-	-	-	-	-
16+	-	-	-	-	-	-	-	-	-	-	-	-	-
Total	2	4	2	1	4	3	2	3	2	1	1	2	1
	15.38%	30.77%	15.38%	7.69%	30.76%	23.07%	15.39%	23.07%	15.39%	7.69%	7.69%	15.29%	7.69%

Food items Analysis:

out of total 13 items chicken (30.77%) and momos (30.76%) are most liked items by girls.

- The second no. of liked items are chowmin (23.07%), Burger (23.07%).

Distribution of population on the basis of Educational status.

Table :> 5. Boys and Girls.

Class age	4th		5th		6th		7th		8th		9th		10th		11th		Total
	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	
13			3 (5%)				4 (30%)		1 5%								3 5% 15% 25%
14	1 (5%)									8 3 15%							4 20%
15										1 5%	1 5%						2 10%
16																	1 5%
16+					1 (5%)												
Total	1 (5%)	3 (15%)	1 (5%)	4 (30%)			1 5%	4 30%	1 5%	2 10%	2 10%	1 5%	1 5%	1 5%	1 5%	1 5%	14 70% 30%

Educational qualification analysis:

- This table show 70% Boys and 30% Girls are educated.
- In Boys (57.14%) respondents Education level and age is at same path.
- In Boys 6 (42.86%) educational level below the age standard.
- In Girls case, educational level and age is ~~not~~ at same way. Total 20 100%.
- Girls Number of respondents are smaller.

	out of total
13	8
14	4
15	3
16	1
16+	4

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- Distribution of the population on the bases of religious status i Boys and Girls

Table 6.

Religious age	Hindu				Muslim				Total				out of total	
	M	%	F	%	M	%	F	%	M	%	F	%	No	%
13	1	5%	2	10	2	10%	3	15%	3	15	5	25%	9	40%
14					4	20			4	20			4	20%
15					2	10	1	5%	2	10	1	5%	3	15%
16					2	10			2	10			2	10%
16+	1	5%			2	10			3	15			2	15%
Total	2	10	2	10	12	60	4	20	14	70	6	30%	20	100%

Religious data analysis :

- out of total 4(20) are Hindu religious response and 16(80%) are Muslim religious response in my field area

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Distribution of the population on the basis of area of residence girls and Boys.

Table → 7.

Age	Rural		Urban		Total		out of total.
	Males %	Females %	Males %	Females %	Rural %	Urban %	
-	-	-	-	3	-	-	-
13	-	-	-	3	15%	5	25
14	-	-	-	4	20%	-	-
15	-	-	-	2	10%	1	5%
16	-	-	-	2	10%	-	-
16+	-	-	-	3	15%	-	-
Total	-	-	-	14	70%	6	30
					-	-	20 100%

⑥ area of residence data analysis.

In irrespective of gender and age all the responses are urban area resident.

⑦ Same trend in food preference:

In irrespective of gender and age all the responses are non-vegetarian in general.

Distribution of the population on the basis of particular any social cultural - (Religious / Ceremony). Boys and girls.

Table → 8

Festival age	Ceremony				Occasions				Total	
	B	%	G	%	B	%	G	%	Ceremony	Occasion
13	2	10	5	20					7 (35%)	
14	5	25							5 (25%)	
15	2	10	1	10%					3 (15%)	
16	2	10							2 (10%)	
16+	3	15							3 (15%)	
Total	14	70%	6	30					20 100%	

Data analysis:

In respect of gender and age all the respondents are go to the restaurant or online restaurant food order for their ceremony times only.

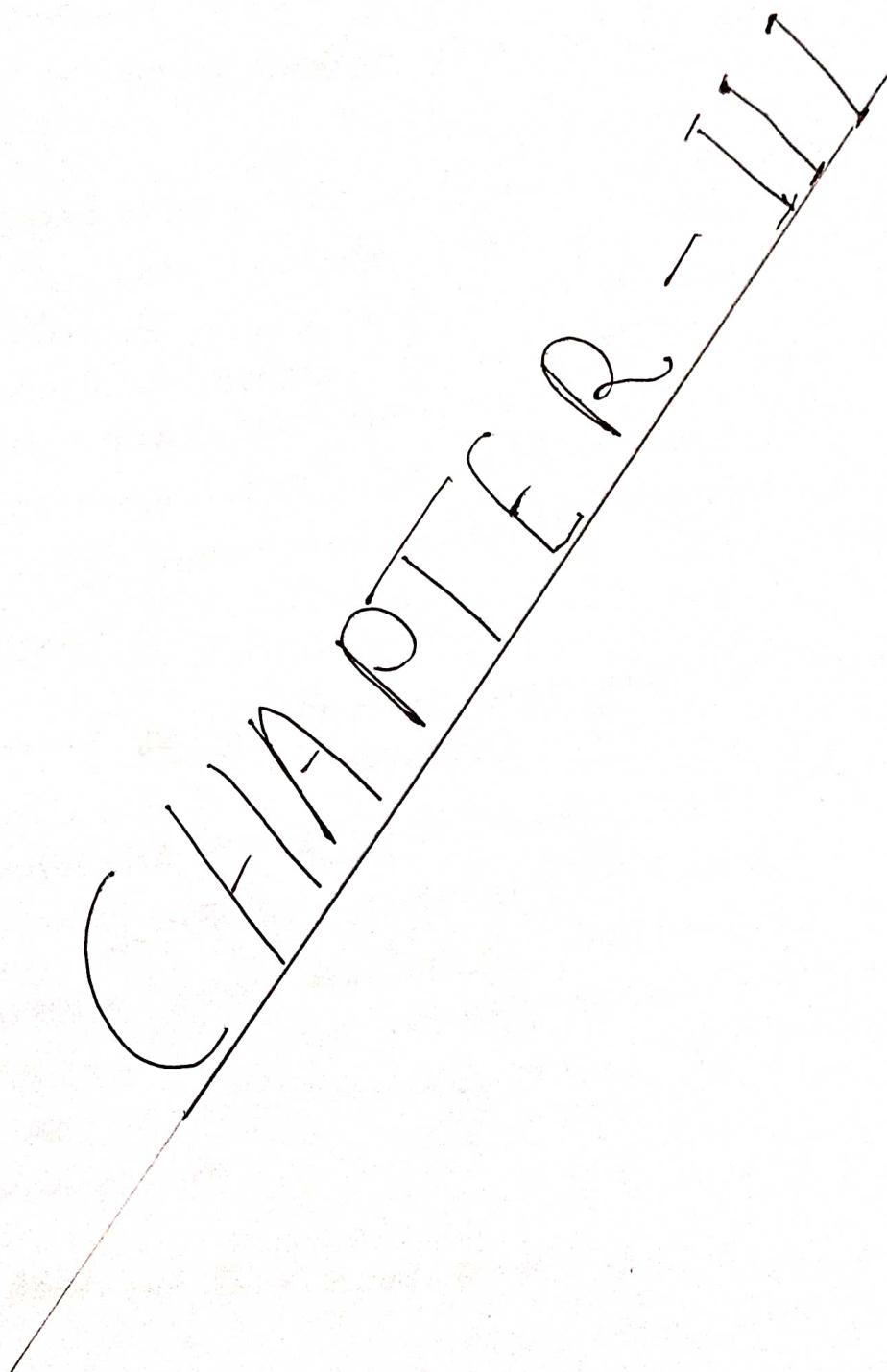
Distribution of the population on the basis of Family income.

Family monthly income	individuals			total	
	Boys	%	Girls	%	%
8000 - 15000	9	45%	5	25%	14 ^{70%}
15000 - 22000	2	10%			2 10%
22000 - 29000					
29000 above	3	15%	1	5%	4 20%
Total.	14	70%	6	30%	20 100%

Family income data analysis:

The table is shown the 14(70%) families incomes are 8000 - 15000 ,

10% families incomes are 15000 - 22000 and 20% families there incomes are some how increases. 29000 above.



Source of knowledge of food (beyond tradition)

There are several reliable sources of knowledge about food beyond traditional cuisines. I find this field 2 ways of source of knowledge of food beyond traditional (1) online videos on advertisement (2) on the way street food or food shops where see very delicious food.

1) online videos: YouTube and online videos can be excellent sources of knowledge when it comes to exploring food beyond traditional dishes. Food has an incredible ability to captivate our senses and transport us to a world of mouthwatering flavors and textures. There are numerous types of food-related content beyond traditional food videos that can explore. They are join food-related group or community on social media platforms like Facebook.

2) advertisements for food: Here are some non-traditional ways to advertise food.

social media influencers: Collaborating with popular social media influencers who have a significant following can help promote food products on restaurants, influencers can create engaging content such as sponsored posts, stories, or videos showcasing the food, sharing their experience, and encouraging their audience to try it.

3) street food or local food shops: Street food and local food shops are indeed excellent sources of knowledge of delicious and unique food experience. The adolescent person visit different street food stall or local food shops. When they one goes to outside and sometime they try any item, then they get the knowledge about it.

Source of food (company / outlets)

The source of food refers to where and how food is obtained. The food is obtained from company and outlet.

Company: Source of food is adolescence. here some companies name, Zomato, Dominos, Papa, wow momo, mio more, etc

Zomato: zomato is a popular online food delivery and restaurant delivery and platform. it connecting users with restaurants

cafes, and it operates as a mobile app and website.
here some food items name zomato: (1) Pizza, (2) Burger, (3) pasta
(4) Italian dishes, (5) Indian curries. (6) Beverages (7) Snacks and Appetizers
etc.

Dominos: Dominos offers variety of food item on their menu.
such as (1) pizza, (2) Breadsticks, (3) chicken wings
(4) subs and sandwiches, etc.

wow momo's: wow momo is a popular food chain specializing in momos, variety type of food are - (1) steamed momos
(2) Fried momos, (3) pan-fried momos, (4) Tandoori momos, (5) momo Burgers
(6) momo Bowls, (7) sizzler momos. (8) momo soup etc.

Local food shops: This field area is a local food shops that goes beyond traditional offerings to provide a unique and diverse range of food items. the items are: (1) veg pakora, chowmien, momos, burger, pasta, chicken pakora, Roll, phuchka, Jalebi, cake etc.

Frequency Beyond Traditional Food.

The meaning of "frequency beyond traditional food" can be interpreted as the act of consuming food items that go beyond the typical or conventional choices. It refers to exploring a diverse range of food options, including those that are not traditionally associated with one's cultural or culinary background.

In this context, "frequency" refers to the regularity or occurrence of trying non-traditional food items. It implies actively seeking out and incorporating a variety of different cuisines, ingredients, and incorporating a variety of flavours into one's diet on a regular basis.

- In this field work adolescence one frequency or eating. One times in a week, or one times in a month, or sometimes they eat foreign food. two or three months gapping.

a) particular any social cultural: some adolescence one
 --- go to the restaurant
 on particular any ~~be~~ Religious festival. such as Eid or
 Durga puja, etc.

Festival: Celebrating Eid at a restaurant is a growing trend among many Muslim communities. Eid is a significant religious festival celebrated by Muslims to mark the end of Ramadan, a month of fasting and spiritual reflection. While traditional home-cooked meals are an integral part of Eid celebrations, going to a restaurant offers a convenient and enjoyable way to celebrate with family and friends. Many restaurants, particularly those in areas with a significant Muslim population, offer special Eid menus. Often feature a buffet during this time.

• Durga Puja is a major Hindu festival celebrated primarily in the Indian-dominated area, but this field work few Hindus also celebrate. While Durga Puja is traditionally associated with visiting pandals to worship goddess and eating street food from vendors. It is becoming increasingly common for people to celebrate the festival by dining out at restaurants.

Food Items: A food item a specific type of edible substance that is used to prepare meal or consumed as a standalone product.

Traditional food: Traditional food refers to the dishes recipes and culinary practices that have been passed down through generations within a particular culture, community or region. It represents the food heritage and cultural identity of a specific group of people. Example :- Rosogolla, Mishti Doi, Shorshe Ilish

Foreign food: Foreign food refers to cuisine and dishes that originated from countries or cultures outside of one's own. It represents the culinary traditions, ingredients, and cooking style of various regions around the world. Foreign food allows people to experience and appreciate the flavors and techniques that are distinct to other cultures. Examples:-

Italian → pasta, pizza, risotto, etc.

Chinese cuisine → fried rice and Kung pao chicken.

Indian cuisine → Biryani, masala Dosa, Butter chicken.

Health issues.

A health issue, also referred to as a health problem or health condition, is an abnormal physical, mental, or emotional state that affects an individual's well-being and negatively impacts their overall health. It refers to any deviation from the normal functioning of the body or mind that may cause discomfort, impairment or disease.

If everyday eating junk food can have a range of negative health effects due to its high level of unhealthy ingredients and low nutritional value. here are some potential health issues associated with consuming junk food:

1. obesity.
2. diabetes.
3. cardiovascular
4. Nutritional deficiencies
- 5.) Digestive issues .
- 6.) poor mental health
- 7.) Dental problems.

It's important to note that occasional consumption of junk food is unlikely to cause significant harm, but making it a regular part of your diet can have detrimental effects on overall health. Striving for a balanced diet that includes a variety of whole, unprocessed food is crucial for maintaining good health.

In my field data I found few adolescence have digestive problem after eating junk food. because they are regular eat that. another few respondence and no health issues. because they eat often long times.

CHAPTER - IV

General Observation

Adolescence is not only period of great physical changes. It also ushers a lot of psychological social and emotional changes that leads to legal maturity. A great change is noticed in interest and capacity. Behaviour pattern and value system also changes from before. They tend to spend most of the time out of home being closed to friends. This is the time when adolescents hate wise counselling of parents and elders, rather put importance on friends' experience. Their attitude, speech, interest, apparel, behaviour - everything depends on the nature of friend circle. If friends are addicted to alcohol, drugs, tobacco or other narcotics, an adolescent is keen to imitate that. Another new factor of time is to

general observation suggests that the field of studying good behavior among adolescents extends beyond traditional good choices while traditional food preferences and dietary habits continue to play a role. There are several other factors that influence the food behavior of adolescents in contemporary society. Some of these factors include:

Globalization: Adolescents today have exposure to a wide range of international foods, which influences their food choices and behavior.

Health and Nutrition Awareness: In recent Adolescents are becoming more aware of the importance of maintaining a balance diet & making healthy food choices and maintaining a balance diet. This awareness can impact their food behavior, leading to increased consumption of nutritious foods and a decrease in unhealthy food choices.

Title: Case study on Food (Food) of mantasha

Introduction: The case study of Mantasha Khatoon, an adolescent from her family. The study aims to understand food preferences, and attitudes towards food.

Eating habits: Mantasha's eating habits have changed over years; she has a tendency to eat unhealthy snacks or skip meals.

Food preferences: Mantasha enjoys traditional dishes like biryani, idli, dosha, and pongal.

Influences on Food Behavior:

During adolescence, Mantasha's food behavior is influenced by her parents' emphasis on nutritious meals and encouragement to eat healthy.

Furthermore, Mantasha's exposure to social media and television shows has influenced her food choices, leading her to explore healthier alternatives and discover new recipes.



case study.

Case Study.

Title: Case study on Food Behavior in adolescence (beyond traditional food) of mantasha khattoon

Introduction: The case study focuses on the food behavior of mantasha khattoon, an adolescent residing at 81 west chowbagh with her family. The study aims to explore mantasha's eating habits, preferences, and attitudes towards food during her adolescence.

Eating habits: mantasha's eating habits have undergone notable changes during her adolescence. In her early teenage years, she had a tendency to skip meals and often relied on unhealthy snacks as substitutes. However, as she has matured,

Food preferences: mantasha's food preferences are a blend of traditional and contemporary influences. She enjoys traditional dishes including sweets, misti doi, idli,

and foreign, idli, dosha, pizza, pasta etc.

Influences on Food Behavior: several factors have influenced mantasha's food behavior during adolescence. Finally, her family plays a vital role in shaping her eating habits. Her parents emphasize the importance of nutritious meals and encourage the consumption of home-cooked food.

Encourage the consumption of home-cooked food. Furthermore, mantasha's exposure to media, platforms, media and television shows, has influenced her food behavior. She followed food bloggers and nutritionists online, which has expanded her knowledge of different cuisines and healthy alternatives. This exposure has also helped her discover new recipes and ingredients.

Case study

Title: Case study on Food Behaviors in adolescence (Beyond traditional food).
Md Tamzid Akbar Ansari.

Introduction: The case study examines the food behavior of Md Tamzid Akbar Ansari, an adolescent living at 81 West Chowbagh with his family, which includes his father and three siblings (two brothers and one sister). The study aims to explore Tamzid's eating habits, preferences, and attitude towards food during his adolescent years.

Background Information: MD Tamzid is a 16-years-old male who currently attending high school. He lives with his family in a residential area known as west chowbagh. His father is the sole breadwinner of the family. Tamzid has two brothers and one sister all of whom are younger than him. The family has a moderate income, and they strive to provide nutritious meals for their children.

Eating Habits: Tamzid's eating habits have undergone noticeable change during his adolescence. Previously, during his early teenage years, he had higher preference for fast food and sugary snacks. However, as he grew older, his food choices have evolved, and he has become more conscious of his health. He now actively avoids excessive consumption of junk food and focuses on incorporating healthier options into his diet.

Tamzid commitment to maintaining a healthy food behaviour pattern during adolescence is a positive sign for his long-term health. With ongoing support from his family and continued self-motivation, it is likely that he will develop lifelong healthy eating habit.

Suggestions

During adolescence, individuals undergo significant physical, emotional and cognitive changes, which can affect their food behaviors. While traditional food suggestions for adolescents often focus on balanced nutrition and healthy eating habits, there are additional additional factors food behaviors so consider when it comes to their food behaviors.

① Food restrictions and allergies: Adolescents may develop food allergies or intolerances during this period. It's crucial to take these restrictions seriously and provide appropriate alternatives to ensure their nutritional needs are met. Encourage them to communicate their dietary needs to others and advocate for themselves in social settings.

② Eating disorders: Adolescence is a vulnerable period for the development of eating disorders, such as Anorexia nervosa, bulimia nervosa, or binge eating disorder. Be vigilant for signs of disordered eating, including severe restriction, excessive exercise, or distorted body image. If you suspect an eating disorder, seek professional help immediately.

• During adolescence a focus on healthy and balanced nutrition is crucial for supporting growth, development and overall well-being. Here some traditional healthy food suggestions for adolescents

- 1) whole grains:
- 2) lean proteins:
- 3) fruits and vegetables.
- 4) dairy or alternatives

- 5) Healthy fats
- 6) Hydration
- 7) limit processed food.
- 8) Balance meals
- 9) Balanced snacks.

Food Behaviour on Adolescence (Beyond Traditional Food)

1. Name of The Informant: Mnepunisha khatton Date: 30/8/23 (5:00 - 5:15 pm)
 2. Address: 81 west Chowkayat Kol - 105 3. Rural/Urban
 4. Age: 13 5. Sex: F
 6. Education: Class 6
 7. Family Composition:

Member	Age	Religion	Education	Income	Veg/Non-Veg
Mother - Nazia Begum	32	Islam	2 class	-	Non-veg
Father - Zaid Khan	37	"	only Singed	10,000	Non-veg
Sister - Maanusha	6	"	Nonunoy	-	Non-veg
Sis - Lolo'	2	"	-	-	Non-veg
Brother - Zunaid Khan	8	"	Class - 2	-	No-veg

8. Source of knowledge of food beyond tradition: YouTube.

9. Source of Food (Company / Outers): Bingani

10. Available (Yes/No)

11. Frequency Beyond Traditional Food 1 in a year

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

12. Item (List)

Trade	Foreign
	Bingani, Robi, chowmin, pasta,

Health Issues: No Health issue.

Remark: she is not a very rich so very low frequency beyond traditional food

Food Behaviour on Adolescence

(Beyond Traditional Food)

1. Name of The Informant: Vijayal mandal Date: 29/5/23 (5:15 - 5:30)
2. Address: B-52, H/25, chowk palti road, kol-10 3. Rural/Urban
4. Age: 13 5. Sex: F
6. Education: G + n
7. Family Composition:

Member	Age	Religion	Education	Income	Veg/Non-Veg
M -> Dronnina Mondal	34	Hindu	-	-	Non-veg
F -> Sankha	39)	-	10,000	Non-veg

8. Source of knowledge of food beyond tradition: (in own area) (video)

9. Source of Food (Company / Outers): in own area fast food shop.

10. Available (Yes/No)

11. Frequency Beyond Traditional Food (Every 2, 3, days)

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

12. Item (List)

Trade	Foreign
chicken, mutton, Fish	→ Ringanji, momo, chips,
Cold, Milk sweets	cocholate)

Health Issues: Bloating, Belly pain

Remark: Some time splitting teeth

Food Behaviour on Adolescence

(Beyond Traditional Food)

1. Name of The Informant: Nibedita Das Date: 24/5/23 (531-5:45)

2. Address: B 53 - H/25 chowk posti road Kol-10 3. Rural/Urban

4. Age: 13

5. Sex: F

6. Education: 6th class

7. Family Composition:

Member	Age	Religion	Education	Income	Veg/Non-Veg
M → Gunia Das	35	Hindu	Signature	—	Non-veg
F → Benu Das	40	Hindu	Signature	8,000	Non-veg
B → Nikhil Das	4				

8. Source of knowledge of food beyond tradition: in own area

9. Source of Food (Company / Outers): In own area street food 10. Available (Yes/No)

11. Frequency Beyond Traditional Food (In every 2 or 3 days)

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

12. Item (List)

Trade	Foreign
→ Chicken, mutton, 2 egg	→ Momo, chowmin, phuchka
	Burger,

Health Issues: NO, Health fine

Remark: very low amount in foreign food intake.

Food Behaviour on Adolescence

(Beyond Traditional Food)

1. Name of The Informant: Sadia Kajimi Date: 30/8/23) (915-5120pm
2. Address: Hazrat gange (Bihari) now leave here 3. Rural/Urban
4. Age: 13 5. Sex: F
6. Education: 7
7. Family Composition:

Member	Age	Religion	Education	Income	Veg/Non-Veg
M -> Abdur Rehman	35	Islam	7 th class	-	N - V
F -> M.D. Kajimi	40	II	10 th class	12000	N - V
B -> Farhan Kajimi	12	II	11 th class	T	N - V

8. Source of knowledge of food beyond tradition: in own area

9. Source of Food (Company / Outers): Normal Stores 10. Available (Yes/No) ✓

11. Frequency Beyond Traditional Food: (in every month)

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

12. Item (List)

Trade	Foreign
→ chicken, m	→ Idli, Dosa, Burger,
	pizza, sandwich, momos
	chicken, kabab, junk food.

Health Issues: Belly - Pen

Remark: Health issue due taking foreign food

Food Behaviour on Adolescence

(Beyond Traditional Food)

1. Name of The Informant: Ayesha Rabbloon Date: 29/3/2023 (8:15 PM)
2. Address: 21 west chowkya kothi os 3. Rural/Urban
4. Age: 13 5. Sex: F
6. Education: 6 class

7. Family Composition:

Member	Age	Religion	Education	Income	Veg/Non-Veg
M -> Rizwana khatloo	40	Islam	10th pass	-	Non-Veg
F -> MD Arshad Alian	45	II	6th pass	15,000	Non veg

8. Source of knowledge of food beyond tradition: In own area

9. Source of Food (Company / Outers): Nestle company, nowmone 10. Available (Yes/No)

11. Frequency Beyond Traditional Food (Every day)

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

12. Item (List)

Trade	Foreign
	chips, kurkure, chicken pakora,
	nomo,

Health Issues: only leg pain

Remark: she is not intake various types of item

Food Behaviour on Adolescence

(Beyond Traditional Food)

1. Name of The Informant: Manisha khatton Date: 24/5/23 (5:45:6:00)

2. Address: 81 west vimbagan no 1 - 105 3. Rural/

4. Age: 15

5. Sex: F

6. Education: 8 + 1 class

7. Family Composition:

Member	Age	Religion	Education	Income	Veg/Non-Veg
M -> Babu khatton	35	Islam	10+ pass	-	Non-veg
F -> Sameen hussin	10	II	5th pass.	301000	No N - Veg

8. Source of knowledge of food beyond tradition: you-tube, see another person

9. Source of Food (Company / Outers): Bizza hut, KFC, 10. Available (Yes/No)

11. Frequency Beyond Traditional Food (In Every month)

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

12. Item (List)

Trade	Foreign
Butter, Bread, puri,	Pizza, Burger, French fry
	Egg chowmin, Egg noll,
	chicken pakora, chicken kabab
	Sweets, Daneen, Rake

Health Issues: NO - Health Problem

Remark: she intake various foreign types of dishes.

Food Behaviour on Adolescence

(Beyond Traditional Food)

1. Name of The Informant: MD Aakib Ansari Date: 30/5/23 (5:45; 6:00 pm)

2. Address: 91 sector chowkaga - Kol-175

3. Rural/Urban

4. Age: 16

5. Sex: M

6. Education: 6th pass

7. Family Composition:

Member	Age	Religion	Education	Income	Veg/Non-Veg
1) M - Rukhsar parveen	35	Islam	10 th pass	12,000	Non - veg.
F - MD Iknalak	43	"	5 th pass	-	"
S - Kushnum parveen	9	"	class 2	-	"

8. Source of knowledge of food beyond tradition: videos (shorts)

9. Source of Food (Company / Outers): Nestle.

10. Available (Yes/No)

11. Frequency Beyond Traditional Food (Every day two time same food)

(a) Particular any social culture- (Religious/Ceremony) Religious time Pizza or costly food

12. Item (List)

Trade	Foreign
→ chicken ,	Pizza, Burger, sandwich,
	chicken pakora, veg-pakora
	chouming, bays, chanachur.

Health Issues: Eye problem, Brain problem,

Remark: He is not mentally fit. during birth time

Food Behaviour on Adolescence

(Beyond Traditional Food)

1. Name of The Informant: MD SAKIB Ankani Date: 20/5/22 (53058:45) AM
2. Address: 91 west chowbagh -> 106 -> 105 3. Rural/Urban
4. Age: 15 5. Sex: M
6. Education: 8th
7. Family Composition:

Member	Age	Religion	Education	Income	Veg/Non-Veg
1) Ma -> Fatma khan -40		islam	5 th pass	—	Non-veg
E -> Raja	->47	II	signature	15,000	Non-veg.

8. Source of knowledge of food beyond tradition: videos

9. Source of Food (Company / Outers): Nestle (street food) 10. Available (Yes/No)

11. Frequency Beyond Traditional Food: (in every day 2 times)

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

12. Item (List)

Trade	Foreign
chiken,	chowmin, Roll, chips, Burgers
	Momos, chiken pakora, veg
	Pakora, pajoda, cake.

Health Issues: No health problem

Remark: local food shop items are intake

Food Behaviour on Adolescence
(Beyond Traditional Food)

1. Name of The Informant: MD. Hasan Date: 31/3/23 (545 - 8:00)
 2. Address: 81 West Chowkaga Kol-105 3. Rural/Urban
 4. Age: 14 5. Sex: M
 6. Education: 4th class
 7. Family Composition:

Member	Age	Religion	Education	Income	Veg/Non-Veg
M-> salomi Begum	45	Islam	Signature	-	No - veg
F-> MD. Kazim	53	II	signature	13000	Non veg.

8. Source of knowledge of food beyond tradition: In own area

9. Source of Food (Company / Outers): Street food shop 10. Available (Yes/No)

11. Frequency Beyond Traditional Food most rare time

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

12. Item (List)

Trade	Foreign
	• Olays, Kurkure, Roll
	cotton candy, Bingsu;

Health Issues: No Health problem

Remark: no intake snacks and junk food

Food Behaviour on Adolescence

(Beyond Traditional Food)

1. Name of The Informant: Bishal Priti Debana Date: 21/3/22 (5:30-5:45pm)
2. Address: 81 west chonbaga Kol-105 3. Rural/Urban
4. Age: 17 5. Sex: M
6. Education: 10th pass
7. Family Composition:

Member	Age	Religion	Education	Income	Veg/Non-Veg
m-1) sumitra, Debana	42	Hindus	10th pass	—	Non veg
2) Ritay Debana	50	Hindus	10th pass	12,000	II
Sister, Susmita Debana	21	II	B.Sc.	—	II

8. Source of knowledge of food beyond tradition: YouTube video

9. Source of Food (Company / Outers): Dominos, 10. Available (Yes/No)

11. Frequency Beyond Traditional Food (3,4 time in a year)

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

12. Item (List)

Trade	Foreign
	• Chicken, Biryani, chowmin,
	Kast Kast, Pizza, Bungen,

Health Issues: Health issue

Remark: very like non-veg food

Food Behaviour on Adolescence
(Beyond Traditional Food)

1. Name of The Informant: Sufyann Husain Date: 21/3/23 85454530
2. Address: 81 West chembaga Kol-105 3. Rural/Urban
4. Age: 13 5. Sex: M
6. Education: 5th class
7. Family Composition:

Member	Age	Religion	Education	Income	Veg/Non-Veg
M-Nasiruddin	33	Islam	BIA	-	Non veg
F-Sherhat Hussai	38	"	7 th pass	35000	non veg

8. Source of knowledge of food beyond tradition: advertisement
9. Source of Food (Company / Outers): Dominos, Ansuan, voh momo 10. Available (Yes/No)
11. Frequency Beyond Traditional Food (every month)
- (a) Particular any social culture- (Religious/Ceremony)
12. Item (List)

Trade	Foreign
→ Rice, Pickle, Roti	Burger, Pizza, Pasta, Chommin chiken Kabab, Pakora

Health Issues: No health issues

Remark: most or fine intake of foreign food

Food Behaviour on Adolescence

(Beyond Traditional Food)

1. Name of The Informant: MD Zaid Hamid Date: 21/07/2018 (SSM-516)
2. Address: L183 west chowkaga kol-7 107 3. Rural/Urban
4. Age: 13 5. Sex: M
6. Education: 5 class
7. Family Composition:

Member	Age	Religion	Education	Income	Veg/Non-Veg
M-> Sagutta Begum	20	Islam	5th class	-	Non-Veg.
F-> MD Yodib Hamid	38	II	12th pass	10,000	Non-Veg
R-> M.D. Tunaib Hamid	4	II	-	-	II

8. Source of knowledge of food beyond tradition: (in own check)

9. Source of Food (Company / Outers): street food 10. Available (Yes/No)

11. Frequency Beyond Traditional Food (3) only times in a year)

(a) Particular any social culture- (Religious/Ceremony) birthday, restaurant

12. Item (List)

Trade	Foreign
→ chicken,	Bingani, cake, pizza,

Health Issues: rarely, never, or headache.

Remark: low amount of foreign food intake

Food Behaviour on Adolescence

(Beyond Traditional Food)

1. Name of The Informant: Kaitinen Dibos Date: 11/12/2015 (Sat 5-6:00pm)
2. Address: R. # 2 H # 5 chowpatti road kota - 18 3. Rural/Urban
4. Age: 18 5. Sex: M
6. Education: 5th
7. Family Composition:

Member	Age	Religion	Education	Income	Veg/Non-Veg
→ M -> Loknirash	40	Hindu	10 th	-	Non-Veg.
F -> Rajiv Gosh	46	"	Signatior	10,000	Non-Veg
S -> Sweta Singh	20	"	UnP. Student	-	"

8. Source of knowledge of food beyond tradition: (in own area)

9. Source of Food (Company / Outers): in own area fast food centers 10. Available (Yes/No)

11. Frequency Beyond Traditional Food Credulean

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

12. Item (List)

Trade	Foreign
→ chicken, mutton, lamb,	→ chips, cold drink, chomming
	Biryani,

Health Issues: NO Health issue.

Remark: like a foreign rock

Food Behaviour on Adolescence

(Beyond Traditional Food)

1. Name of The Informant: Ahad Alam Date: 11/12/23 (5:30 - 5:45 PM)
2. Address: 81 West Chorbagan, Kol - 105 3. Rural/Urban
4. Age: 15 5. Sex: M
6. Education: 9th
7. Family Composition:

Member	Age	Religion	Education	Income	Veg/Non-Veg
M 1) Bora Begum	30	Islam	10th	-	-
F 2) chotu	33	II	6th	151000	Non-veg

8. Source of knowledge of food beyond tradition: youtube video

9. Source of Food (Company / Outers): in own area

10. Available (Yes/No)

11. Frequency Beyond Traditional Food (Every months)

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

12. Item (List)

Trade	Foreign
→ chicken chilli, paratha	→ Egg polly, pizza, Burger, → dandi nice,

Health Issues: NO Health problem

Remark: In this religious-festival go to restaurant

Food Behaviour on Adolescence

(Beyond Traditional Food)

1. Name of The Informant: Aman Hussain Date: 16/03/15 (5:15 - 6:30pm)

2. Address: 81 west chembur vod -105 3. Rural/Urban

4. Age: 16

5. Sex: M

6. Education: 9th pass

7. Family Composition:

Member	Age	Religion	Education	Income	Veg/Non-Veg
Munjuim khatloon	41	Islam	10th		
Fayyudha bhai	46	II	5th	15,000	Non-veg

8. Source of knowledge of food beyond tradition: looking shop

9. Source of Food (Company / Outers): in own area

10. Available (Yes/No)

11. Frequency Beyond Traditional Food (in a year 2 or 3 times)

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

12. Item (List)

Trade	Foreign
	→ Burger, Pizza, chowmin
	Pasta

Health Issues: Eye-problems some time indigestion.

Remark: very low amount of foreign food intake

Food Behaviour on Adolescence

(Beyond Traditional Food)

1. Name of The Informant: MD Tariq Arshad Date: 11/23/5:00 AM
2. Address: 91 West Chowkada Road - 105 3. Rural/Urban
4. Age: 14 5. Sex: M
6. Education: 10th
7. Family Composition: 3 m

Member	Age	Religion	Education	Income	Veg/Non-Veg
Mrs Nagma	40	Islam	10th	—	NON-VEG
MD. Abid	42	II	10th	15,000	II

8. Source of knowledge of food beyond tradition: in own area

9. Source of Food (Company / Outers): Dominos 10. Available (Yes/No) ✓

11. Frequency Beyond Traditional Food (in 8 years 2003 time)

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

12. Item (List)

Trade	Foreign
→ Khat, puri, Dahi bada	→ Pizza, momo, springroll,
→ chicken chilli,	

Health Issues: No - health issue.

Remark: Dominos company like lot

Food Behaviour on Adolescence

(Beyond Traditional Food)

1. Name of The Informant: MD Ishan Date: 21/6/23 (6:00:26:15pm)
2. Address: 81 west chowkaga kol - 205 3. Rural/Urban
4. Age: 14 5. Sex: M
6. Education: class 8
7. Family Composition:

Member	Age	Religion	Education	Income	Veg/Non-Veg
Mother->ladli Bano	43	Islam	10th pass	-	N-V
Father->MD Sajid	46	"	Graduate	20,000 per month	N-V
sister-> AASHNA	20	"	Graduate	-	N-V

8. Source of knowledge of food beyond tradition: videos, dominos, woh momos

9. Source of Food (Company / Outers): Ansalan restaurant, dominos, 10. Available (Yes/No)

11. Frequency Beyond Traditional Food in every month

(a) Particular any social culture- (Religious/Ceremony), sunday enjoyment

12. Item (List)

Trade	Foreign
→ chicken, Beef	1) Biryani, chicken kabab, lalpinks,
	2) Pizza, momos,

Health Issues: NO health issue.

Remark: _____

Food Behaviour on Adolescence

(Beyond Traditional Food)

1. Name of The Informant: M D Ayyan Date: 21/6/23 (5:30:00 pm)
2. Address: #1 house chowkaga kol-107 3. Rural/Urban
4. Age: 19 5. Sex: M
6. Education: 8th
7. Family Composition:

Member	Age	Religion	Education	Income	Veg/Non-Veg
M -> Lalli Begum	37	Islam	10th pass	-	Non-veg
F -> Bablu Alam	45	Islam	Engineering	20,000	Non-veg

8. Source of knowledge of food beyond tradition: advertisements

9. Source of Food (Company / Outers): KFC, zomato, pizza, 10. Available (Yes/No)

11. Frequency Beyond Traditional Food Every month, 1 times

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

12. Item (List)

Trade	Foreign
→ Simayi, sambal, kabab,	→ Pizza, chowmin, Bungen
→ piee, oak boda, Dhali, mono,	sandwich, chicken
	pakora, kebab, roll,

Health Issues: No health issue

Remark: _____

Food Behaviour on Adolescence

(Beyond Traditional Food)

1. Name of The Informant: Sohail akbar Date: 2/6/23 (5:15 - 5:20) pm
2. Address: 6/2 A Islam pura khalid 214 3. Rural/Urban
4. Age: 17 5. Sex: M
6. Education: 10th
7. Family Composition:

Member	Age	Religion	Education	Income	Veg/Non-Veg
Muhammad Rehan	40	Islam	under 8	—	Non-veg
Fatima Fatima Akbar	47		12 th pass	15,000	Non-veg

8. Source of knowledge of food beyond tradition: Local food shop looking
9. Source of Food (Company / Outers): Dominos / chikenhous 10. Available (Yes/No)
11. Frequency Beyond Traditional Food (In Month 02 times)
- (a) Particular any social culture- (Religious/Ceremony)

12. Item (List)

Trade	Foreign
Rice,	- sweets, chocolate, Biryani
	Pizza, choumin,

Health Issues: No Health Issue

Remark: _____

Food Behaviour on Adolescence

(Beyond Traditional Food)

1. Name of The Informant: M.D. Farzid Akram Ansari Date: 21/6/23 (5/0075715)pm
2. Address: 81 west Chowkya (kal-) 103 3. Rural/Urban
4. Age: 17 5. Sex: M
6. Education: 11th Class
7. Family Composition:

Member	Age	Religion	Education	Income	Veg/Non-Veg
→ F → M.D. Asim	50	Islam	—	10,000	Non-Veg
S → Anjali Asra	23	II	Graduation	3-4000	II
B → M.D. Wajid	24	II	Graduation	12000	II
B → M.D. Tausif	20	II	Graduation	11000	II

8. Source of knowledge of food beyond tradition: Through mobile & our own area

9. Source of Food (Company / Outers): Wormomo, Restaurant

10. Available (Yes/No)

11. Frequency Beyond Traditional Food (3, or 4 times in a year) Every day we he

Eat junk food.
Street food in Evening

12. Item (List)

Trade	Foreign
	momo, burger, Biryani
	Roll, chowmin, pasta,
	chicken chilli, sandwich
	chicken pakora, kabab

Health Issues: only eye-problem.

Remark: He gives the data very roughly.

Field Diary.

Date → 29/5/23

Time → 5:00 - 6:00

In this time I collect the data u Responce.

They asked very truly all the data.

At first day I collected this data.

Date → 30/5/23

Time → 5:00 - 6:00

I also I collect the data u Responce.

I asked the question with my schedule

I asked the question with my schedule

They answers my all question

At second day I collected this data

Date → 31/5/23

Time → 5:00 - 6:00

4 Responce data are collected at in this
time. On third day I collected so this
data.

Date → 1/6/23.

Time → 5:00 - 6:00

I collect the data u Responce at this
time. On fourth day I collected this
data on 4 males

Date → 2/6/23

Time → 5:00 - 6:00

Fault response data are collected.
On Day Five I collected the data.
Four males.

Reference

- ① Indraji Basu Rai 2022 edition
→ Introduction only.
- ② chat.openai.com.