

Formula

Vegetarian

Question No. 3 + 4 + 5. score break up will be 5+ 5 + 5=15

- If I consume more than 14 times my score will be 5
- If I consume 7 – 13 times my score will be 4
- if I consume 2-6 times my score will be 3
- if I consume once my score will be 2
- if I don't consume my score will be 1

Non -Vegetarian

Question No. 3+ 4 + 5 + 6. score break up will be 5+5+2.5+2.5 =15

FOR QUESTION NO. 4

- If I consume more than 14 times my score will be 5
- If I consume 7 – 13 times my score will be 4
- if I consume 2-6 times my score will be 3
- if I consume once my score will be 2
- if I don't consume my score will be 1

FOR QUESTION NO. 5 & 6

- If I consume more than 14 times my score will be 2.5
- If I consume 7 – 13 times my score will be 2
- if I consume 2-6 times my score will be 1.5
- if I consume once my score will be 1
- if I don't consume my score will be 0.5

Q3. How often consumes milk



MILK



COMPLAN

Q4. How often low- milk product



CHEESE



YOGURT



PANEER



TOFU

Q5. How often does your child eat protein rich foods like pulses, lentils, soyabean, coconut, nuts and oilseeds?



BEAN SPROUT



PEAS



BROCCOLI



LENTILS



SOY



GROUNDNUTS



SPINACH

6. How often does your child eat protein rich non-vegetarian foods like eggs, fish, chicken, and meat?



CHICKEN



RED MEAT



EGG



FISH