

KING'S FUND CENT  
LIBRARY

# **ASIANS IN BRITAIN**

## **ASIAN FOODS AND DIETS**

**KING'S FUND/DHSS TRAINING PACK**

ASIAN FOODS & DIETS

CONTENTS OF PACK

1. One Trainer's Manual

Contains information on Asian foods and diets for ~~trainers~~ or general readers. The final section gives guidance on what to cover in training sessions, getting more local information, and preparing for training sessions.

2.\* 11 copies of Asians in Britain: Introduction

Gives basic details about Indian, Pakistani, Bangladeshi and East African communities in Britain, where they came from, their languages etc. All trainees should be familiar with this information before a training session.

3.\* 11 copies of Foods and Diets.

For trainees to take away after the training session. Summarises the main religious and cultural factors that may affect the diets of Asian people in Britain.

4. Master copies for photocopying of 4 worksheets for trainees:

- i. Hindus, Sikhs, Muslims: Summary of permitted & prohibited foods (F/E1)
- ii. Giving useful dietary advice (F/E2)
- iii. Specific nutritional advice (F/E3)
- iv. Hospital menu (F/E4)

5. 8 Overhead Projector Transparencies (OHPs)

with guidance on usage.

6. 36 slides with a set of slide notes

7. Master copies for photocopying of Language Sheets giving names of common foods in Hindi/Urdu, Punjabi, Gujarati, Bengali and Pashto with a rough guide to pronunciation and usage.

\* More copies can be obtained from the National Extension College,  
18 Brooklands Avenue, Cambridge CB2 2HN. Tel: (0223) 63465

KING'S FUND CENTRE LIBRARY 126 ALBERT STREET LONDON NW1 7NF	
ACCESSION No. 20599	CLASS MARK RLQ
DATE OF RECEIPT 15 DEC 1981	PRICE DONATION

ASIAN FOODS & DIETS

KING'S FUND CENTRE  
LIBRARY

LANGUAGE SHEETS: LIST OF CONTENTS

This wallet contains translations for photocopying of lists of words that may be useful when discussing food and diet with people from India, Pakistan and Bangladesh who speak little or no English. The translations are in BENGALI, GUJARATI, HINDI/URDU, PASHTO and PUNJABI. They are copyright free and can be reproduced freely providing they are used for educational purposes and not re-sold for profit.

The wallet also contains a Guide To Using The Language Sheets. This includes a key to pronunciation and shows who speaks which language.

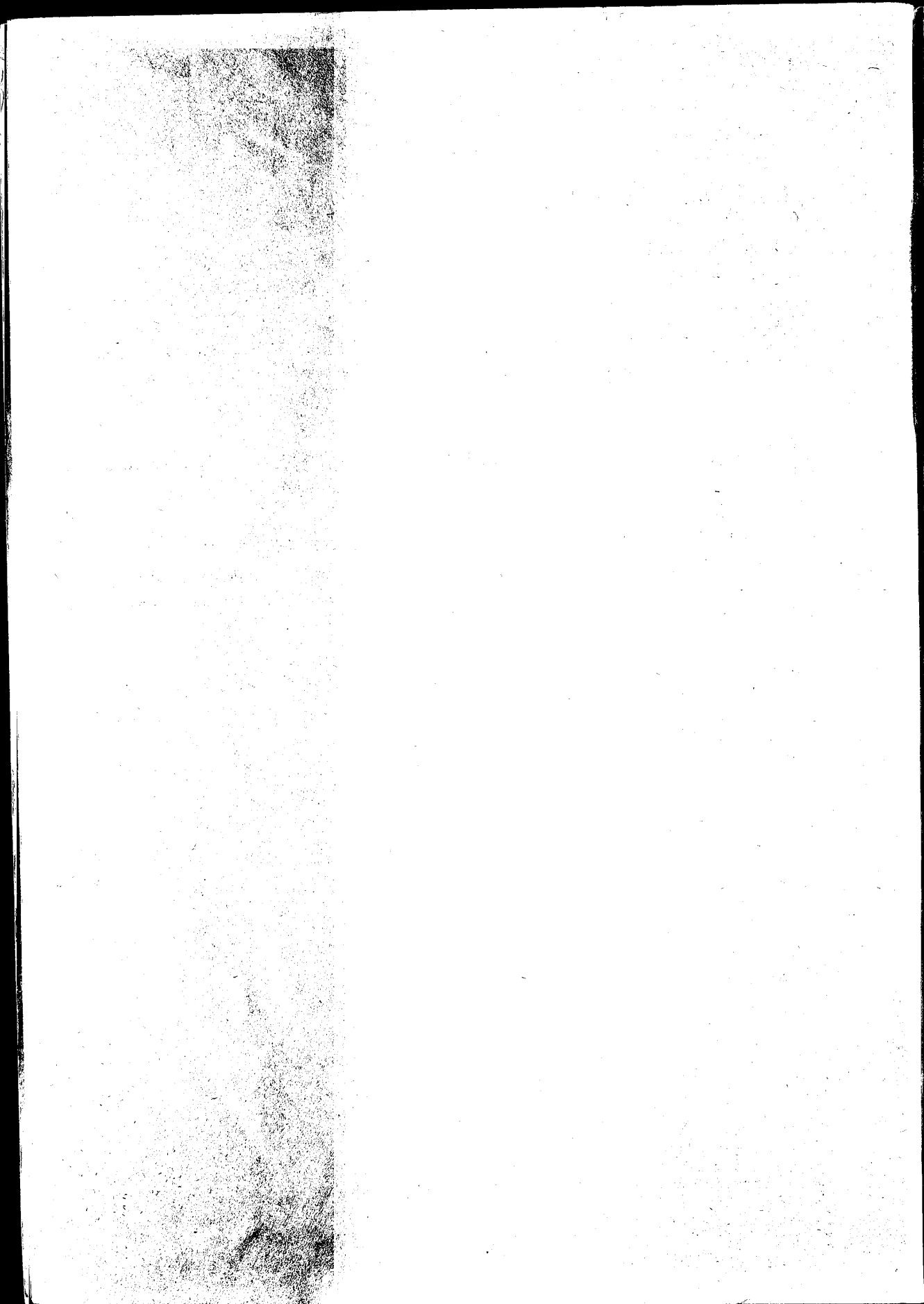
Each health worker should, as far as possible, have her own copy of the language sheets she needs so that she can add to and amend it as she works. (Most health workers will only need language sheets in one or two languages, depending on the local communities.)

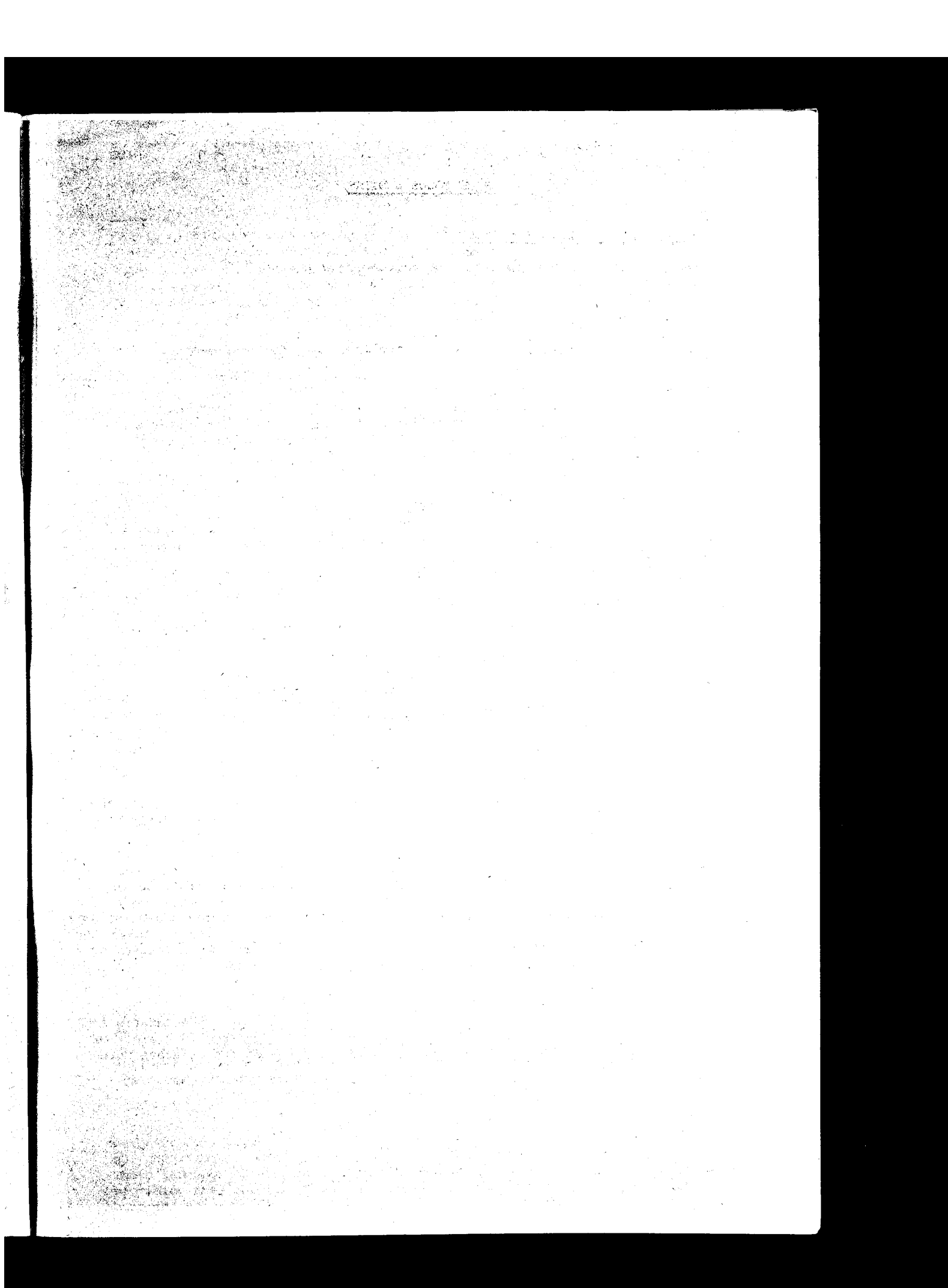
Each health worker should also, as far as possible, have her own copy of the Guide.

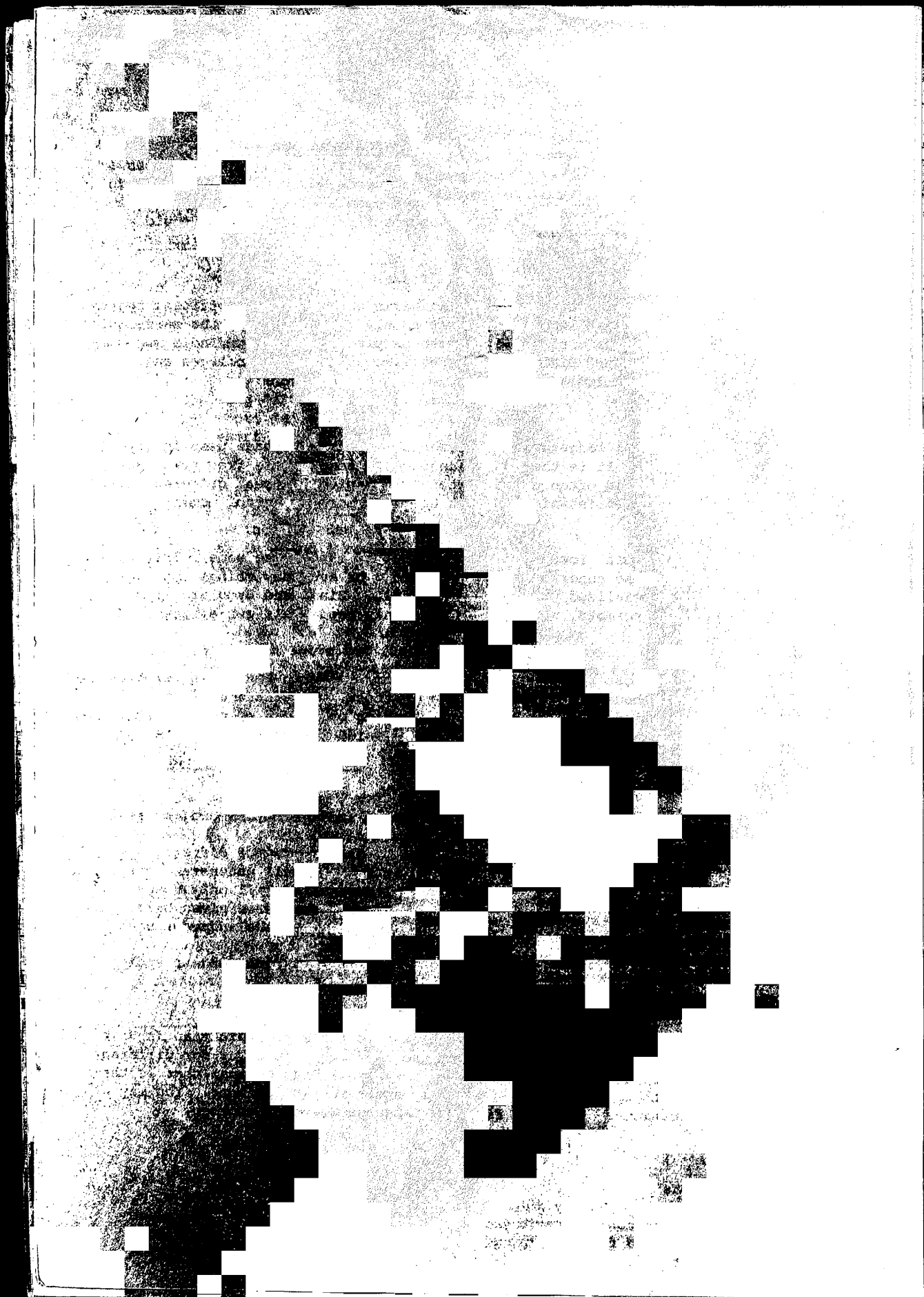
To enable easier photocopying none of the sets of Language Sheets in this wallet are stapled together. Each sheet is identified in the top right hand corner.

Asian Foods & Diets

© DHSS/Kings fund/Alix Henley 1981  
These language sheets can be reproduced  
providing they are used for educational  
purposes and not for resale.







...the ... of ...  
...the ... of ...  
...the ... of ...

...the ... of ...  
...the ... of ...  
...the ... of ...

...the ... of ...  
...the ... of ...  
...the ... of ...

...the ... of ...  
...the ... of ...  
...the ... of ...

...the ... of ...  
...the ... of ...  
...the ... of ...

...the ... of ...  
...the ... of ...  
...the ... of ...

...the ... of ...  
...the ... of ...  
...the ... of ...

### 3. USING THE LANGUAGE SHEETS

- i. Familiarise yourself with the key to pronunciation. Some of the conventions will take time to get used to, for example, the difference between the sounds indicated in the lists by 'à', 'a', and 'u', or the unfamiliar sounds indicated by 'kh', 'gh' and 'q'. Practise reading through one of the language sheets, checking your pronunciation against the key above.
- ii. If you can, get someone who speaks the language you want to use to go through the language sheet with you, helping you with pronunciation. Your helper may use some different words, or may pronounce them differently. This may be due to regional variations or to rural and urban differences in vocabulary or pronunciation, or it may be because, despite a lot of effort, our lists still contain some mistakes. Stress to your helper that you want the everyday words that most people will use. Trust your helper rather than the language sheet, and amend the list accordingly.

#### iii. Pitfalls and short-comings

These language sheets can only be of limited value, enabling you to speak, for example, 'pidgin' Punjabi as an alternative to not communicating at all. They may however help you to build up some kind of relationship and to be of some help to people who speak little or no English, and may be a first step to you learning more of the other person's language.

You may find that people don't understand you, even when you are saying words in their language. This may be for several reasons:

- They are most unlikely to expect you to speak anything but English. People tend to listen for what they expect, and nobody expects English people to speak Asian languages. This happens even to those English people who speak an Asian language fluently and can be very disconcerting. Do not give up! It often helps to start with something familiar like a greeting, to tune people into the language you are speaking.
- Your pronunciation may be wrong. There are many Asian sounds that English speakers find very difficult. Get your pronunciation as correct as possible with someone who speaks the language before you go out and try to use it on your own. Your pronunciation will also improve with time as you hear and speak more of the language, and your ears become attuned to its sounds.
- People are unused to hearing their language spoken with an English accent. We are used to adjusting to the sounds of English spoken by foreigners because so many people from other countries learn English. In contrast relatively few Asian people have heard English people speaking their language. It may take time for their ears to become adjusted to your accent.

NOTE: The Language Sheets contain Asian words roughly spelt in English to help English people. Showing the transliterations to your patients or clients is unlikely to be helpful.

Asian Foods & Diets

© DHSS/Kings fund/Alix Henley 1981

These language sheets can be reproduced providing they are used for educational purposes and not for resale.



DISCUSSING DIET: SOME USEFUL PUNJABI WORDS

Language Sheet: PUNJABI 1

N.B. See Guide To Using The Language Sheets for a key to pronunciation.

<u>Sikhs:</u>	hello & goodbye	sat sree akaal	yes	hāa
			no	nāhi/nehī
<u>Muslims:</u>	hello	asalaam alaykum	not	nāhi/nehī
	goodbye	khodaa hafiss/ rap daraka		
<u>Hindus:</u>	hello & goodbye	nāmastay		

MEAT\*                      maas/meat

beef	gaa da maas	minced meat	keema
chicken	kooker/moorga	goat meat	bākri da maas
kidney	goorda	mutton	bed da maas
liver	kalayji	fish	machli

FRUIT                      fal/phal

apple	say/apple	water melon	tarbooz
banana	kayla	orange	santra
grape	angoor	orange juice	santra da ras
lemon/lime	nimboo/limoo	pineapple	ananas
mango	aam	raisins	kishmish
sweet melon	karbooja	dried fruit	sooka fal/sooka phal

VEGETABLES              sabzi/sabji

cabbage	band gobi/gand gobi	lettuce	salad
carrot	gajār	onions	ganda/piaaz
cauliflower	fool gobi/pool gobi	peas	matar
coriander leaves	hara dania	potato	aloo
cucumber	keera	pumpkin	payta
eggplant	bātāum/vātāun	sweet potato	shakarkandi
fenugreek leaves	meti	spinach	paalak
green leafy veg.	haria sabjia/saag	salad	salad
green pepper	shimla meerch	tomato	tamaatar
ladyfingers/okra	bindi	white radish	mooli

\* Many Punjabi Hindus and some Punjabi Sikhs are strict vegetarians and do not eat meat or eggs. Beef is particularly strictly prohibited and pork hardly ever eaten even by non-vegetarians. Punjabi Muslims do not eat pork. All other meat is permissible to Muslims provided it is 'halal'.

ASIAN FOODS & DIETSGUIDE TO USING THE LANGUAGE SHEETS

Please read this guide before you use the Language Sheets.

1. KEY TO PRONUNCIATION

In each word the stressed syllable is underlined, eg. England, expect.

Vowels

- 'aa' - long 'a' as in master: aam
- 'a' - short 'a' as in southern English must & funny: sabji
- 'ă' - very short neutral 'a' as in material & hooter: mārăch
- 'ee' - long 'e' as in meet & bean: keema
- 'e' - short 'e' as in pet: yena
- 'i' - short 'i' as in skip: kishmish
- 'oo' - long as in pool and flu: angoor
- 'o' - sound between pot and port: gobi
- 'u' - short 'u' as in southern English put & foot : ful
- 'ai' - as in like & fight: makai
- 'ay' - as in pain, day & gate: batayta
- 'au' - as in found & round: nau
- ~ - above a vowel makes it nasal: bataum

Consonants

- kh - as in 'ch' in Scottish loch: khatakay
- gh - as kh above but further back in the throat: ghwakha
- q - like 'k' but sounded further back in the throat: quraan
- s or ss - as in miss and kiss: santra
- z - as in has and zoo: sabzi

2. WHO SPEAKS WHICH LANGUAGE?

Many Asian people speak more than one Asian language. The list below gives the groups for whom Bengali, Gujarati, Hindi, Urdu, Pashto and Punjabi are first languages, ie. the language spoken at home, while cooking etc.

**BENGALI** Spoken by everyone from Bangladesh though there are dialect variations (and by people from West Bengal in India). Most Bangladeshis in Britain come from Sylhet District in the North East. At home they may speak a Sylheti dialect very different from standard Bengali, though they may speak standard Bengali as well. Note any variations you find in dialect or pronunciation beside the standard Bengali word given in the list.

**GUJARATI** Spoken by everyone from Gujarat State in India and by Gujaratis from East Africa. Some people from Kutch in Northern Gujarat may speak a dialect of Gujarati called Kutchi. Note any variations you find beside the Gujarati word given in the list.

Asian Foods & Diets

© DHSS/Kings fund/Alix Henley 1981

These language sheets can be reproduced providing they are used for educational purposes and not for resale.

**HINDI**

and

**URDU**

Hindi or Urdu may be the first language of some people from Northern India or Pakistan. More importantly in Britain, Hindi is spoken as a second language by many people who come from Northern India, and Urdu is spoken as a second language by many people who come from Pakistan. If you have not got a list of words in somebody's first language, you could try using the Hindi/Urdu list of words.

**HINDI**

is the national language of India and is one of fifteen official regional languages. It is the first language of many people from Delhi and the surrounding areas, and is the language often used between people from Northern India who speak different first languages. Hindi is also the language used in colleges and universities in Northern India.

**URDU**

is the national language of Pakistan and is the language used in all schools, colleges etc. It is the first language of some people from towns and cities in Pakistan and is often used between Pakistanis who speak different first languages. Almost all Pakistani men speak Urdu and most Pakistani women understand it.

In their spoken colloquial forms, Hindi and Urdu are almost the same. They have the same grammar and use generally the same words for everyday things such as food. More technical or specialised words usually differ. Hindi and Urdu are also written in different scripts. Most people can only read their own script.

**PASHTO**

Spoken by most Pathans, ie. people from the North-West Frontier Province in Pakistan and neighbouring districts such as Attock. There are dialect variations and variations in pronunciation depending on region of origin. Note any variations you find in dialect or pronunciation beside the standard Pashto word given in the list.

**PUNJABI**

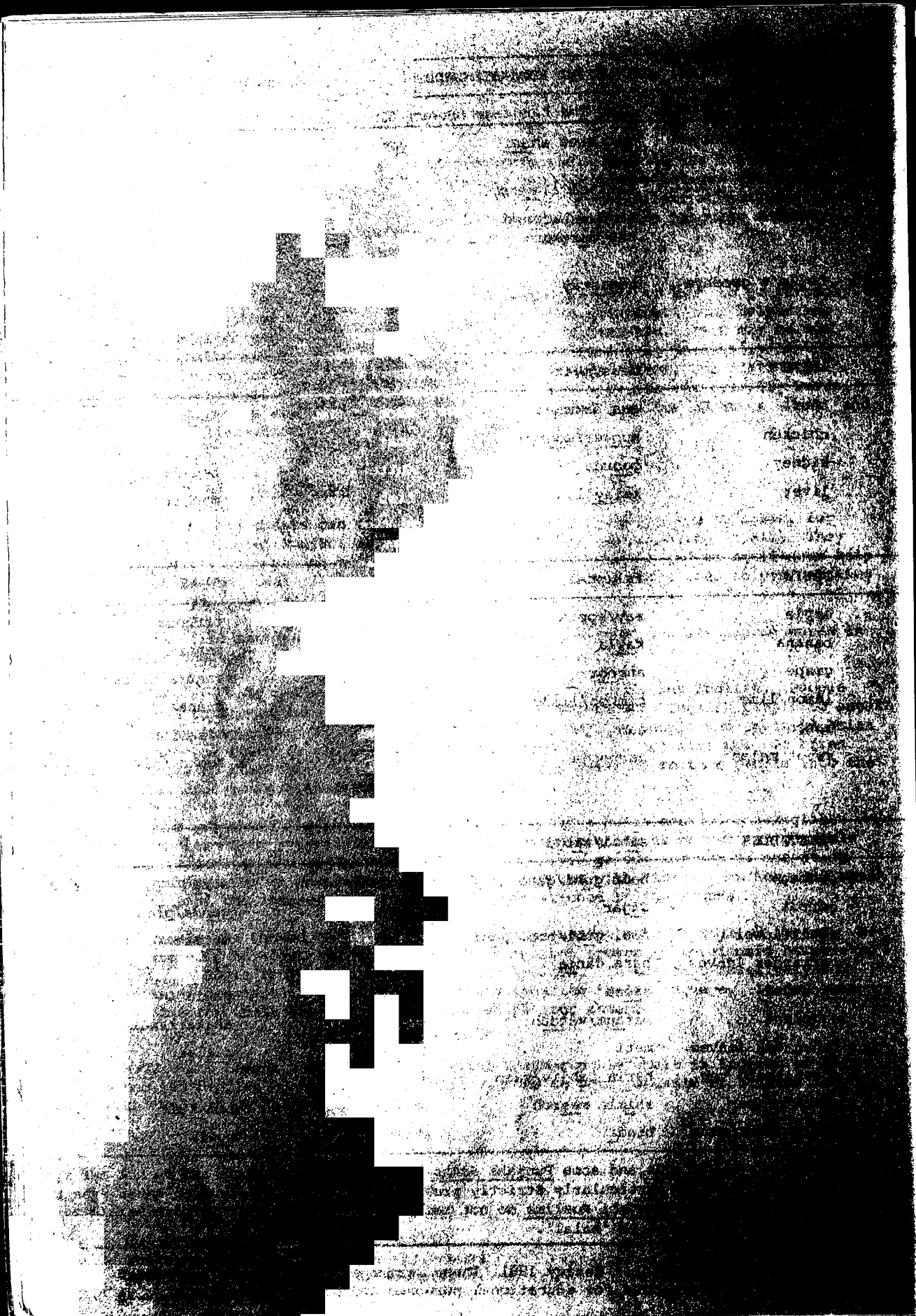
Spoken by everyone from Punjab State in India and from Punjab Province in Pakistan. Also by Punjabis from East Africa. Punjabi is spoken over a wide area and contains a large number of different dialects. Most Punjabis (Indian or Pakistani) in Britain will understand the words given here, but some people from Mirpur District in Pakistan will only speak a Mirpuri dialect of Punjabi and may use words different from those given here. Note any variations you find in dialect or pronunciation beside the standard Punjabi word given in the list. Punjabi spoken in Pakistan may also contain some Urdu words, and Punjabi spoken in India may contain some Hindi words.

The language situation in the Indian subcontinent is far more fluid than in Britain. People may speak several languages, and may use different languages for different occasions. Pakistanis may, for example, say they speak Urdu because that is their national language, though in fact they usually speak Punjabi at home. You may therefore need occasionally to move from one Language Sheet to another.

## Asian Foods &amp; Diets

© DHSS/Kings fund/Alix Henley 1981

These language sheets can be reproduced providing they are used for educational purposes and not for resale.



PULSES

black gram	<u>maahaa</u> / <u>urad</u>	kidney beans	<u>rajma</u>
chickpeas	<u>chana</u>	lentils	<u>massoor</u>
cow peas	<u>lobia</u> / <u>rajma</u>	pigeon peas	<u>arhar</u>
green gram	<u>moongi</u>	chickpea flour	<u>bayssan</u>

CEREALS

barley	<u>jāu</u>	semolina	<u>rawa</u> / <u>sooji</u>
bread	bread/ <u>dabāl</u> <u>roti</u>	wheat	<u>kānāk</u>
maize	<u>maki</u>	wheat flour	<u>meda</u>
millet	<u>bajra</u>	wholewheat flour	<u>atta</u>
rice	<u>chaawal</u>		

DAIRY PRODUCTS

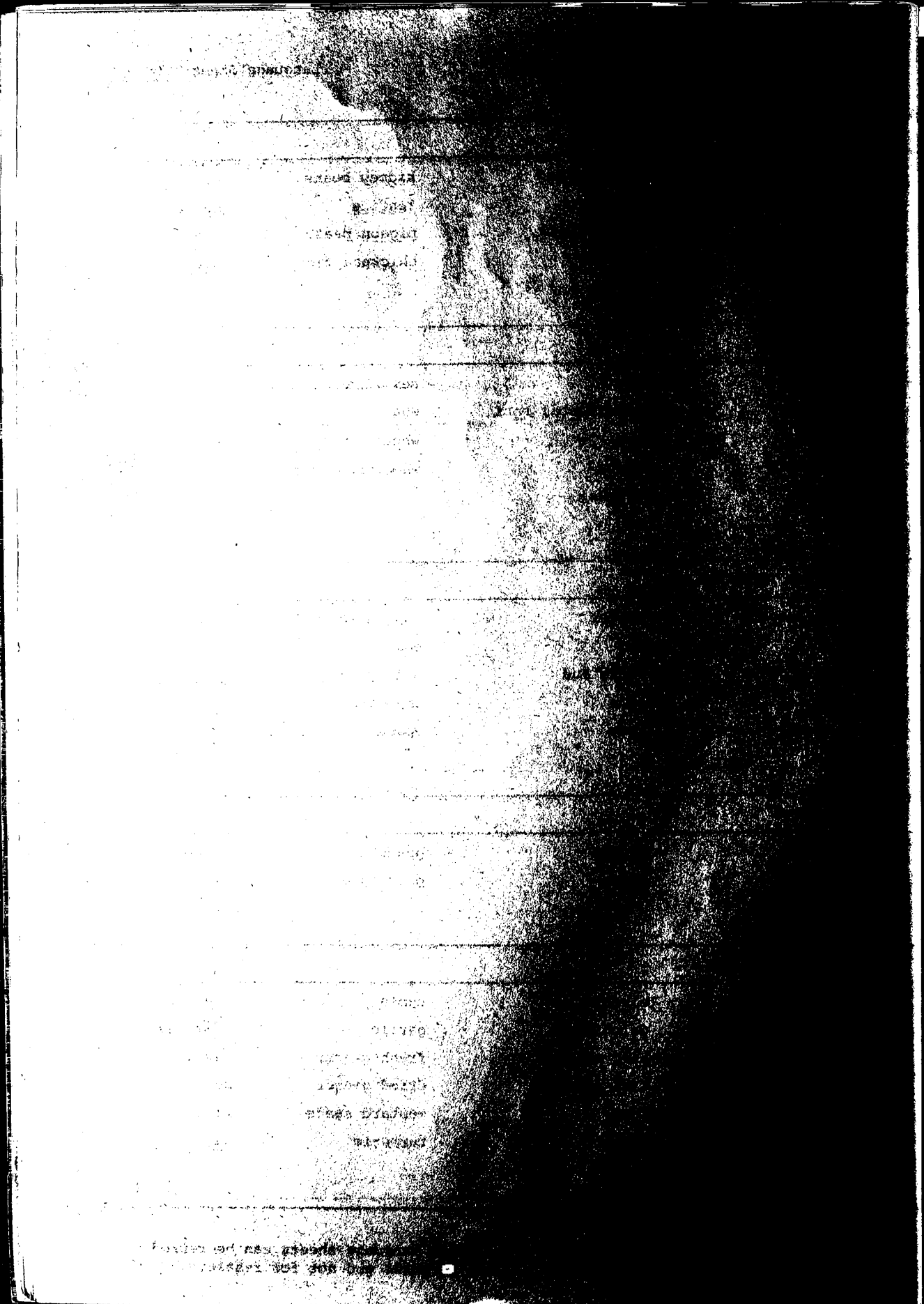
butter (UK type)	butter	egg white	<u>ande</u> di <u>sāfedi</u>
milk	<u>dud</u>	egg yolk	<u>ande</u> di <u>jārdi</u> / <u>zārdi</u>
dried milk	<u>sooka</u> <u>dud</u>	boiled egg	<u>ooble</u> <u>anda</u>
egg	<u>anda</u>	omelette	<u>ande</u> da <u>poora</u> / <u>amlet</u>
eggs	<u>ande</u>	yoghurt	<u>dāhee</u>

NUTS

almond	<u>badaam</u>	peanut	<u>moong</u> <u>fali</u>
cashew	<u>kajoo</u>	pistachio	<u>pista</u>

SPICES & HERBS

cardamom	<u>elachi</u>	cumin	<u>jeera</u> / <u>zeera</u>
cinnamon	<u>dalchini</u>	garlic	<u>tōm</u> / <u>lassan</u>
green chilli	<u>hari</u> <u>meerāch</u>	fresh ginger	<u>taaza</u>
red chilli	<u>laal</u> <u>meerāch</u>	dried ginger	<u>soond</u>
cloves	<u>long</u>	mustard seeds	<u>rai</u>
coriander	<u>dania</u>	turmeric	<u>haldi</u>



## OTHER FOODS

biscuit	biskoot	sugar	kaand
chutney	chatnee	sweets	mātai
drops	boond	tablet	goli
oil	tayl/dayl	tea	chaa/chai
pickle	achaar	water	pani
salt	loon		

## PREPARING FOOD

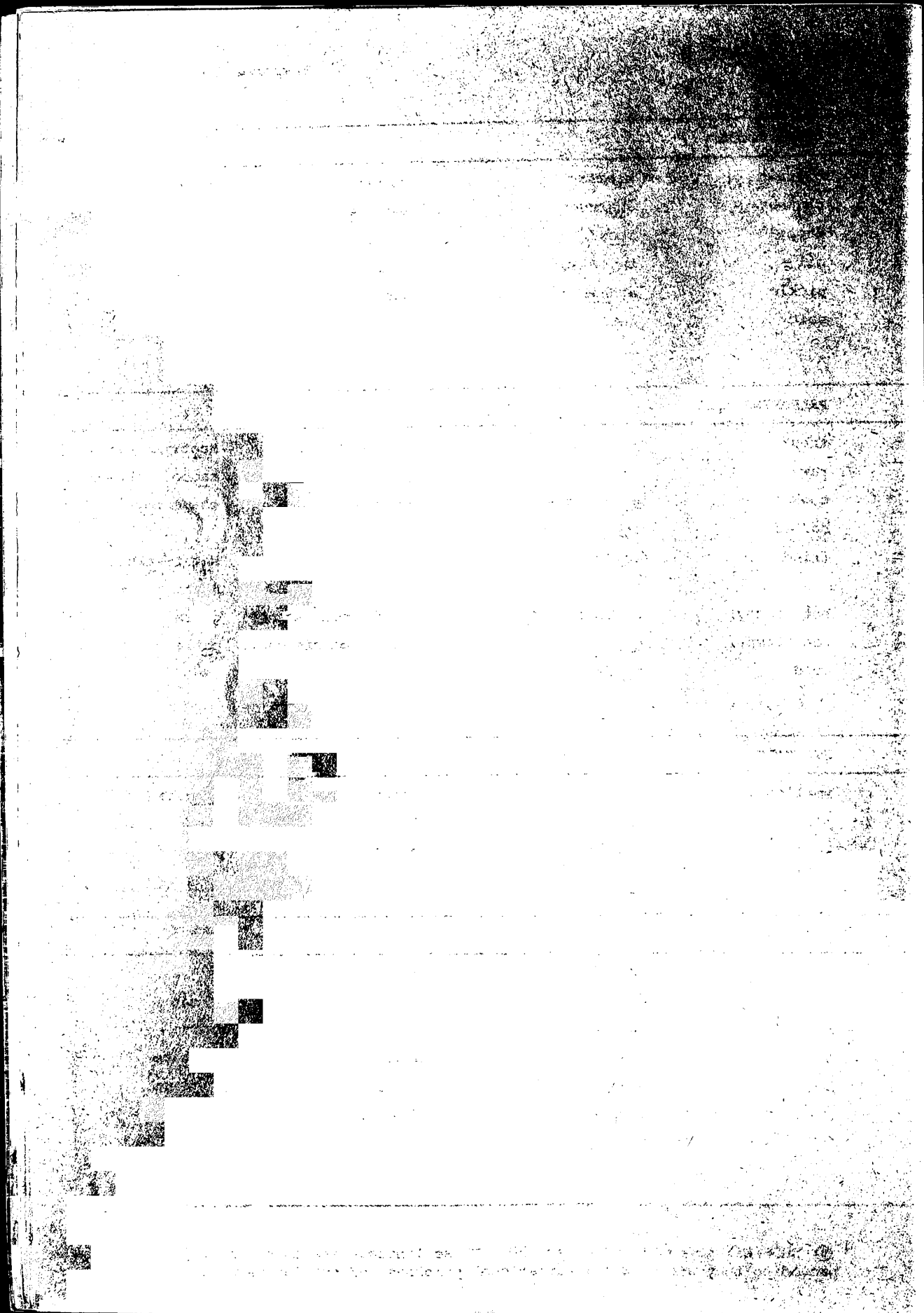
fresh	taaja/taaza	finely chopped	kootria
raw	kacha	grated	kadoo kash/molikatra
cooked	pakia hoyā	strained	chane hoyā
boiled	ooblia hoyā		
fried	talīa hoyā	hard	sakat/sakhat
		soft	naram
hot (spicy)	garam/bot kori	thick (consistency)	gaara
hot (temp.)	garam	thin (consistency)	patla
cold	tanda		

## UTENSILS

small bowl	koli	spoon	chamcha
plate	plate	tin	tin
knife	chakoo	packet	paket

## NUMBERS

1	ik	8	at
2	do	9	nō/nāũ
3	ten	10	das
4	chaar	once	ik vaare
5	paanj	twice	do vaare
6	chay	three times	ten vaare
7	sat		





## QUANTITIES

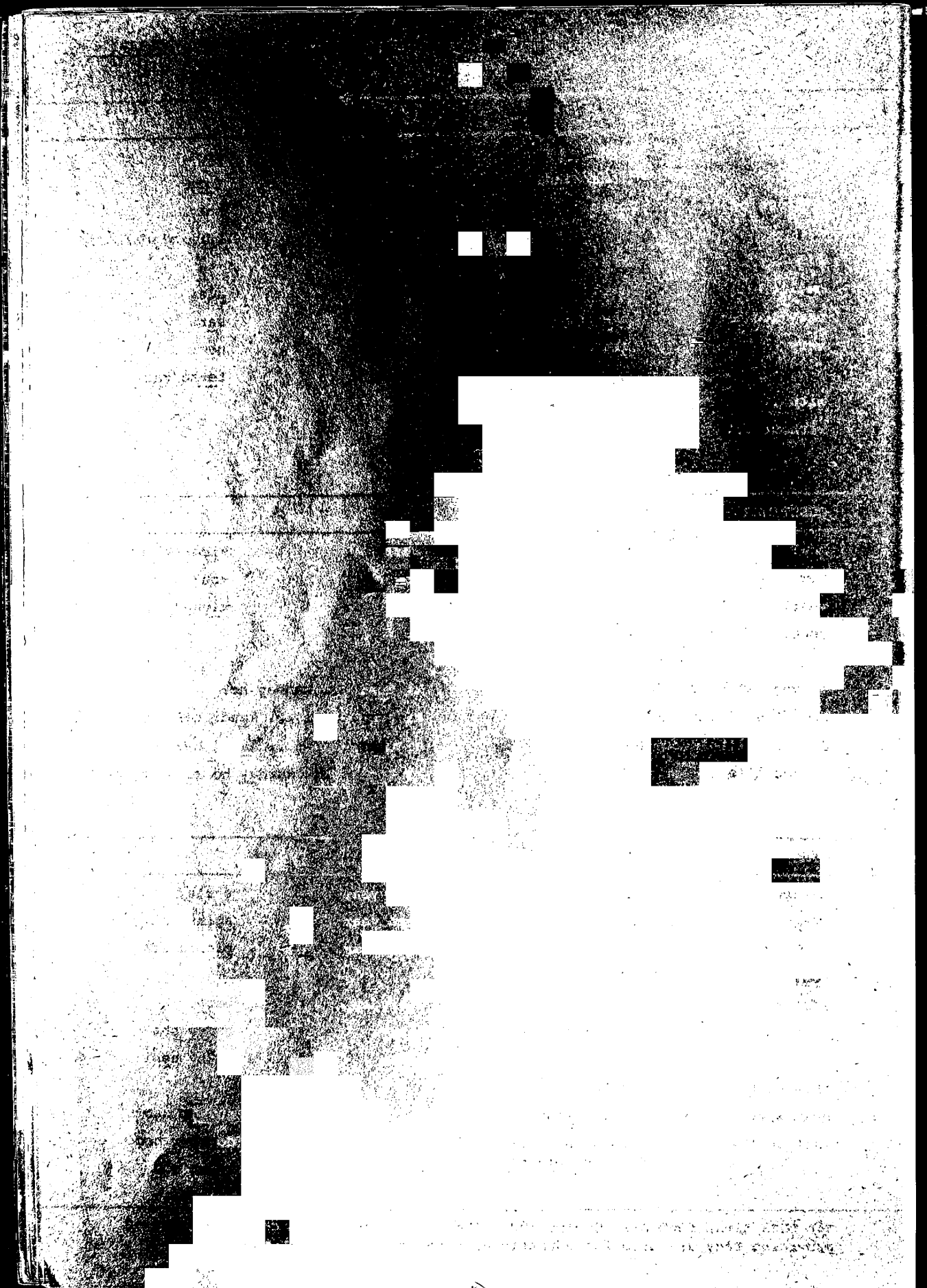
a little	<u>tor</u> a	some	<u>tor</u> i
a lot	<u>ji</u> ada/ <u>zi</u> ada	less	<u>tor</u> a
a piece of	<u>to</u> okra	more	hor
		most	<u>bar</u> a <u>zi</u> ada/ <u>bod</u> io
big	<u>w</u> ada		
small	<u>ch</u> ota	half	<u>a</u> da
very small	<u>bar</u> a <u>ch</u> ota	all	<u>s</u> ara
very	<u>bar</u> a	none	<u>ne</u> hi
		enough	<u>tee</u> ke/ <u>k</u> afi
with...	... de naal		
without ...	... <u>ba</u> gayr		

## QUESTIONS

how?	<u>k</u> istara?	where?	<u>ki</u> dār/ <u>ki</u> the?
how much?	<u>k</u> ina?	who?	kon?
what?	<u>k</u> ia?	why?	<u>ki</u> yun?
when?	<u>k</u> ado?		
do you eat ...?		ki <u>t</u> usi ... <u>k</u> anday ho?	
does the little girl eat...?		ki <u>ch</u> oti <u>k</u> uri ... <u>k</u> andi hē?	
does the little boy eat ...?		ki <u>ch</u> ota <u>m</u> unda... <u>k</u> andi hē?	
do you like to eat... ?		ki <u>to</u> ossi ... <u>k</u> arday ho <u>k</u> ana pāssand	

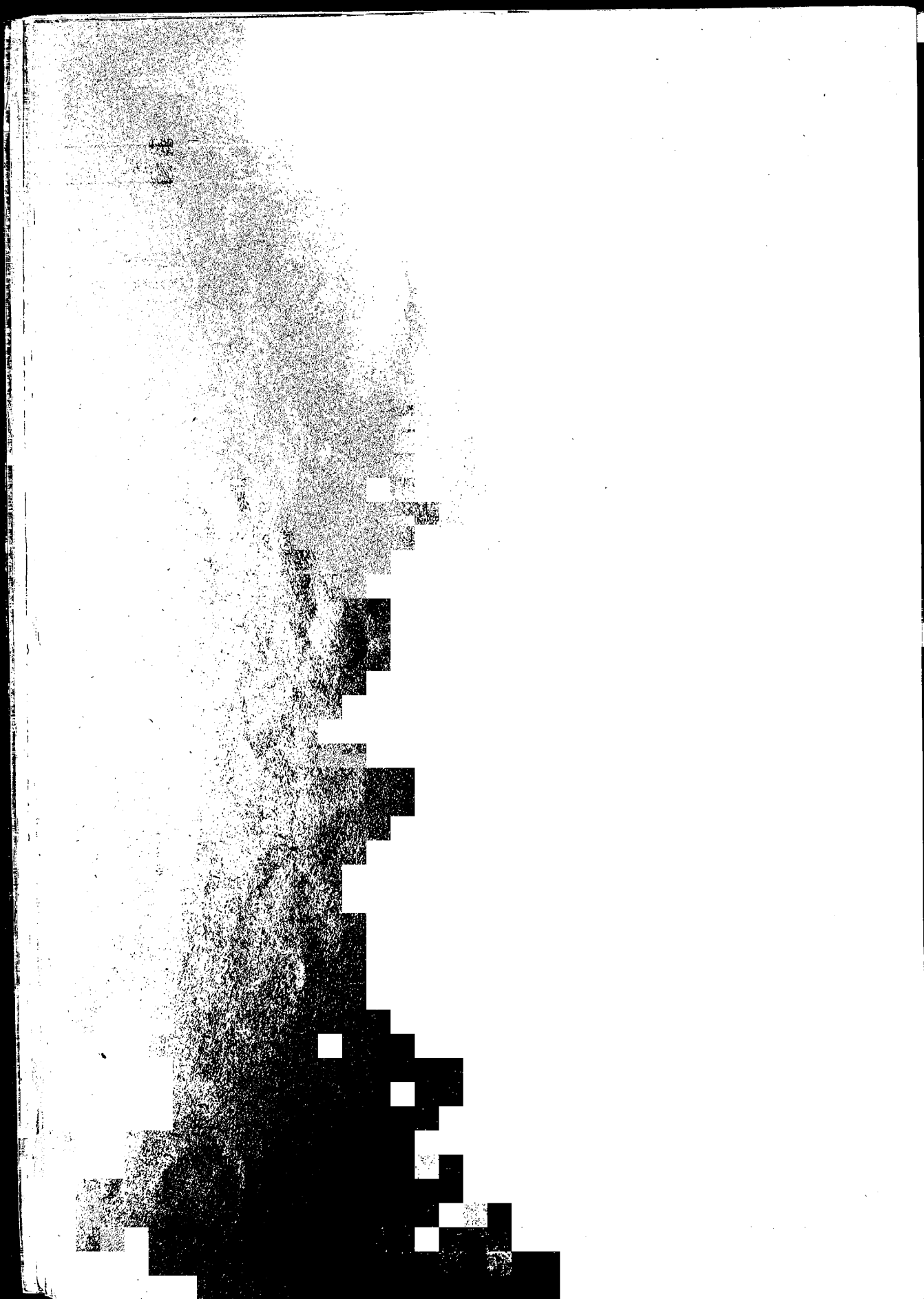
## TIME

before	<u>p</u> ela	this year	e saal
after	<u>ba</u> advich	next year	<u>a</u> gla saal
		last year	<u>p</u> ichla saal
today	aaj		
tomorrow	kal	everyday	haros
yesterday	<u>bi</u> tia <u>ho</u> ia din	always	hamay sha
		never	<u>k</u> aday <u>ne</u> hi
this week	ess <u>ha</u> ftay		
next week	<u>a</u> glay <u>ha</u> ftay	in the morning	<u>s</u> uvayr noo
last week	<u>p</u> ichlay <u>ha</u> ftay/ <u>go</u> zāre <u>ho</u> ia <u>ha</u> ftay	in the afternoon	<u>d</u> opeher noo
		in the evening	shaam noo
		at night	raat noo



MISC.

is good	<u>a</u> cha he/ <u>j</u> a <u>u</u> ga e	vomiting	<u>o</u> oltee
is bad	khraab he/ <u>p</u> era e	diarrhoea	dâst
		bad diarrhoea	mar <u>o</u> r/ <u>p</u> etiss
hungry	<u>b</u> uka	rash	<u>k</u> ujli/ <u>k</u> urâk
thirsty	<u>p</u> i <u>a</u> ssa		
not hungry	<u>b</u> uka <u>n</u> ehi		



DISCUSSING DIET; SOME USEFUL GUJARATI WORDS

Language Sheet: GUJARATI 1

N.B. See Guide To Using The Language Sheets for a key to pronunciation.

hello	kem cho/nāmastay	yes	ha
goodbye	<u>au</u> jo	no	na
		not	na

MEAT\*                      maas/meat

beef	<u>gainoo</u> maas	lamb	<u>getanoo</u> gosh
chicken	<u>moorgi</u>	mutton	<u>bakranoo</u> gosh
kidney	<u>goorda</u>	pork	<u>soovarnoo</u> maas
liver	<u>kalayji</u>	fish	<u>maachli</u>
minced meat	<u>keema</u>		

FRUIT                      fal

apple	<u>safarjan</u>	water melon	<u>tarbooj</u>
banana	<u>kayla</u>	orange	<u>santra</u>
grape	<u>draaksh</u>	orange juice	<u>santra ras</u>
lemon/lime	<u>limboo</u>	pineapple	<u>ananas</u>
mango	<u>keri</u>	raisins	<u>kishmish</u>
sweet melon	<u>toriyoo</u>	dried fruit	<u>sookoo fal</u>

VEGETABLES                      shaak baji

cabbage	<u>kobi</u>	lettuce	<u>salad</u>
carrot	<u>gajar</u>	onions	<u>doongri</u>
cauliflower	ful <u>kobi</u>	peas	<u>matrar</u>
coriander leaves	<u>daana</u>	potato	<u>batayta</u>
cucumber	<u>kakādi</u>	pumpkin	<u>patkoroo</u>
eggplant	<u>ringan</u>	sweet potato	<u>sakaria</u>
fenugreek leaves	<u>meti</u>	spinach	<u>palak baji</u>
green leafy veg.	<u>baji</u>	salad	<u>salad</u>
green pepper	<u>boongār macha</u>	tomato	<u>tamayta</u>
ladyfingers/okra	<u>bindā</u>	white radish	<u>moora</u>

\* Many Gujarati Hindus are strict vegetarians and do not eat meat or eggs. Beef is particularly strictly prohibited and pork very rarely eaten even by non-vegetarians. Gujarati Muslims do not eat pork. All other meat is permissible to Muslims provided it is 'halal'.

© DHSS/Kings fund/Alix Henley 1981.  
These language sheets can be reproduced  
providing they are used for educational  
purposes and not for resale.

CONFIDENTIAL



1. 1.000  
 2. 1.000  
 3. 1.000  
 4. 1.000  
 5. 1.000  
 6. 1.000  
 7. 1.000  
 8. 1.000  
 9. 1.000  
 10. 1.000  
 11. 1.000  
 12. 1.000  
 13. 1.000  
 14. 1.000  
 15. 1.000  
 16. 1.000  
 17. 1.000  
 18. 1.000  
 19. 1.000  
 20. 1.000  
 21. 1.000  
 22. 1.000  
 23. 1.000  
 24. 1.000  
 25. 1.000  
 26. 1.000  
 27. 1.000  
 28. 1.000  
 29. 1.000  
 30. 1.000  
 31. 1.000  
 32. 1.000  
 33. 1.000  
 34. 1.000  
 35. 1.000  
 36. 1.000  
 37. 1.000  
 38. 1.000  
 39. 1.000  
 40. 1.000  
 41. 1.000  
 42. 1.000  
 43. 1.000  
 44. 1.000  
 45. 1.000  
 46. 1.000  
 47. 1.000  
 48. 1.000  
 49. 1.000  
 50. 1.000  
 51. 1.000  
 52. 1.000  
 53. 1.000  
 54. 1.000  
 55. 1.000  
 56. 1.000  
 57. 1.000  
 58. 1.000  
 59. 1.000  
 60. 1.000  
 61. 1.000  
 62. 1.000  
 63. 1.000  
 64. 1.000  
 65. 1.000  
 66. 1.000  
 67. 1.000  
 68. 1.000  
 69. 1.000  
 70. 1.000  
 71. 1.000  
 72. 1.000  
 73. 1.000  
 74. 1.000  
 75. 1.000  
 76. 1.000  
 77. 1.000  
 78. 1.000  
 79. 1.000  
 80. 1.000  
 81. 1.000  
 82. 1.000  
 83. 1.000  
 84. 1.000  
 85. 1.000  
 86. 1.000  
 87. 1.000  
 88. 1.000  
 89. 1.000  
 90. 1.000  
 91. 1.000  
 92. 1.000  
 93. 1.000  
 94. 1.000  
 95. 1.000  
 96. 1.000  
 97. 1.000  
 98. 1.000  
 99. 1.000  
 100. 1.000

1. *Pharmaceuticals*  
 2. *Medical Devices*  
 3. *Biotechnology*  
 4. *Health Insurance*  
 5. *Medical Research*  
 6. *Healthcare Services*  
 7. *Medical Education*  
 8. *Healthcare Policy*  
 9. *Medical Ethics*  
 10. *Healthcare Economics*  
 11. *Medical Law*  
 12. *Healthcare Management*  
 13. *Medical History*  
 14. *Healthcare Technology*  
 15. *Medical Research*  
 16. *Healthcare Services*  
 17. *Medical Education*  
 18. *Healthcare Policy*  
 19. *Medical Ethics*  
 20. *Healthcare Economics*  
 21. *Medical Law*  
 22. *Healthcare Management*  
 23. *Medical History*  
 24. *Healthcare Technology*  
 25. *Medical Research*  
 26. *Healthcare Services*  
 27. *Medical Education*  
 28. *Healthcare Policy*  
 29. *Medical Ethics*  
 30. *Healthcare Economics*  
 31. *Medical Law*  
 32. *Healthcare Management*  
 33. *Medical History*  
 34. *Healthcare Technology*  
 35. *Medical Research*  
 36. *Healthcare Services*  
 37. *Medical Education*  
 38. *Healthcare Policy*  
 39. *Medical Ethics*  
 40. *Healthcare Economics*  
 41. *Medical Law*  
 42. *Healthcare Management*  
 43. *Medical History*  
 44. *Healthcare Technology*  
 45. *Medical Research*  
 46. *Healthcare Services*  
 47. *Medical Education*  
 48. *Healthcare Policy*  
 49. *Medical Ethics*  
 50. *Healthcare Economics*  
 51. *Medical Law*  
 52. *Healthcare Management*  
 53. *Medical History*  
 54. *Healthcare Technology*  
 55. *Medical Research*  
 56. *Healthcare Services*  
 57. *Medical Education*  
 58. *Healthcare Policy*  
 59. *Medical Ethics*  
 60. *Healthcare Economics*  
 61. *Medical Law*  
 62. *Healthcare Management*  
 63. *Medical History*  
 64. *Healthcare Technology*  
 65. *Medical Research*  
 66. *Healthcare Services*  
 67. *Medical Education*  
 68. *Healthcare Policy*  
 69. *Medical Ethics*  
 70. *Healthcare Economics*  
 71. *Medical Law*  
 72. *Healthcare Management*  
 73. *Medical History*  
 74. *Healthcare Technology*  
 75. *Medical Research*  
 76. *Healthcare Services*  
 77. *Medical Education*  
 78. *Healthcare Policy*  
 79. *Medical Ethics*  
 80. *Healthcare Economics*  
 81. *Medical Law*  
 82. *Healthcare Management*  
 83. *Medical History*  
 84. *Healthcare Technology*  
 85. *Medical Research*  
 86. *Healthcare Services*  
 87. *Medical Education*  
 88. *Healthcare Policy*  
 89. *Medical Ethics*  
 90. *Healthcare Economics*  
 91. *Medical Law*  
 92. *Healthcare Management*  
 93. *Medical History*  
 94. *Healthcare Technology*  
 95. *Medical Research*  
 96. *Healthcare Services*  
 97. *Medical Education*  
 98. *Healthcare Policy*  
 99. *Medical Ethics*  
 100. *Healthcare Economics*  
 101. *Medical Law*  
 102. *Healthcare Management*  
 103. *Medical History*  
 104. *Healthcare Technology*  
 105. *Medical Research*  
 106. *Healthcare Services*  
 107. *Medical Education*  
 108. *Healthcare Policy*  
 109. *Medical Ethics*  
 110. *Healthcare Economics*  
 111. *Medical Law*  
 112. *Healthcare Management*  
 113. *Medical History*  
 114. *Healthcare Technology*  
 115. *Medical Research*  
 116. *Healthcare Services*  
 117. *Medical Education*  
 118. *Healthcare Policy*  
 119. *Medical Ethics*  
 120. *Healthcare Economics*  
 121. *Medical Law*  
 122. *Healthcare Management*  
 123. *Medical History*  
 124. *Healthcare Technology*  
 125. *Medical Research*  
 126. *Healthcare Services*  
 127. *Medical Education*  
 128. *Healthcare Policy*  
 129. *Medical Ethics*  
 130. *Healthcare Economics*  
 131. *Medical Law*  
 132. *Healthcare Management*  
 133. *Medical History*  
 134. *Healthcare Technology*  
 135. *Medical Research*  
 136. *Healthcare Services*  
 137. *Medical Education*  
 138. *Healthcare Policy*  
 139. *Medical Ethics*  
 140. *Healthcare Economics*  
 141. *Medical Law*  
 142. *Healthcare Management*  
 143. *Medical History*  
 144. *Healthcare Technology*  
 145. *Medical Research*  
 146. *Healthcare Services*  
 147. *Medical Education*  
 148. *Healthcare Policy*  
 149. *Medical Ethics*  
 150. *Healthcare Economics*  
 151. *Medical Law*  
 152. *Healthcare Management*  
 153. *Medical History*  
 154. *Healthcare Technology*  
 155. *Medical Research*  
 156. *Healthcare Services*  
 157. *Medical Education*  
 158. *Healthcare Policy*  
 159. *Medical Ethics*  
 160. *Healthcare Economics*  
 161. *Medical Law*  
 162. *Healthcare Management*  
 163. *Medical History*  
 164. *Healthcare Technology*  
 165. *Medical Research*  
 166. *Healthcare Services*  
 167. *Medical Education*  
 168. *Healthcare Policy*  
 169. *Medical Ethics*  
 170. *Healthcare Economics*  
 171. *Medical Law*  
 172. *Healthcare Management*  
 173. *Medical History*  
 174. *Healthcare Technology*  
 175. *Medical Research*  
 176. *Healthcare Services*  
 177. *Medical Education*  
 178. *Healthcare Policy*  
 179. *Medical Ethics*  
 180. *Healthcare Economics*  
 181. *Medical Law*  
 182. *Healthcare Management*  
 183. *Medical History*  
 184. *Healthcare Technology*  
 185. *Medical Research*  
 186. *Healthcare Services*  
 187. *Medical Education*  
 188. *Healthcare Policy*  
 189. *Medical Ethics*  
 190. *Healthcare Economics*  
 191. *Medical Law*  
 192. *Healthcare Management*  
 193. *Medical History*  
 194. *Healthcare Technology*  
 195. *Medical Research*  
 196. *Healthcare Services*  
 197. *Medical Education*  
 198. *Healthcare Policy*  
 199. *Medical Ethics*  
 200. *Healthcare Economics*  
 201. *Medical Law*  
 202. *Healthcare Management*  
 203. *Medical History*  
 204. *Healthcare Technology*  
 205. *Medical Research*  
 206. *Healthcare Services*  
 207. *Medical Education*  
 208. *Healthcare Policy*  
 209. *Medical Ethics*  
 210. *Healthcare Economics*  
 211. *Medical Law*  
 212. *Healthcare Management*  
 213. *Medical History*  
 214. *Healthcare Technology*  
 215. *Medical Research*  
 216. *Healthcare Services*  
 217. *Medical Education*  
 218. *Healthcare Policy*  
 219. *Medical Ethics*  
 220. *Healthcare Economics*  
 221. *Medical Law*  
 222. *Healthcare Management*  
 223. *Medical History*  
 224. *Healthcare Technology*  
 225. *Medical Research*  
 226. *Healthcare Services*  
 227. *Medical Education*  
 228. *Healthcare Policy*  
 229. *Medical Ethics*  
 230. *Healthcare Economics*  
 231. *Medical Law*  
 232. *Healthcare Management*  
 233. *Medical History*  
 234. *Healthcare Technology*  
 235. *Medical Research*  
 236. *Healthcare Services*  
 237. *Medical Education*  
 238. *Healthcare Policy*  
 239. *Medical Ethics*  
 240. *Healthcare Economics*

SECRET

1954-1955

## PULSES

daal

black gram	<u>or</u> ad	kidney beans	<u>raa</u> jmā
chickpeas	ch <u>ana</u>	lentils	<u>mas</u> soor
cow peas	ch <u>ora</u>	pigeon peas	<u>too</u> er
green gram	maag	chickpea flour	ch <u>ana</u> no lot

## CEREALS

barley	joow <u>ar</u>	cooked rice	baat
bread	bread/pau	semolina	<u>soo</u> ji
maize	mak <u>ai</u>	wheat	gou
millet	bajro	wheat flour	<u>men</u> da no lot
raw rice	chok <u>a</u>	wholewheat flour	gou no lot

## DAIRY PRODUCTS

butter (UK type)	butter	egg white	<u>indoo</u> saf <u>ed</u>
milk	dood	egg yolk	<u>indoo</u> piloo
dried milk	dood no <u>paud</u> ā	soft boiled egg	<u>bafeloo</u> <u>indoo</u>
egg	<u>indoo</u>	omelette	<u>om</u> let
eggs	<u>inda</u>	yoghurt	<u>dahi</u>

## NUTS

almond	bada <u>am</u>	peanut	<u>maand</u> wee
cashew	kajoo	pistachio	<u>pista</u>

## SPICES &amp; HERBS

cardamom	<u>el</u> chi	cumin	<u>jeer</u> oo
cinnamon	taj	garlic	<u>lassan</u>
green chilli	<u>leela</u> <u>mar</u> cha	ginger	<u>addoo</u>
red chilli	<u>lal</u> <u>mar</u> cha	dried ginger	soont
cloves	<u>lav</u> ing	mustard seeds	rai
coriander	<u>da</u> ana	turmeric	<u>hardar</u>

Asian Foods &amp; Diets

© DHSS/Kings fund/Alix Henley 1981.

These language sheets can be reproduced  
providing they are used for educational  
purposes and not for resale.





## OTHER FOODS

biscuit	biskoot	sugar	kaand
chutney	chatnee	sweets	mitai
drops	teepa	tablet	goree
oil	tayl	tea	chai
pickle	ataanoo	water	pani
salt	mitoo/neemak		

## PREPARING FOOD

fresh	tajoo	finely chopped	nana katka
raw	kachoo	grated	kamrayloo
cooked	randayloo	strained	garayloo
boiled	bafayloo		
fried	tarayloo	hard	katan
		soft	diloo
hot (spicy)	garam		
hot (temp.)	tikoo	thick (consistency)	jadoo
cold	tandoo	thin (consistency)	pataloo

## UTENSILS

bowl	wartki	spoon	chamcho
plate	tali	tin	dabo
knife	chakoo	packet	parikoo

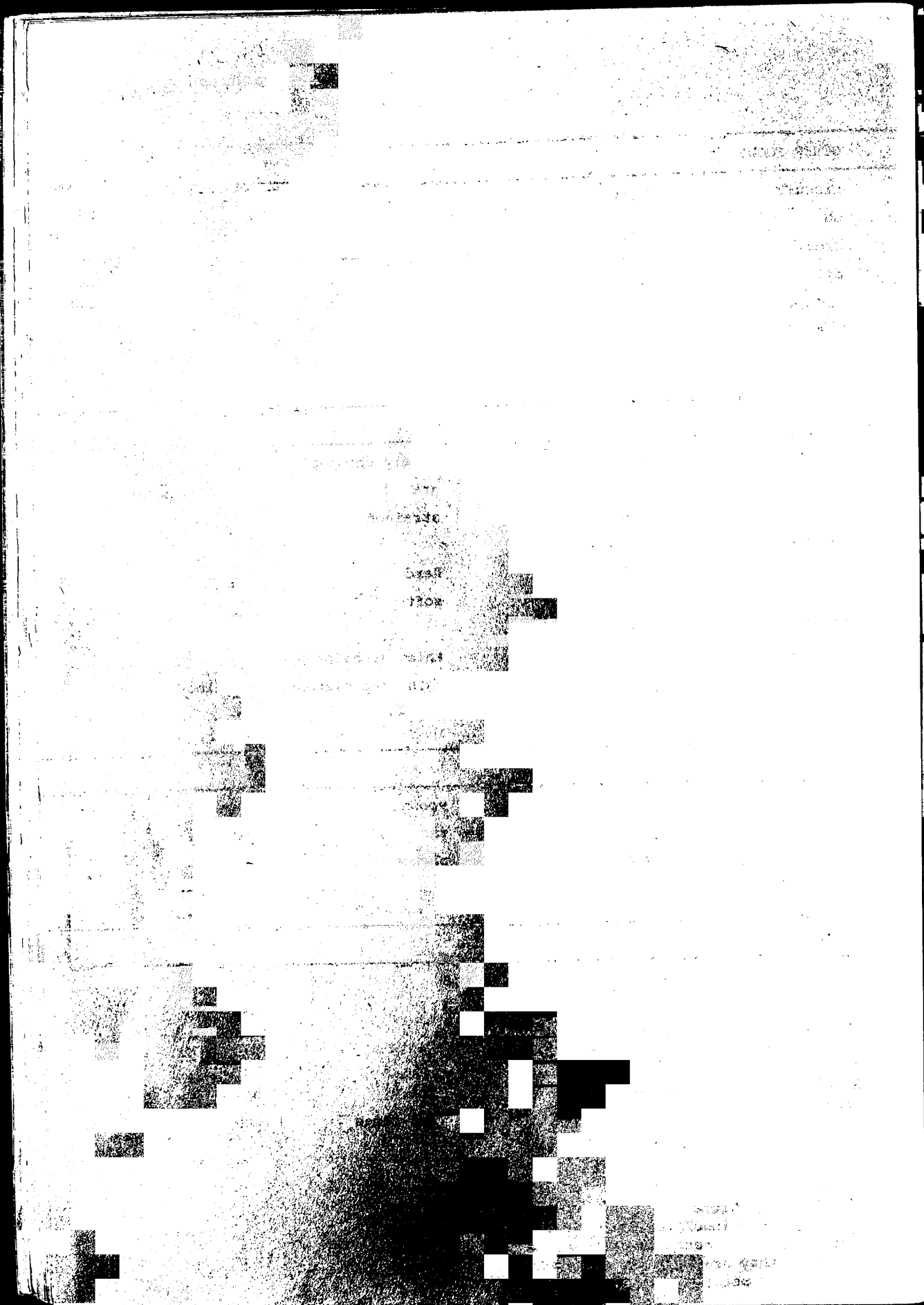
## NUMBERS

1	ek	8	aat
2	bay	9	nau
3	tran	10	das
4	chaar	once	ek war
5	paanch	twice	bay war
6	chur	three times	tran war
7	saat		

Asian Foods &amp; Diets

© DHSS/Kings fund/Alix Henley 1981

These language sheets can be reproduced  
providing they are used for educational  
purposes and not for resale.



## QUANTITIES

a little	<u>todoo</u>	some	<u>toroo</u>
a lot	<u>bajooj</u>	less	<u>auchoo</u>
a piece of	<u>ek katko</u>	more	<u>wadharay</u>
		most	<u>lagbag</u>
big	<u>motoo</u>		
small	<u>nanoo</u>	half	<u>ardoo</u>
very small	<u>bohoo nanoo</u>	all	<u>badoo</u>
very	<u>bohoo</u>	none	<u>nehi</u>
		enough	<u>pooroo</u>
with	<u>satay</u>		
without	<u>wagar</u>		

## QUESTIONS

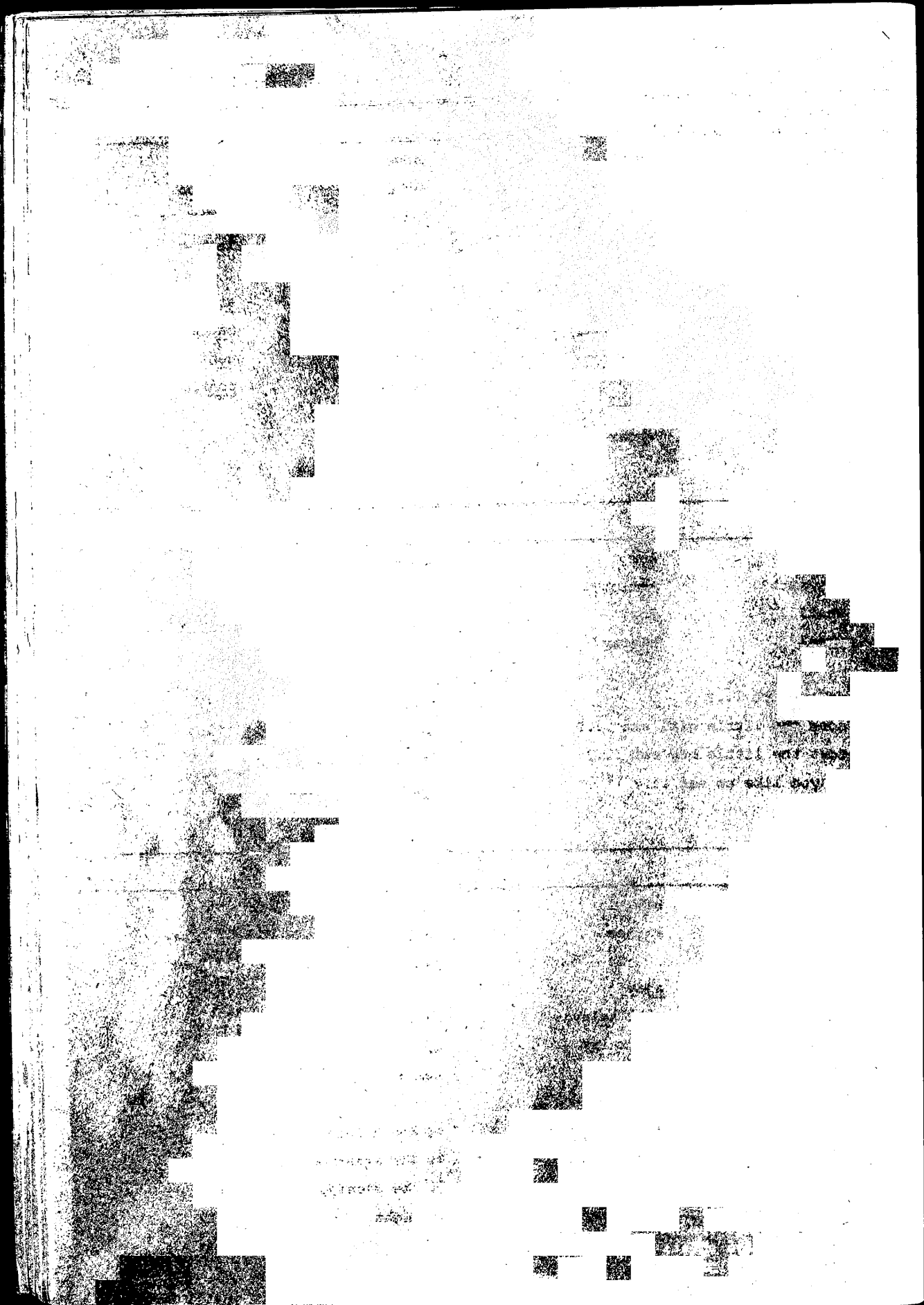
how?	<u>kem?</u>	where?	<u>kiaa?</u>
how much?	<u>ketloo?</u>	who?	<u>kō?</u>
what?	<u>soo?</u>	why?	<u>shamaka?</u>
when?	<u>kiaray?</u>		
do you eat ...?		<u>tamay ... kau cho?</u>	
does the little girl eat ...?		<u>tamari chokri ... kai chay?</u>	
does the little boy eat ...?		<u>tamari chokro ... kai chay?</u>	
do you like to eat ...?		<u>baray ... chay?</u>	

## TIME

before	<u>bahayla</u>	this year	<u>awasay</u>
after	<u>bachee</u>	next year	<u>outawasay</u>
		last year	<u>geeawasay</u>
today	<u>ajay</u>		
tomorrow	<u>outi' kalay</u>	everyday	<u>daroj</u>
yesterday	<u>gai kalay</u>	always	<u>hamesha</u>
		never	<u>koi divas nehi</u>
this week	<u>a atwaadiyay</u>		
next week	<u>outa atwaadiyay</u>	in the morning	<u>savarna</u>
last week	<u>gaia atwaadiyay</u>	in the afternoon	<u>baporna</u>
		in the evening	<u>sanjana</u>
		at night	<u>raatna</u>

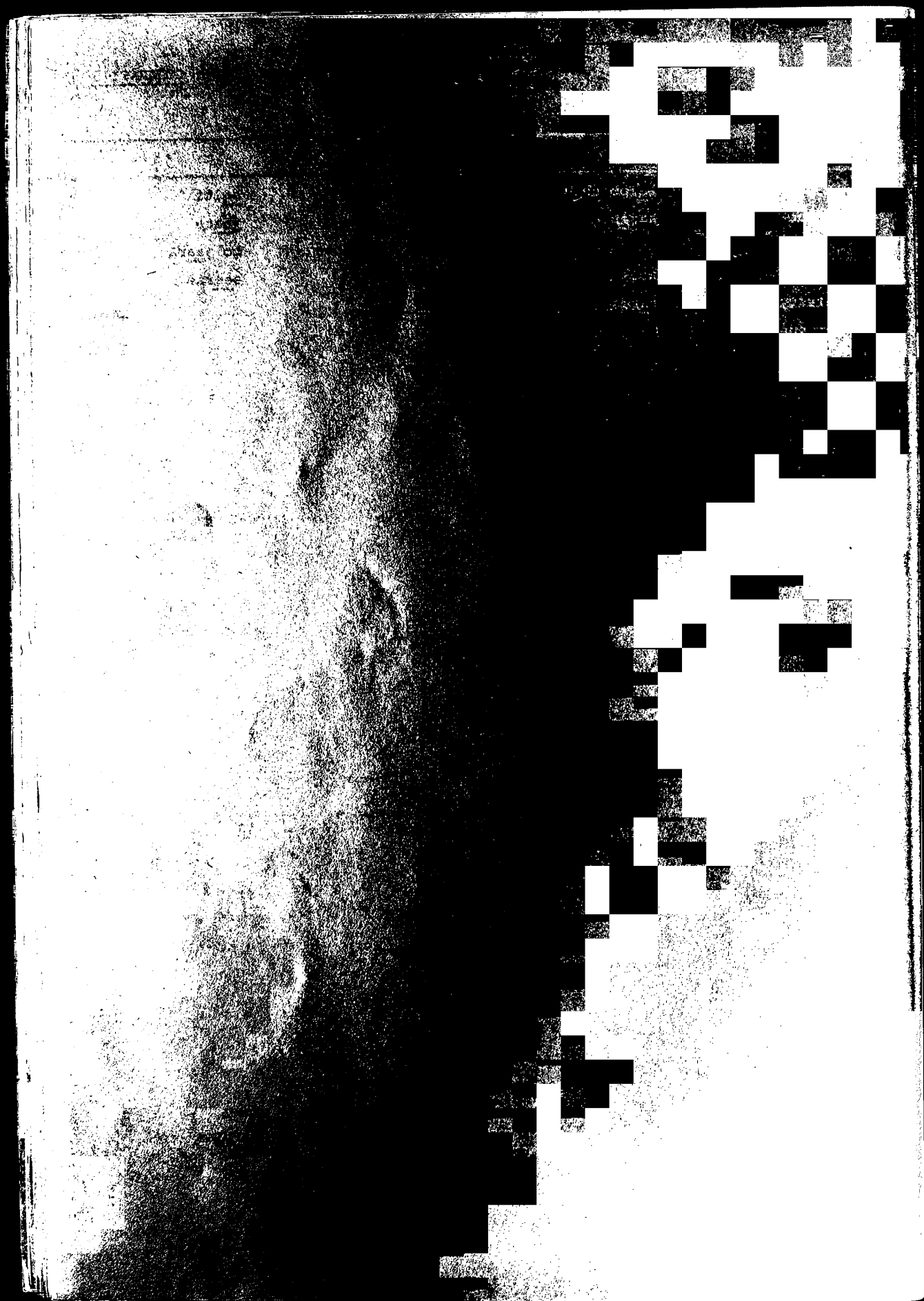
Asian Foods &amp; Diets

© DHSS/Kings fund/Alix Henley 1981.  
 These language sheets can be reproduced  
 providing they are used for educational  
 purposes and not for resale.



MISC

is good	s <u>a</u> roo chay	vomiting	<u>o</u> olti
is bad	kar <u>a</u> b chay	diarrhoea	<u>j</u> aara
		bad diarrhoea	bo <u>j</u> aara
hungry	book	rash	<u>s</u> eer <u>a</u> s
thirsty	<u>t</u> aras		
not hungry	book na		



DISCUSSING DIET: SOME USEFUL BENGALI WORDS

Language Sheet: BENGALI 1

N.B. See Guide To Using The Language Sheets for a key to pronunciation.

hello	sala <u>a</u> m/ <u>na</u> muksha	yes	ha
goodbye	bi <u>d</u> ai	no	na
		not	na

MEAT\*

beef	go <u>o</u> r ma <u>n</u> gsho	minced meat	ke <u>e</u> ma
chicken	mo <u>o</u> rgi	lamb	be <u>r</u> a ma <u>n</u> gsho
kidney	go <u>o</u> rda	mutton	cha <u>g</u> ol ma <u>n</u> gsho
liver	pi <u>l</u> a	fish	ma <u>a</u> ch

FRUIT fol

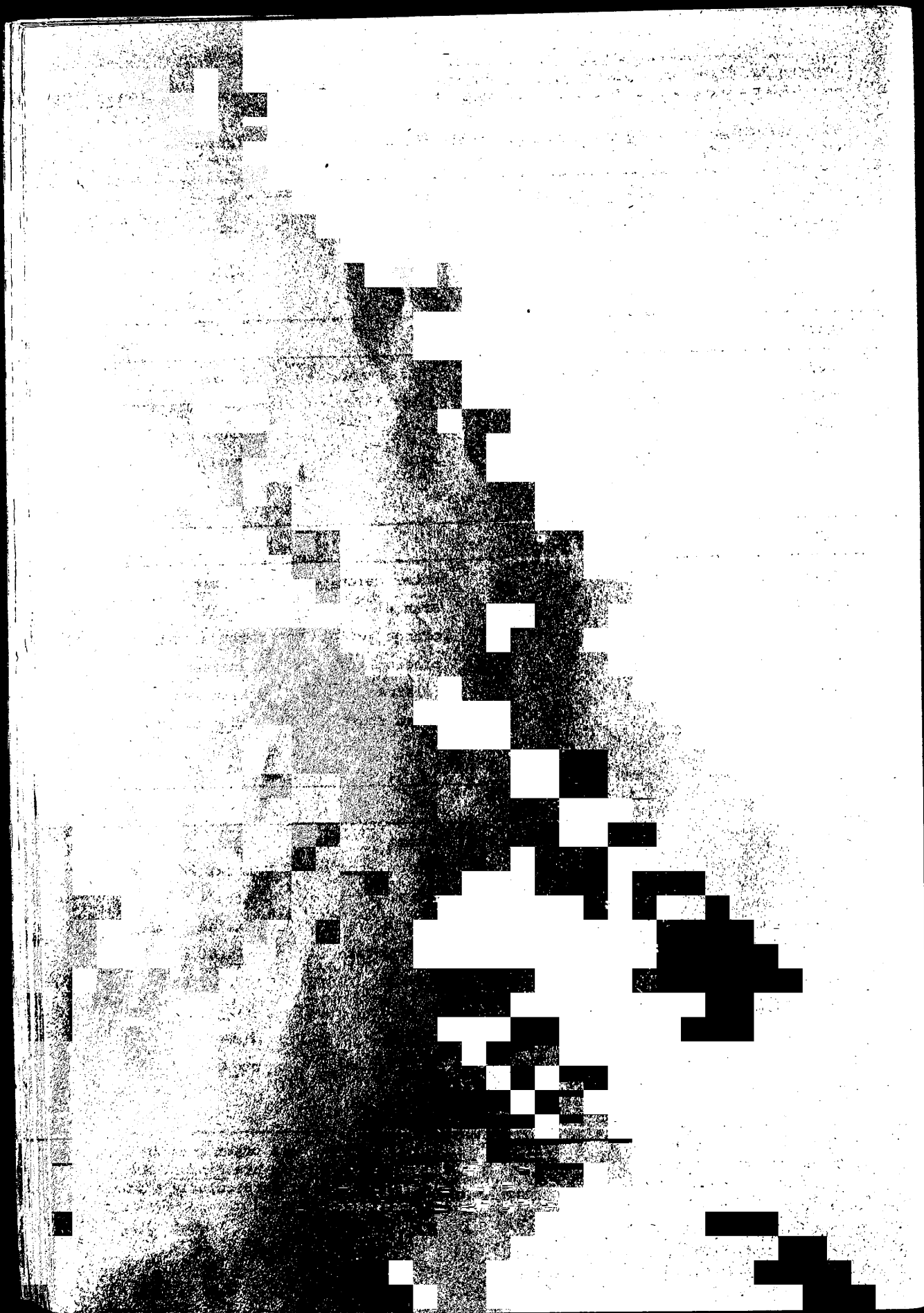
apple	apple	water melon	ta <u>r</u> mo <u>o</u> j
banana	ko <u>l</u> a	orange	ko <u>m</u> la
grape	an <u>g</u> oor	orange juice	ko <u>m</u> la rash
lemon/lime	lay <u>b</u> oo	pineapple	an <u>a</u> rash
mango	a <u>a</u> m	raisins	ki <u>s</u> hmish
sweet melon	kar <u>b</u> ooj	dried fruit	sho <u>o</u> kna fol

VEGETABLES shaak shobzee

cabbage	ban <u>d</u> a ko <u>p</u> i	onions	pi <u>a</u> z
carrot	ga <u>j</u> ar	peas	ma <u>t</u> ar shu <u>t</u> i
cauliflower	fo <u>o</u> l ko <u>p</u> i	potato	alo <u>o</u>
coriander leaves	da <u>n</u> ia pa <u>t</u> a	pumpkin	mi <u>s</u> tee ko <u>o</u> mba
cucumber	sho <u>s</u> ha	sweet potato	mi <u>s</u> tee alo <u>o</u>
eggplant	ba <u>y</u> gan	spinach	pa <u>l</u> ang shaag
fenugreek leaves	ma <u>y</u> ti shaag	salad	sa <u>l</u> ad
green leafy veg.	shaag	tomato	to <u>m</u> ayto
lettuce	sa <u>l</u> ad	white radish	mo <u>o</u> la
ladyfingers/okra	de <u>r</u> as		

\* Most Bengalis in Britain are Muslims and do not eat pork. All other meat is permissible provided it is 'halal'. A few Bengalis in Britain are Hindus. Most are strict vegetarians and do not eat meat or eggs. Beef is particularly strictly prohibited and pork very rarely eaten even by non-vegetarians.

© DHSS/Kings fund/Alix Henley 1981.  
These language sheets can be reproduced providing they are used for educational purposes and not for resale.





PULSES

black gram	mas <u>kolai</u>	kidney beans	<u>kalasim</u> / <u>simer</u> <u>biti</u>
chickpeas	<u>motar</u>	lentils	<u>masoor</u>
cow peas	<u>barbati</u>	pigeon peas	<u>arhar</u>
green gram	moong	chickpea flour	<u>bessan</u>

CEREALS

barley	* <u>job</u>	cooked rice	<u>paat</u>
bread	bread/pau roti	semolina	<u>sooji</u>
maize	<u>boota</u>	wheat	<u>gom</u>
millet	<u>bajri</u>	wheatflour	<u>maida</u>
raw rice	<u>chaal</u>	wholewheat flour	<u>ata</u>

DAIRY PRODUCTS

butter (UK type)	butter	egg yolk	deem <u>kooshan</u>
milk	dood	soft boiled egg	<u>kamshidoo</u> deem
dried milk	<u>goora</u> dood	omelette	<u>pada</u> deem/ <u>omlet</u>
egg	deem	yoghurt	<u>doi</u>
egg white	<u>deemet</u> <u>shada</u>		

NUTS

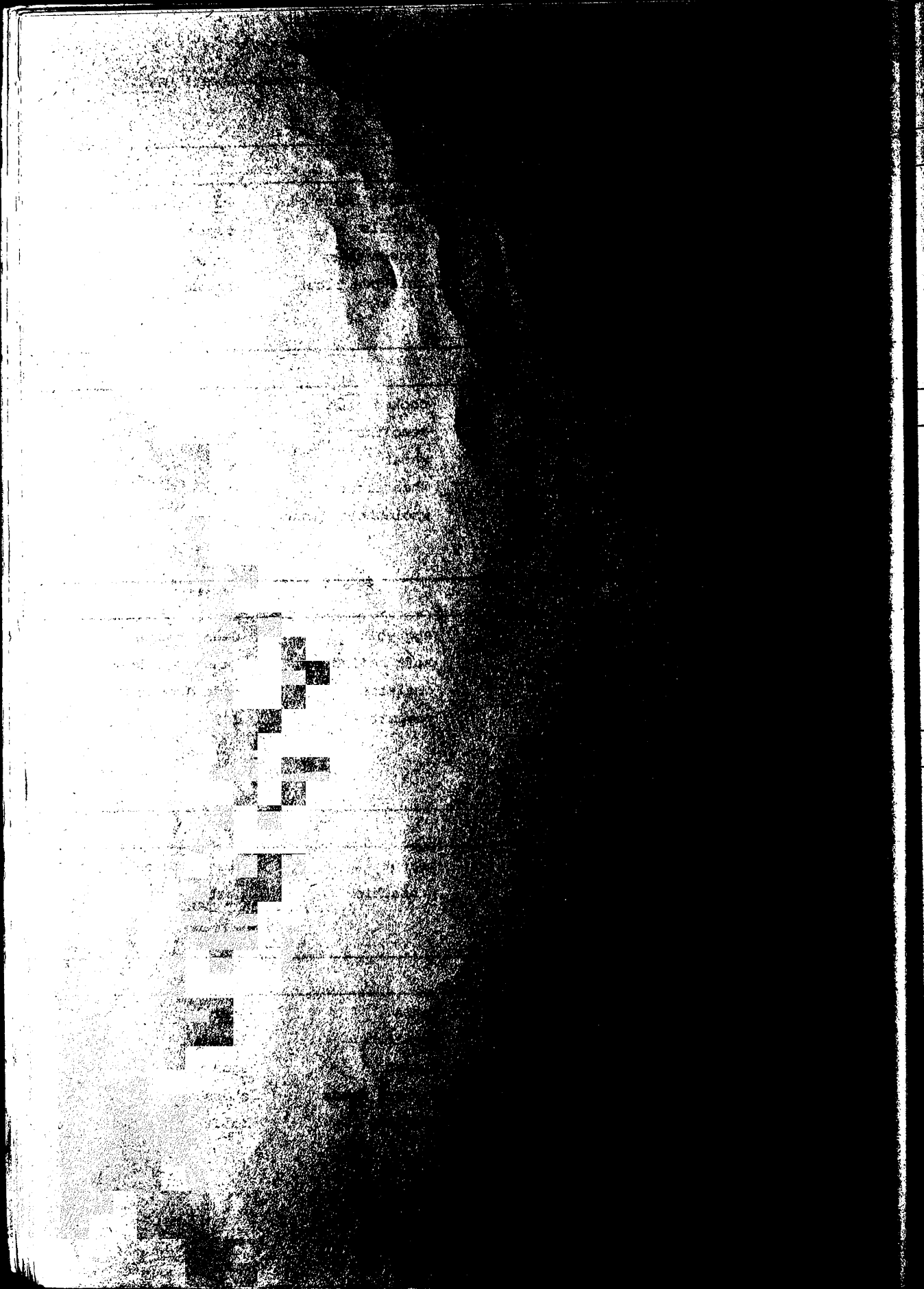
almond	<u>bada</u>	peanut	<u>cheena</u> <u>badam</u>
cashew	<u>kajoo</u>	pistachio	<u>pesta</u>

SPICES & HERBS

	<u>moshla</u>		
cardamom	<u>elachi</u>	cumin	<u>jeera</u>
cinnamon	<u>dalchini</u>	garlic	<u>loshun</u>
green chilli	<u>kacha</u> <u>mareech</u>	ginger	<u>adda</u>
red chilli	<u>lal</u> <u>mareech</u>	mustard seeds	<u>shorshe</u>
cloves	<u>labonga</u>	turmeric	<u>holdi</u> / <u>holud</u>
coriander	<u>dania</u>		

Asian Foods &amp; Diets

© DHSS/Kings fund/Alix Henley 1981.  
 These language sheets can be reproduced  
 providing they are used for educational  
 purposes and not for resale.



## OTHER FOODS

biscuit	biskoot	sugar	chinee
chutney	chatnee	sweets	mistee
drops	fota	tablet	goli/peel
oil	tayl	tea	cha
pickle	achar	water	pani/jol
salt	noon		

## PREPARING FOOD

fresh	taja	finely chopped	alfa kata
raw	kacha	grated	kudu kaas kora
cooked	randha	strained	chaknee
boiled	shaydo		
fried	bajee	hard	shakta
		soft	noram
hot (spicy)	jaal	thick (consistency)	mota
hot (temp.)	goram	thin (consistency)	patla/roga
cold	tanda		

## UTENSILS

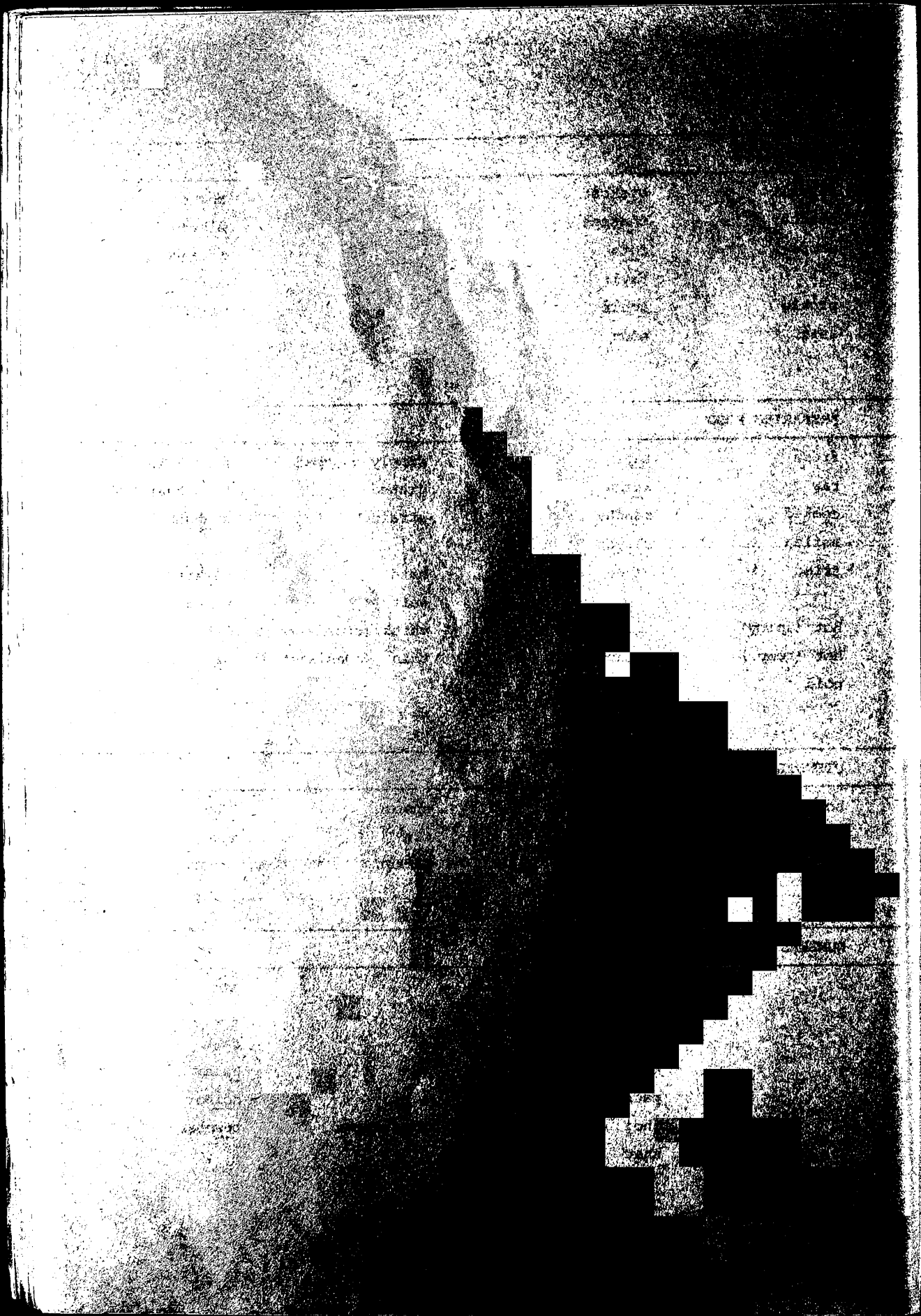
bowl	boro bati	spoon	chamoch
plate	taal	tin	tin
knife	choree	packet	paket

## NUMBERS

1	ek	8	at
2	doi	9	nai
3	teen	10	dash
4	char	once	ekbar
5	pach	twice	doi bar
6	choi	three times	teenbar
7	shat		

Asian Foods &amp; Diets

© DHSS/Kings fund/Alix Henley 1981.  
 These language sheets can be reproduced  
 providing they are used for educational  
 purposes and not for resale.



## QUANTITIES

a little	<u>a</u> lto	some	<u>k</u> ichoo
a lot	one <u>k</u> ta	less	ko <u>m</u>
a piece of	ak to <u>k</u> ra	more	<u>a</u> rok/ <u>o</u> nek
		most	<u>b</u> eshi
big	<u>b</u> oro		
small	ch <u>o</u> to	half	<u>o</u> rtek
very small	koob ch <u>o</u> to	all	shor <u>b</u>
very	koob	none	<u>k</u> ichoona
		enough	jo <u>t</u> esto
with	sh <u>o</u> nge		
without	cha <u>r</u> a		

## QUESTIONS

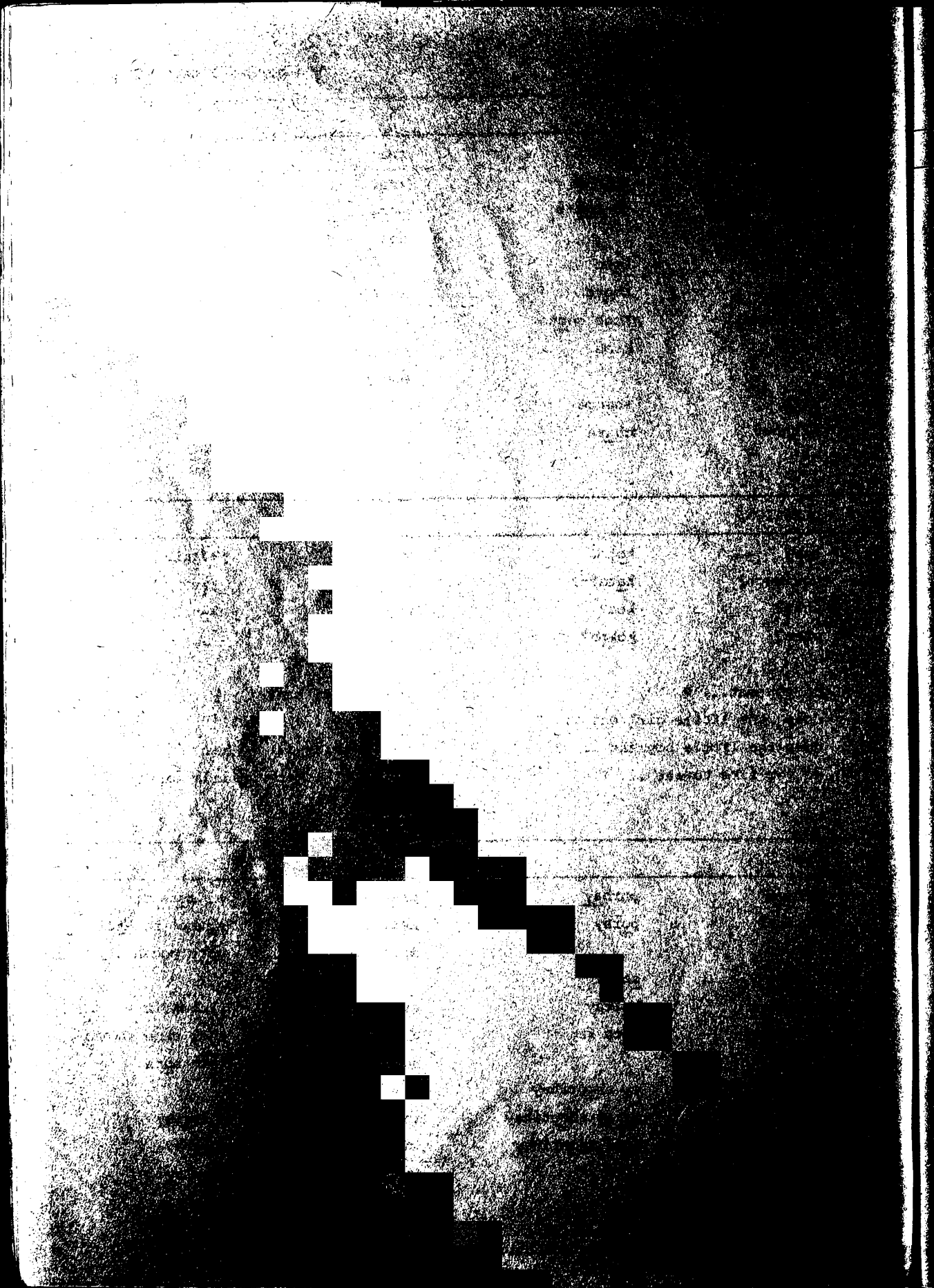
how?	<u>k</u> oto?	where	<u>k</u> otai?
how much?	<u>k</u> atata?	who?	<u>k</u> ay?
what?	<u>k</u> ee?	why?	<u>k</u> eno?
when?	<u>k</u> okon?		
do you eat... ?		<u>a</u> pni ... ki kan?	
does the little girl eat ... ?		ch <u>o</u> to may ... ki kai?	
does the little boy eat ... ?		ch <u>o</u> to ch <u>e</u> lay ... ki kai?	
do you like to eat ... ?		<u>a</u> pni ... ki <u>k</u> ete <u>p</u> as <u>a</u> nd <u>a</u> <u>k</u> ore <u>n</u> ?	

## TIME

before	<u>p</u> urbay	this year	ai <u>b</u> otshor
after	<u>p</u> oray	next year	<u>a</u> gamee <u>b</u> otshor
		last year	<u>g</u> oto <u>b</u> otshor
today	<u>a</u> zkay		
tomorrow	<u>k</u> alkay	everyday	<u>p</u> rotek <u>d</u> in
yesterday	<u>g</u> oto ka	always	shob shob shoma <u>i</u>
		never	<u>k</u> oko <u>n</u> ona
this week	ay sho <u>p</u> t <u>a</u> hay		
next week	<u>p</u> oray sho <u>p</u> t <u>a</u> hay	in the morning	shaka <u>l</u> ay
last week	<u>g</u> ota sho <u>p</u> t <u>a</u> hay	in the afternoon	dupu <u>r</u> ay
		in the evening	bika <u>l</u> ay
		at night	ra <u>t</u> ay

Asian Foods &amp; Diets

© DHSS/Kings fund/Alix Henley 1981.  
These language sheets can be reproduced  
providing they are used for educational  
purposes and not for resale.



MISC

is good	kop <u>a</u> lo	vomiting	bo <u>m</u> ee
is bad	bop kar <u>a</u> b	diarrhoea	pe <u>t</u> er a <u>s</u> huk
		rash	ga <u>i</u> dana
hungry	kooda		
thirsty	pi <u>a</u> sh		
not hungry	kooda nai		

[The page contains extremely faint, illegible text, likely bleed-through from the reverse side. The text is organized into several paragraphs and possibly a list or table structure, but the characters are too light to transcribe accurately.]



DISCUSSING DIET: SOME USEFUL PASHTO WORDS

Language Sheet: PASHTO 1

N.B. See Guide To Using The Language Sheets for a key to pronunciation.

hello	<u>assalaam</u> <u>alaykum</u>	yes	au/hau
goodbye	<u>khodaa</u> <u>afiss</u>	no	na
		not	na

MEAT\* ghwakha

beef	<u>ghata</u> <u>ghwakha</u>	minced meat	<u>keema</u>
chicken	<u>churga</u> / <u>chooza</u>	mutton/lamb	<u>naray</u> <u>ghwakha</u>
kidney	<u>goorday</u>	fish	<u>machli</u> / <u>maye</u>
liver	<u>yena</u>		

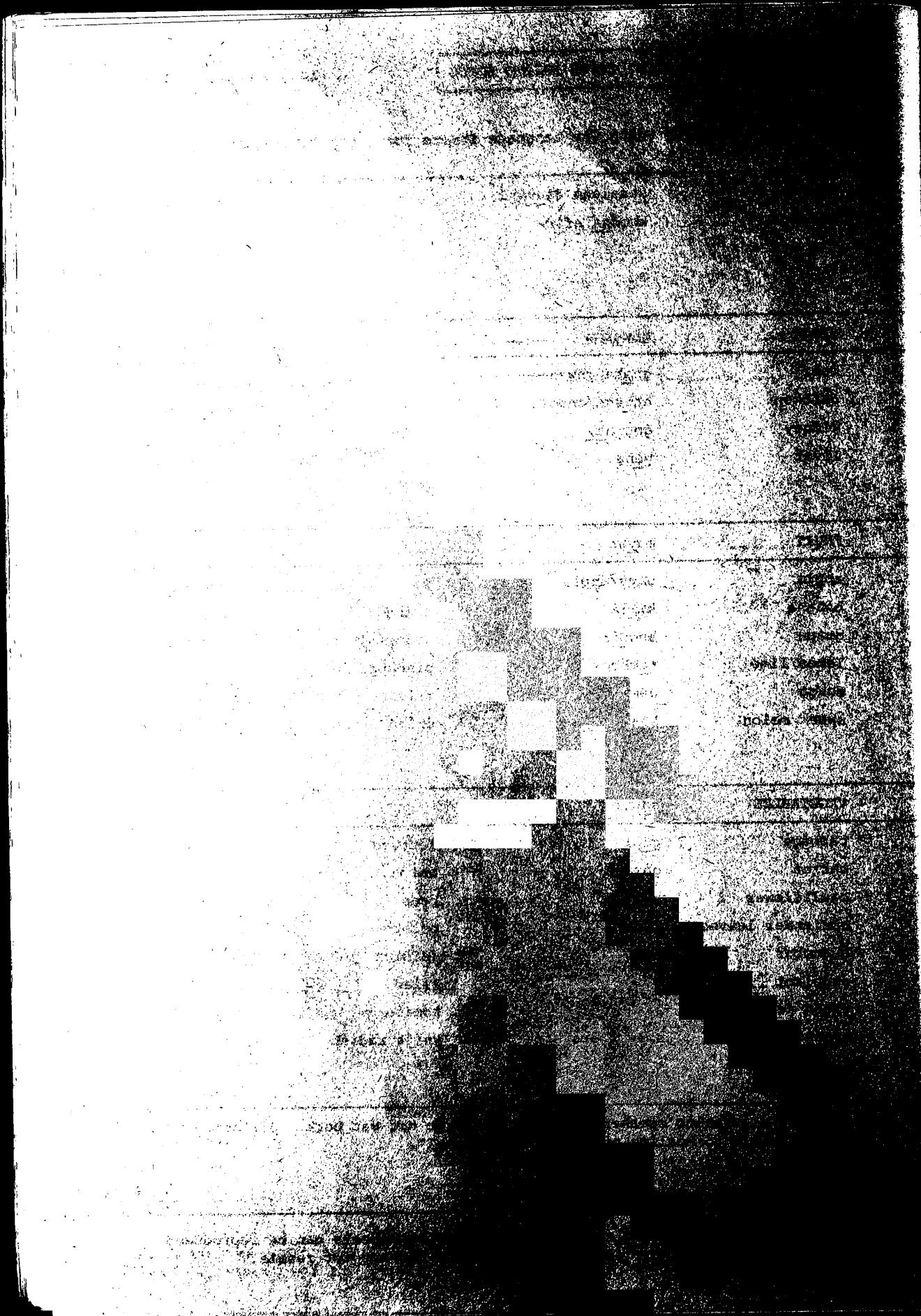
FRUIT maywa

apple	<u>sayv</u> /apple	water melon	<u>indwaraa</u>
banana	<u>kayla</u>	orange	<u>malta</u>
grape	<u>angoor</u>	orange juice	<u>maltay</u> <u>ras</u>
lemon/lime	<u>nimboo</u>	pineapple	<u>ananas</u>
mango	<u>aam</u>	raisins	<u>maywa</u>
sweet melon	<u>khatakay</u>	dried fruit	<u>oocha</u> <u>maywa</u>

VEGETABLES sabzi

cabbage	<u>gopi</u>	lettuce	<u>salaad</u>
carrot	<u>gazara</u>	onions	<u>piaaz</u>
cauliflower	<u>gul</u> <u>gopi</u>	peas	<u>matar</u>
coriander leaves	<u>shna</u> <u>dania</u>	potato	<u>aloo</u>
cucumber	<u>badrangg</u>	spinach	<u>palak</u> / <u>saag</u>
eggplant	<u>tor</u> <u>batingan</u>	salad	<u>salaad</u>
green leafy veg.	<u>saag</u>	tomato	<u>tamatar</u> / <u>batingan</u>
green pepper	<u>sheen</u> <u>marach</u>	white radish	<u>moolay</u>

\* Almost all Pashto speakers are Muslim and do not eat pork. All other meat is permissible to Muslims provided it is 'halal'.



## PULSES

dal

black gram	<u>safa may/oorad</u>	green gram	<u>shnee may/moong</u>
chickpeas	<u>chani/chana</u>	kidney beans	<u>kurkhay/sarā lobia</u>
cow peas	<u>lobia</u>	lentils	<u>nask/massoor</u>
chickpea flour	<u>chani oora</u>		

## CEREALS

bread	bread	wheat	<u>ghanam</u>
maize	<u>jewar</u>	wheat flour	<u>meda</u>
rice	<u>wroojay/rijee</u>	wholewheat flour	<u>atta/oorā</u>
semolina	<u>sooji</u>		

## DAIRY PRODUCTS

butter (UK type)	butter	egg white	<u>agay spin</u>
milk	<u>pai</u>	egg yolk	<u>agay zer/agay zial</u>
dried milk	<u>khush pai/ooch pai</u>	soft boiled egg	<u>nim hoodkay dalay kha/</u> <u>yeshidilay agay</u>
egg	<u>kha</u>	omelette	<u>omlet</u>
eggs	<u>agay</u>	yoghurt	<u>maastā</u>

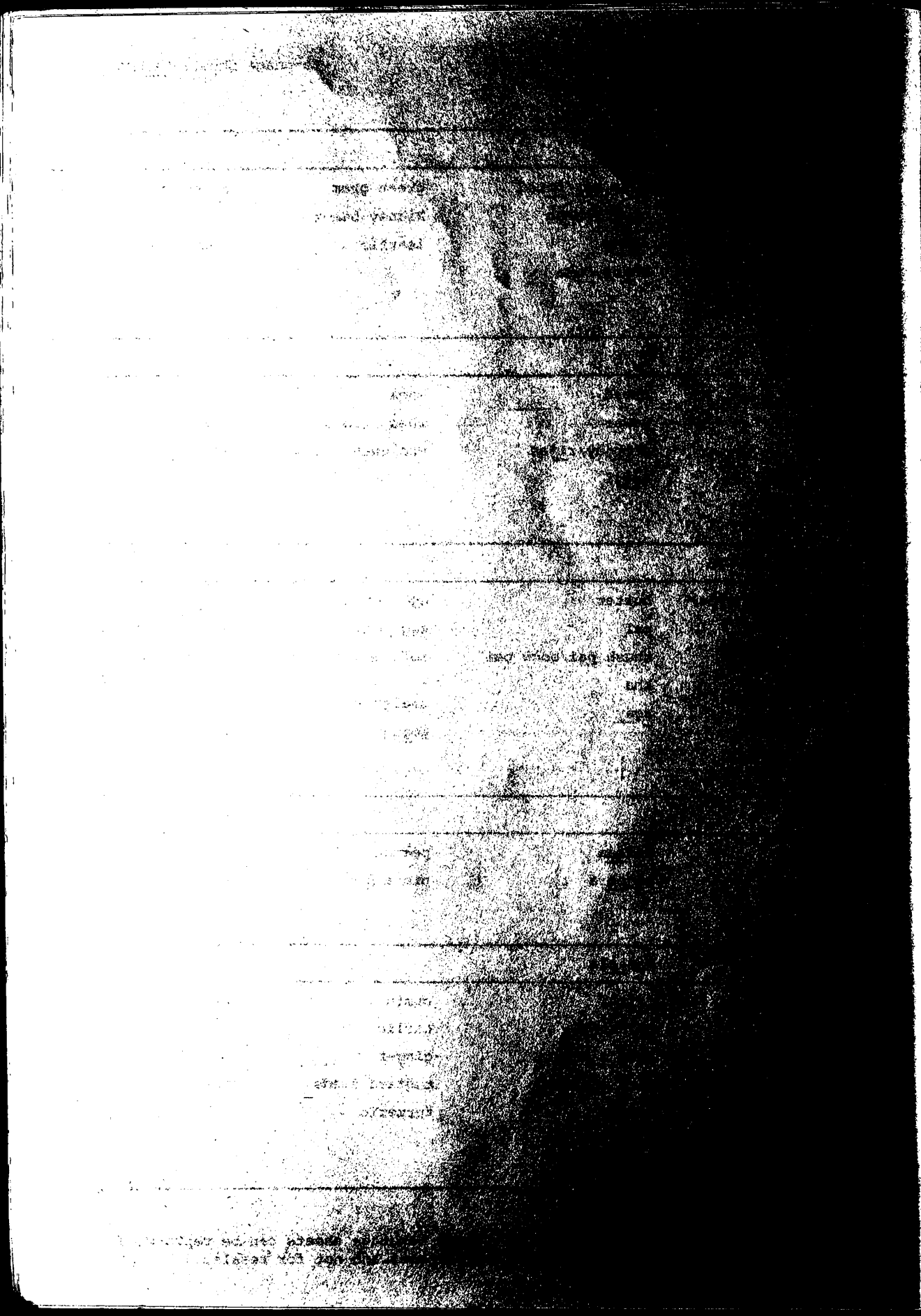
## NUTS

almond	<u>badaam</u>	peanut	<u>moonpalay</u>
cashew	<u>kajoorā</u>	pistachio	<u>pista</u>

## SPICES

māsaala

cardamom	<u>laichi</u>	cumin	<u>zeera</u>
cinnamon	<u>dalchini</u>	garlic	<u>ooga</u>
green chilli	<u>shnā mārāchki</u>	ginger	<u>adrak</u>
red chilli	<u>sārā mārāchki</u>	mustard seeds	<u>sharsham</u>
cloves	<u>lawang</u>	turmeric	<u>kurkamān/haldi</u>
coriander	<u>dania</u>		



## OTHER FOODS

biscuit	bisk <u>â</u> t	sugar	ch <u>î</u> ni
chutney	chakni/chat <u>n</u> i	sweets	mit <u>ay</u>
drops	kat <u>r</u> a/takee	tablet	gol <u>ay</u>
oil	tay <u>l</u>	tea	chai
pickle	acha <u>ar</u>	water	ob <u>â</u>
salt	mal <u>ga</u>		

## PREPARING FOOD

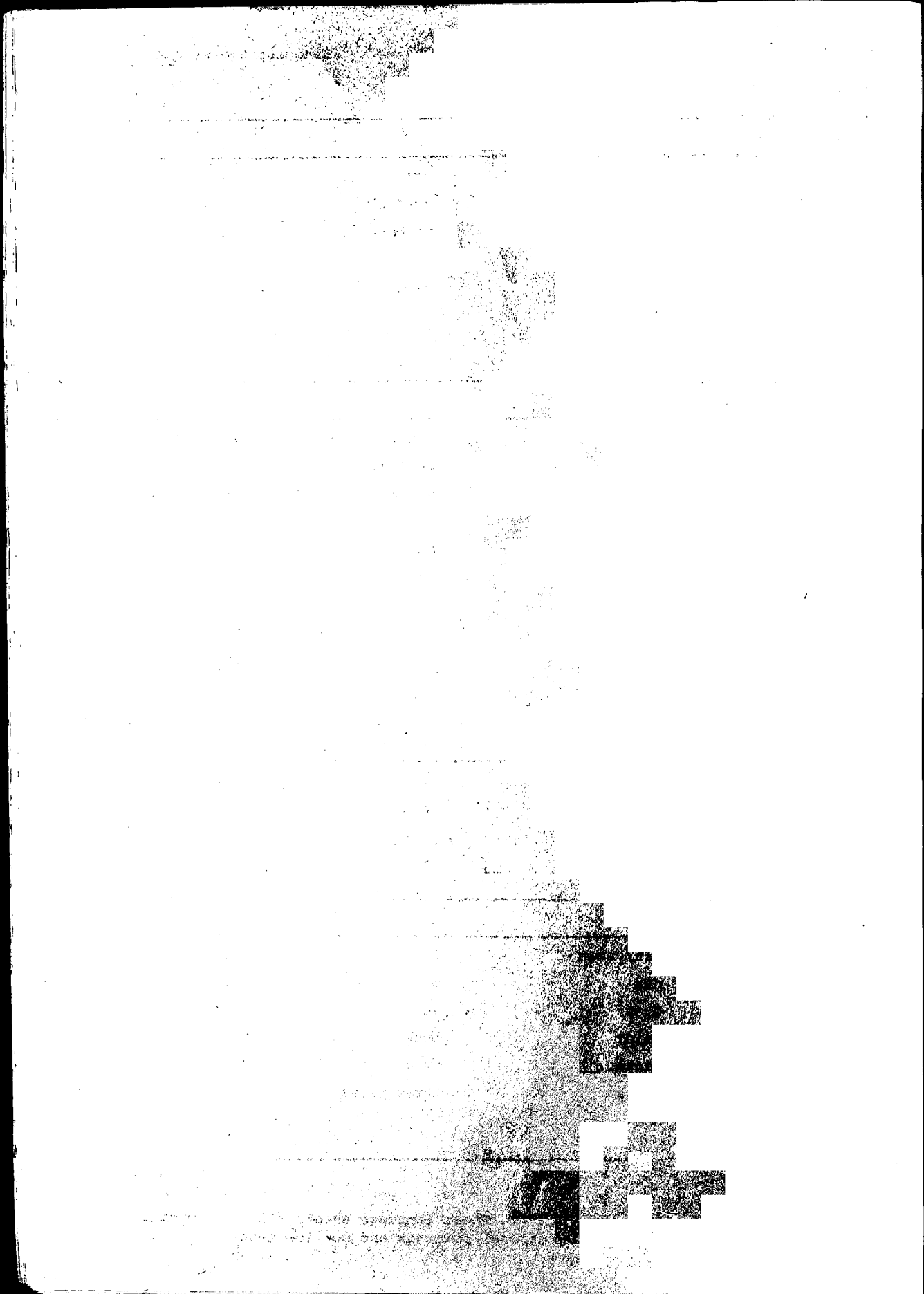
fresh	taz <u>a</u>	finely chopped	war <u>oo</u> kay war <u>oo</u> kay
raw	kach <u>a</u>	strained	chaar ma <u>at</u> ka
cooked	pok <u>h</u>	grated	kad <u>oo</u> kash
boiled	hoodkay dal <u>ay</u> /yeshi		
fried	soor kal <u>ay</u> d <u>î</u> lay	hard	kluk
		soft	post
hot (spicy)	garam		
hot (temp.)	garam	thick (consistency)	tingg
cold	yakh	thin (consistency)	nar <u>ay</u>

## UTENSILS

small bowl	jam	tin	tin
knife	charu kay	packet	pak <u>e</u> t
spoon	cham <u>cha</u>		

## NUMBERS

1	yau/yaw <u>a</u> n	8	at <u>a</u>
2	dwa	9	nah <u>a</u>
3	dray	10	lass
4	sal <u>or</u>	once	yau zal
5	pinz <u>â</u>	twice	dwa zal <u>a</u>
6	shp <u>â</u> g	three times	dray zal <u>a</u>
7	owa		



## QUANTITIES

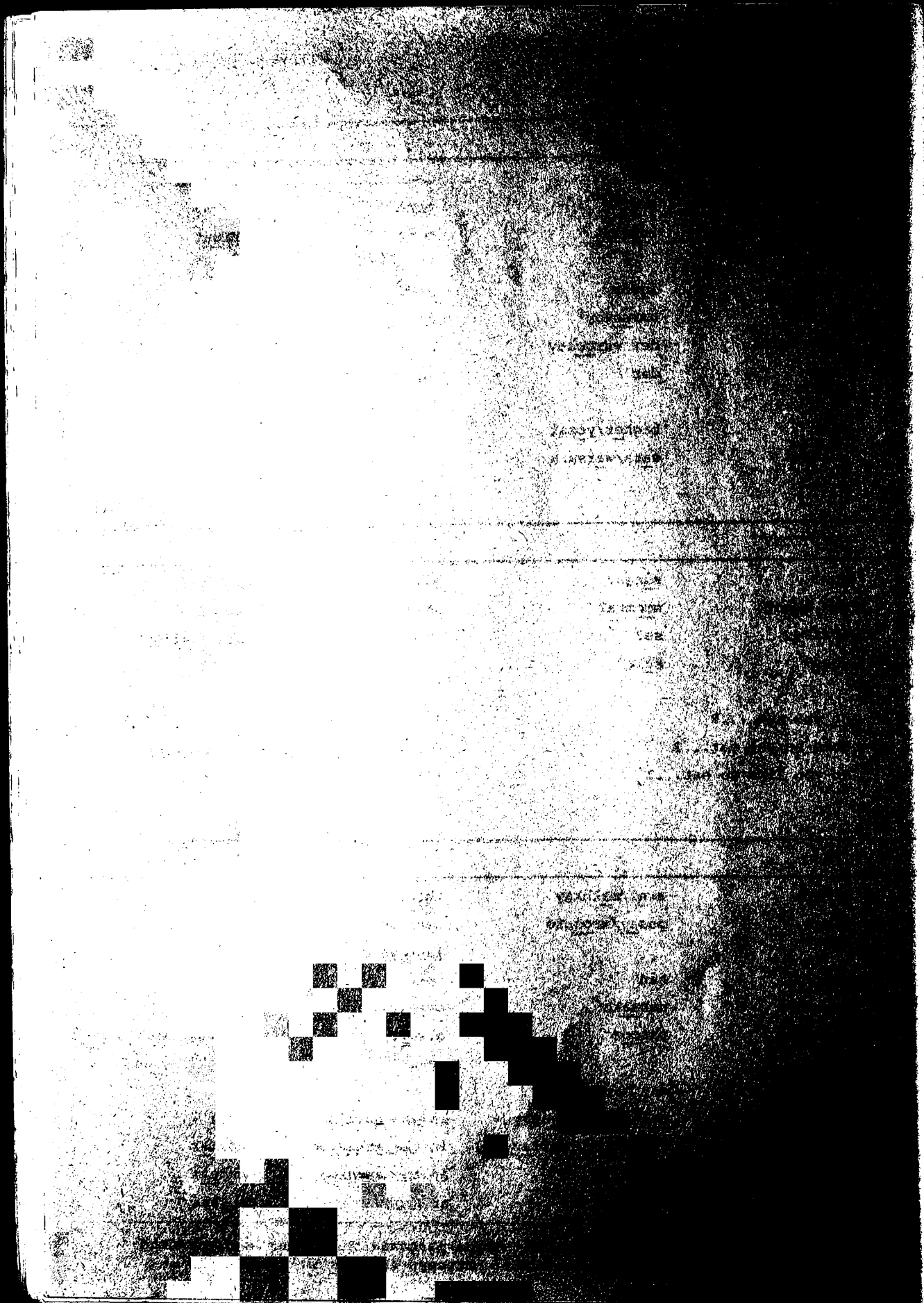
a little	<u>l</u> âg	less	<u>l</u> âg/kam
a lot	der	more	nor
a piece of	<u>t</u> ukra	most	<u>z</u> iaat
big	<u>l</u> oway	half	nim
small	war <u>o</u> okay	all	tol
very small	der war <u>o</u> okay	none	hayss na
very	der	enough	<u>k</u> afi
with	bag <u>h</u> er/ <u>y</u> ozai		
without	<u>s</u> ara/ <u>w</u> arsara		

## QUESTIONS

how?	<u>s</u> ânga?	where?	<u>k</u> amzai?
how much?	<u>s</u> oomra?	who?	sok <u>h</u> ?
what?	so?	why	<u>w</u> ili/ <u>w</u> âllay?
when?	<u>k</u> âla?		
do you eat ...?		ta ... <u>k</u> uray?	
does he/she eat...?		da ... <u>k</u> haray? (point to person)	
do you like to eat...?		sta ... <u>k</u> hwakh da?	

## TIME

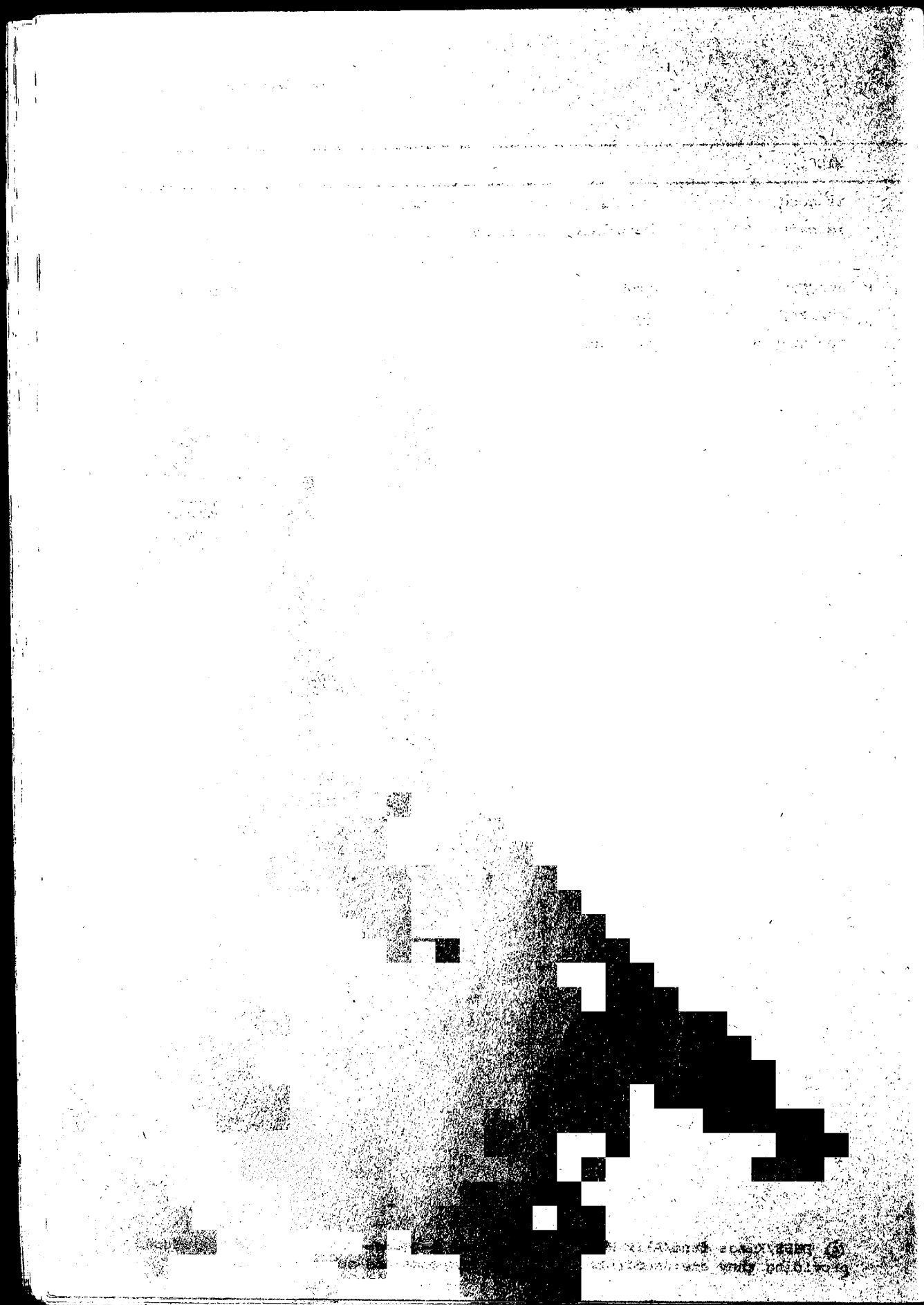
before	<u>a</u> wal/ <u>m</u> akhkay	this year	pa <u>d</u> ay kaal kay
after	<u>p</u> asay/ <u>w</u> roost <u>o</u>	next year	pa <u>m</u> akhay kaal kay
		last year	pa <u>t</u> er shayay kaal kay
today	nân		
tomorrow	saba <u>a</u> kh	everyday	<u>h</u> ara wra <u>z</u>
yesterday	par <u>o</u> on	always	har <u>w</u> akhtay/ <u>h</u> amaysha
		never	nay <u>ch</u> aray na
this week	day haftay kay		
next week	<u>m</u> akhay haftay kay	in the morning	sahar
last week	<u>t</u> er shayay haftay kay	in the afternoon	ghar <u>m</u> er
		in the evening	makha <u>a</u> m
		at night	dâ shpay





MISC.

is good	kha <u>d</u> ay/kha dā	vomiting	stana <u>a</u>
is bad	khraab day/khraab dā	diarrhoea	dāst
		bad diarrhoea	dāsto <u>o</u> na
hungry	wu <u>g</u> ay	rash	khara <u>k</u> h
thirsty	tā <u>g</u> ay		
not hungry	o <u>r</u> gay na		



DISCUSSING DIET: SOME USEFUL HINDI/URDU WORDS

Language Sheet HINDI/URDU 1

N.B. See Guide To Using The Language Sheets for a key to pronunciation.

<u>Hindus</u> :	hello & goodbye	nāmastay	yes	haaji/ji
			no	nehi
<u>Muslims</u> :	hello	asalaam alaykum	not	nehi
	goodbye	khodaa hafiss		

MEAT\* meat/gosht

beef	gai ka gosht	minced meat	keema
chicken	moorgi ka gosht	goat meat	bakri ka gosht
kidney	goorda	mutton	bedr ka gosht
liver	kalayji	fish	machli

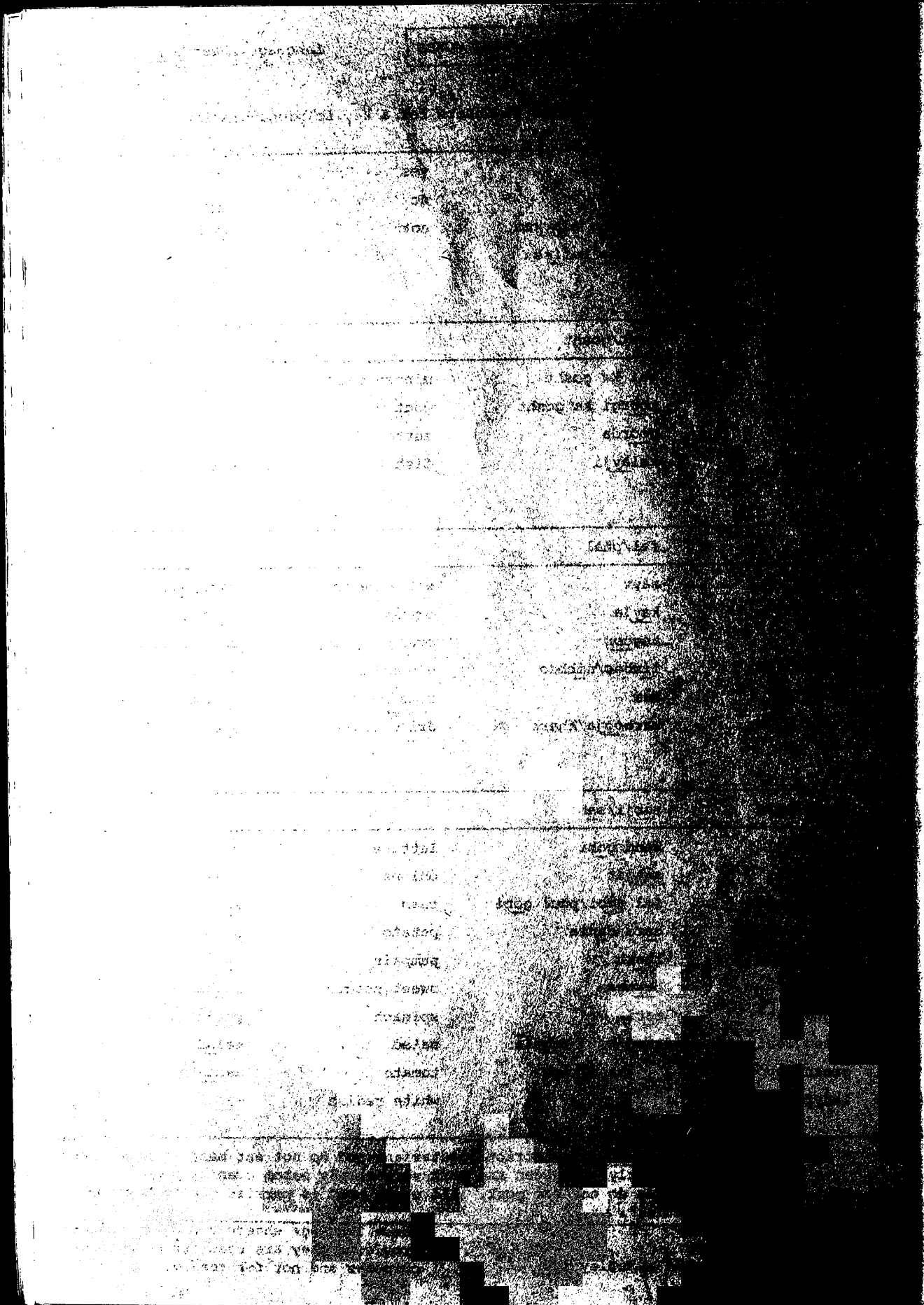
FRUIT fal/phal

apple	sayv	water melon	tarbooza
banana	kayla	orange	santra
grape	angoor	orange juice	santra ka ras
lemon/lime	limboo/nibboo	pineapple	ananas
mango	aam	raisins	kishmish/maywa
sweet melon	karbooja/kharbooza	dried fruit	sooka fal

VEGETABLES sabji/sabzi

cabbage	band gobi	lettuce	salad
carrot	gaajar	onions	piaaz
cauliflower	ful gobi/phul gobi	peas	matrar
coriander leaves	hara dania	potato	aloo
cucumber	keera	pumpkin	payta
eggplant	bayngan	sweet potato	shakarkandi
fenugreek leaves	meti	spinach	paalak/saag
green leafy veg.	saag/hari sabzi	salad	salad
green pepper	shimla mirach	tomato	tamaatar
ladyfingers/okra	bindi	white radish	mooli

\* Most Hindus and some Sikhs are strict vegetarians and do not eat meat or eggs. Beef is particularly strictly forbidden and pork very rarely eaten even by non-vegetarians. Muslims do not eat pork. All other meat is permissible to Muslims provided it is 'halal'.



PULSESdal

black gram	<u>oorad</u>	kidney beans	surk <u>lobia</u>
chickpeas	<u>chana</u>	lentils	<u>masoor</u>
cow peas	<u>lobia</u>	pigeon peas	<u>arhar</u>
green gram	<u>moong</u>	chickpea flour	<u>bayssan</u>

CEREALSanaj

barley	<u>jau</u>	semolina	<u>sooji</u>
bread	bread/ <u>ḡabāl</u> <u>roti</u>	wheat	<u>kānāk</u> / <u>ghandam</u>
maize	<u>makay</u>	wheat flour	<u>meda</u>
millet	<u>bajra</u>	wholewheat flour	<u>ata</u>
rice	<u>chaawal</u>		

DAIRY PRODUCTS

butter (UK type)	<u>butter</u>	egg white	<u>ande ki safaydi</u>
milk	<u>dood</u>	egg yolk	<u>ande ki zārdi</u>
dried milk	<u>sooka dood</u>	boiled egg	<u>oobla ooa anda</u>
egg	<u>anda</u>	omelette	<u>omlet/ande ka poora</u>
eggs	<u>ande</u>	yoghurt	<u>dehī</u>

NUTS

almond	<u>badaam</u>	peanut	<u>moong fali</u> / <u>moong pāli</u>
cashew	<u>kaja</u>	pistachio	<u>pista</u>

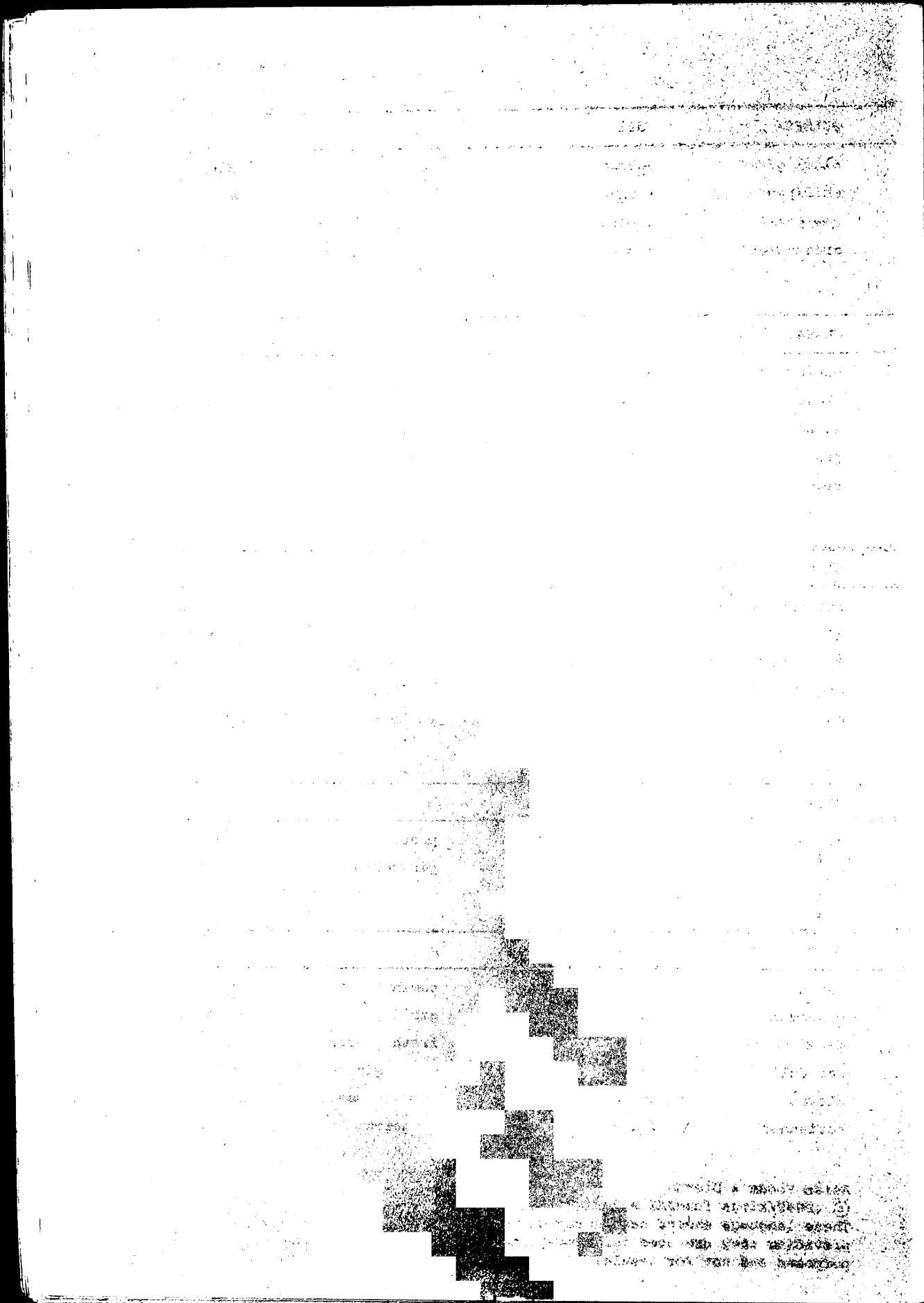
SPICES & HERBSmasaala

cardamom	<u>elaichi</u>	cumin	<u>jeera</u>
cinnamon	<u>ḡalchini</u>	garlic	<u>lassan</u>
green chilli	<u>hari mirch</u>	fresh ginger	<u>adrāk</u>
red chilli	<u>lal mirch</u>	dried ginger	<u>soond</u>
cloves	<u>long/laung</u>	mustard seeds	<u>rai</u>
coriander	<u>ḡania</u>	turmeric	<u>haldi</u>

Asian Foods &amp; Diets

© DHSS/Kings fund/Alix Henley 1981

These language sheets can be reproduced  
providing they are used for educational  
purposes and not for resale.



OTHER FOODS

biscuit	biscoot	sugar	chinee
chutney	chatnee	sweets	mitai/mātai
drops	boond/katre	tablet	goli
oil	tayl/dayl	tea	chai
pickle	achaar	water	pani
salt	namak		

PREPARING FOOD

fresh	taaza	finely chopped	kootra <sup>hoo</sup> aa
raw	kacha	grated	kadoo kash
cooked	pakah <sup>oo</sup> aa	strained	chanah <sup>oo</sup> aa
boiled	ooblah <sup>oo</sup> aa		
fried	talah <sup>oo</sup> aa	hard	sakat
		soft	naram
hot (spicy)	garam/bot mirche hē	thick (consistency)	gaara
hot (temp.)	garam	thin (consistency)	patla
cold	tanda		

UTENSILS

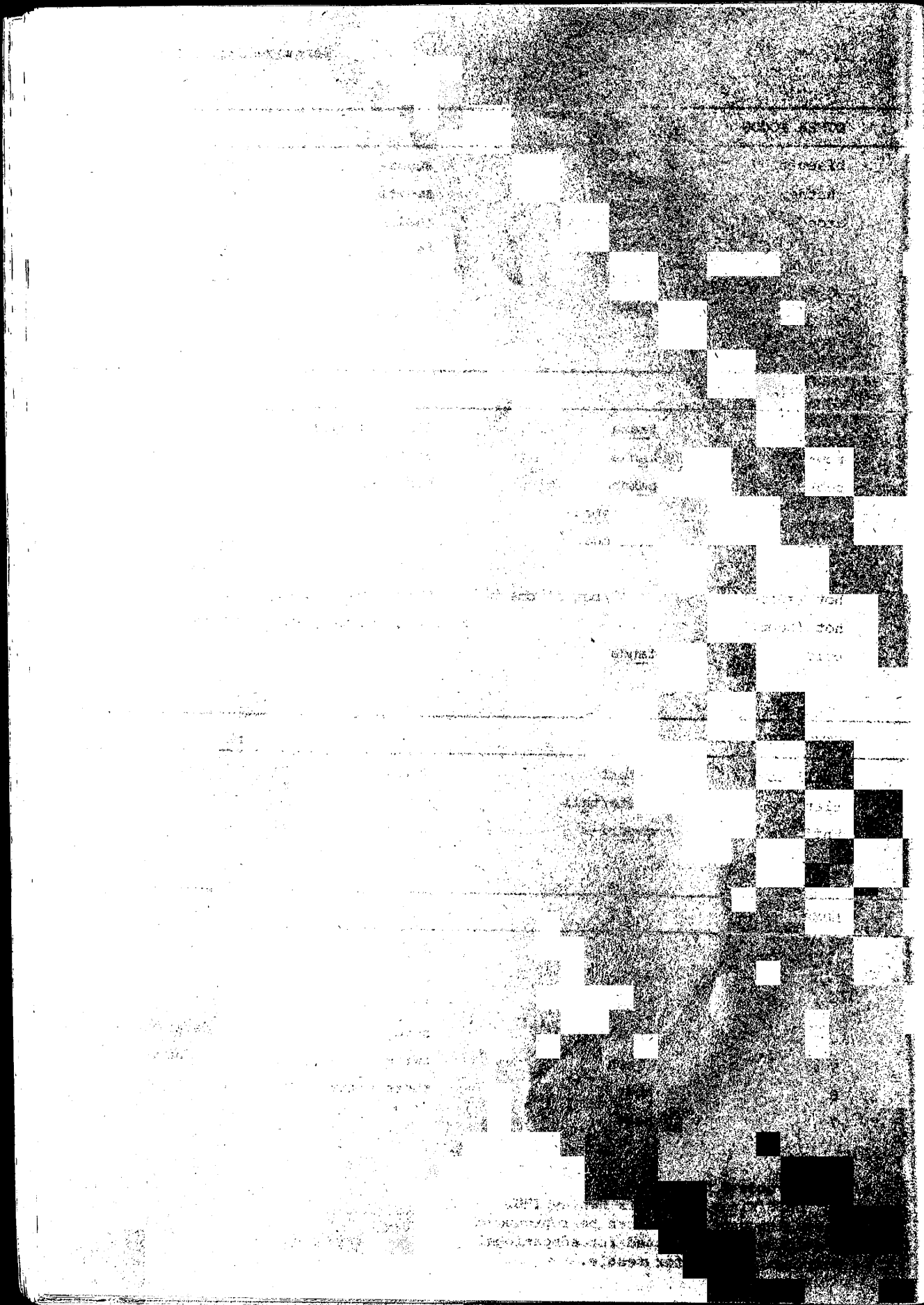
small bowl	katori	spoon	chamcha
plate	plate/tali	tin	tin
knife	choori	packet	paket

NUMBERS

1	ek	8	at
2	do	9	no
3	teen	10	das
4	char	once	ek dafar/ek baar
5	panch	twice	do dafar/do baar
6	chay	three times	teen dafar/teen baar
7	saat		

## Asian Foods &amp; Diets

© DHSS/Kings fund/Alix Henley 1981  
 These language sheets can be reproduced  
 providing they are used for educational  
 purposes and not for resale.





## QUANTITIES

a little	tora	less	kam
a lot	bohot	more	or/ziada
a piece of	tookra	most	bohot saara
big	bara	half	ada
small	chota	all	sara
very small	bohot chota	none	nehĩ
very	bohot	enough	kafi
with...	...ke saat		
without	...ke baghayr/bina...		

## QUESTIONS

how?	kaisa?	where?	kahaan?
how much?	kitna?	who?	kaun?
what?	kia?	why?	kiyun?
when?	kab?		
do you eat ...?		kia ap ... kartay hayñ?	
does the little girl eat ...?		kia choti larki... karti hay?	
does the little boy eat ...?		kia chota larka... karta kay?	
do you like to eat ...?		kia ap ... kartay hayñ kana passand?	

## TIME

before	pahayle/pehele	this year	is saal
after	baadme	next year	aglay saal
		last year	pichlay saal
today	aaj		
tomorrow	aane wala kal	everyday	haroz
yesterday	bita hooa kal	always	hamaysha
		never	kabi nehĩ
this week	is haftay		
next week	aglay haftay	in the morning	sooba ko
last week	pichlay haftay	in the afternoon	dopeher ko
		in the evening	shaam ko
		at night	raat ko

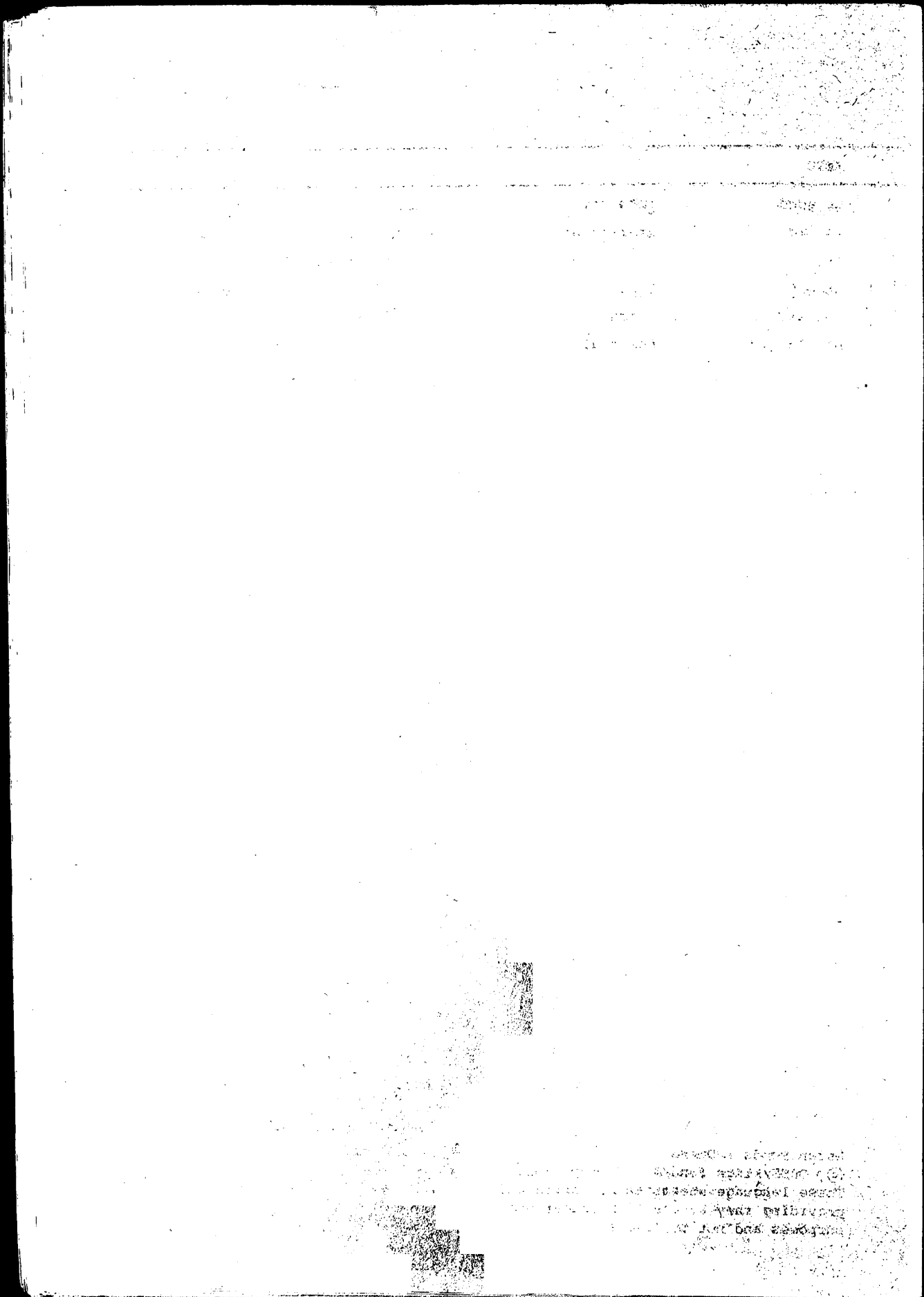
[The page contains extremely faint, illegible text, likely bleed-through from the reverse side. The text is organized into several paragraphs and possibly a list or table structure, but the characters are too light to transcribe accurately.]

MISC

is good	<u>a</u> cha hay	vomiting	<u>o</u> olti
is bad	khara <u>a</u> b hay	diarrhoea	dast
		bad diarrhoea	mar <u>o</u> rd
hungry	b <u>u</u> ka	rash	koo <u>j</u> li
thirsty	pi <u>a</u> ssa		
not hungry	buk <u>ne</u> hi		

Asian Foods & Diets

© DHSS/Kings fund/Alix Henley 1981.  
These language sheets can be reproduced  
providing they are used for educational  
purposes and not for resale.



OHPs: SUGGESTED USES

- F1 Use: To revise and summarise details of Hindu, Sikh and Muslim restrictions on food.

Give out worksheet F/E1 to elicit what trainees already know. Confirm details on OHP and discuss implications for trainees in their work. Feed in additional information as required.

- F2 Use: To compare basic features of traditional diets in Britain and the northern subcontinent.

Trainees often find it easier to accept and see patterns in other groups when they have become aware of their own group's patterns. Elicit information about British diets and about Northern Indian diets for comparison and fill in on OHP. Feed in more information about unfamiliar aspects of Northern Indian diets as necessary.

- F3,4, Use: To summarise acceptable sources of nutrients for 5,6 vegetarians and for non-vegetarians.

May be used in conjunction with the slides in the pack.

- M8 & Use: To provide key facts about the main Asian groups in Britain  
9 as a basis for discussion of religious factors and regional dietary differences.

Identify the main areas of origin, the main religious groups, and the languages spoken. (See Appendix I) It may be useful to colour in the map to indicate the different religious groups. Say the name of each place and language several times to help trainees remember them. (Check pronunciation in Appendix IV.) Relate the groups specifically to your own area, adding, if possible, details about where people live, places of worship etc. Indicate and discuss differences between people from the subcontinent and from East Africa.

It may be useful to refer back to M8 as you deal with the dietary restrictions and patterns of the main religious and regional groups.

ASIAN FOODS AND DIETS

KING'S FUND CENTRE  
LIBRARY

LIST OF OVERHEAD PROJECTOR TRANSPARENCIES (OHPs) IN PACK

See over for aims and possible uses.

FOODS & DIETS (F)

- F1 Hindus, Sikhs, Muslims: permitted & prohibited foods
- F2 Main staples, protein sources and fats
- F3 Some dietary sources of Iron
- F4 Some dietary sources of Vitamin D
- F5 Some dietary sources of Vitamin B<sub>12</sub>
- F6 Some dietary sources of Folic Acid

MAPS (M)

- M8 India, Pakistan and Bangladesh
- M9 East Africa

## **HINDUS, SIKHS AND MUSLIMS :** **PERMITTED AND PROHIBITED FOODS**

<b>FOOD</b>	<b>V. Strict Hindus &amp; Sikhs</b>	<b>Most other Hindus</b>	<b>Most other Sikhs</b>	<b>Most Muslims</b>
<b>EGGS</b>	<b>X</b>	<b>possibly</b>	<b>probably</b>	<b>✓</b>
<b>MILK</b>	<b>✓</b>	<b>✓</b>	<b>✓</b>	<b>✓</b>
<b>YOGHURT</b>	<b>✓</b>	<b>✓</b>	<b>✓</b>	<b>✓</b>
<b>BUTTER/ GHEE</b>	<b>✓</b>	<b>✓</b>	<b>✓</b>	<b>✓</b>
<b>CHEESE</b>	<b>probably not</b>	<b>possibly</b>	<b>possibly</b>	<b>possibly</b>
<b>CHICKEN</b>	<b>X</b>	<b>possibly</b>	<b>possibly</b>	<b>halal</b>
<b>MUTTON</b>	<b>X</b>	<b>probably not</b>	<b>possibly</b>	<b>halal</b>
<b>BEEF</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>halal</b>
<b>PORK</b>	<b>X</b>	<b>X</b>	<b>probably not</b>	<b>X</b>
<b>FISH</b>	<b>X</b>	<b>probably not</b>	<b>possibly</b>	<b>✓</b>
<b>LARD</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>

# PERMITTED AND PROHIBITED FOODS

## ASIAN FOODS AND DIETS

### HINDUS, SIKHS AND MUSLIMS :

LIST OF OVERHEAD PROJECTOR TRANSPARENCIES (OHPs) IN PACK

FOOD	Hindus & Sikhs	Hindus	Sikhs	Muslims
EGGS	X	possibly	possibly	✓ F1
MILK	✓	✓	✓	✓ F2
YOGHURT	✓	✓	✓	✓ F3
BUTTER	✓	✓	✓	✓ F4
CHEESE	not possibly	possibly	possibly	possibly MAPS (M)
CHICKEN	X	possibly	possibly	halal M8 M9
MUTTON	X	not possibly	possibly	halal
BEEF	X	X	X	halal
PORK	X	X	not possibly	X
FISH	X	not possibly	possibly	✓
LARD	X	X	X	X





SECRET

100-443887-100

[illegible]

STATE OF TEXAS

IN THE COUNTY OF DALLAS

SHIRLEY ANN BROWN

vs.

JOHN BROWN

and

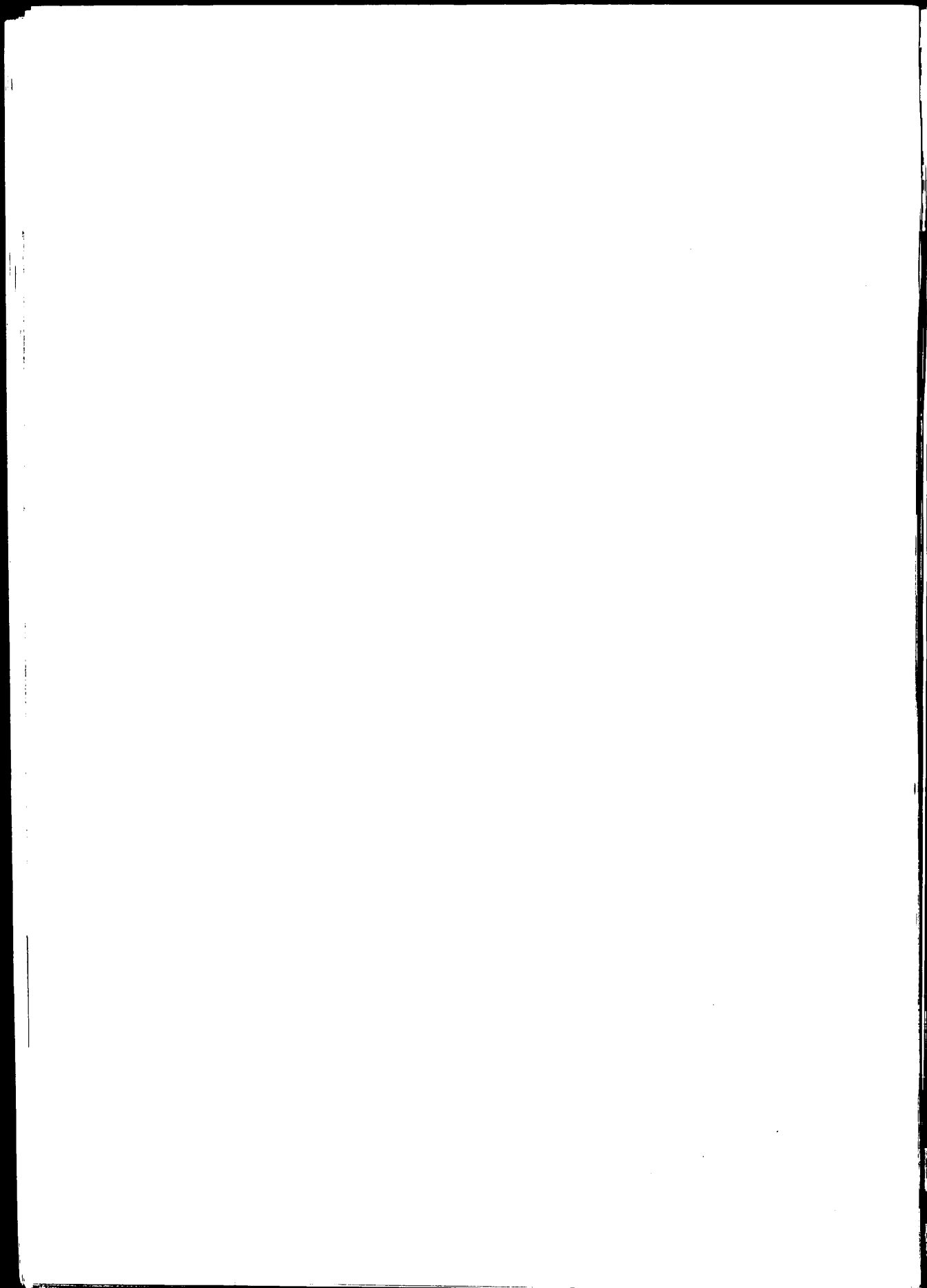
JOHN BROWN JR.

vs.

JOHN BROWN

and

JOHN BROWN JR.



# **MAIN STAPLES, PROTEIN SOURCES AND OTHERS**

MAIN FOODS FOR VEGETARIANS AND OTHERS		STAPLES
SUBCONTINENT		
whole wheat flour products and cereals		
some fortified breakfast cereals		
pulses		
dark green leafy vegetables		MAIN SOURCES OF PROTEIN
oat products		
dried fruit		
nuts		
gur		
FOR NON - VEGETARIANS ONLY		MAIN FATS
meat and liver		
meat extracts		
eggs		

## **MAIN STAPLES, PROTEIN SOURCES & FATS**

	<b>U.K</b>	<b>NORTHERN INDIAN SUBCONTINENT</b>
<b>STAPLES</b>		
<b>MAIN SOURCES OF PROTEIN</b>		
<b>MAIN FATS</b>		

## **SOME DIETARY SOURCES OF IRON**

### **FOR VEGETARIANS AND OTHERS**

**wholewheat flour products and cereals**

**some fortified breakfast cereals**

**pulses**

**dark green leafy vegetables**

**oat products**

**dried fruit**

**nuts**

**gur**

### **FOR NON - VEGETARIANS ONLY**

**meat and liver**

**meat extracts**

**eggs**

# **STATES AND OTHERS IN NORTH AND CENTRAL AMERICA**

	INDIAN NORTH AMERICAN AND OTHERS	SUBCONTINENT
STAPLES	whole wheat flour products and cereals some fortified breakfast cereals pulses dark green leafy vegetables	oat products dried fruit nuts eggs
MAIN SOURCES OF PROTEIN		
MAIN FATS	FOR NON - VEGETARIANS ONLY	meat and liver meat extracts



1  
2  
3  
4  
5  
6  
7  
8  
9  
10  
11  
12  
13  
14  
15  
16  
17  
18  
19  
20  
21  
22  
23  
24  
25  
26  
27  
28  
29  
30  
31  
32  
33  
34  
35  
36  
37  
38  
39  
40  
41  
42  
43  
44  
45  
46  
47  
48  
49  
50  
51  
52  
53  
54  
55  
56  
57  
58  
59  
60  
61  
62  
63  
64  
65  
66  
67  
68  
69  
70  
71  
72  
73  
74  
75  
76  
77  
78  
79  
80  
81  
82  
83  
84  
85  
86  
87  
88  
89  
90  
91  
92  
93  
94  
95  
96  
97  
98  
99  
100  
101  
102  
103  
104  
105  
106  
107  
108  
109  
110  
111  
112  
113  
114  
115  
116  
117  
118  
119  
120  
121  
122  
123  
124  
125  
126  
127  
128  
129  
130  
131  
132  
133  
134  
135  
136  
137  
138  
139  
140  
141  
142  
143  
144  
145  
146  
147  
148  
149  
150  
151  
152  
153  
154  
155  
156  
157  
158  
159  
160  
161  
162  
163  
164  
165  
166  
167  
168  
169  
170  
171  
172  
173  
174  
175  
176  
177  
178  
179  
180  
181  
182  
183  
184  
185  
186  
187  
188  
189  
190  
191  
192  
193  
194  
195  
196  
197  
198  
199  
200  
201  
202  
203  
204  
205  
206  
207  
208  
209  
210  
211  
212  
213  
214  
215  
216  
217  
218  
219  
220  
221  
222  
223  
224  
225  
226  
227  
228  
229  
230  
231  
232  
233  
234  
235  
236  
237  
238  
239  
240  
241  
242  
243  
244  
245  
246  
247  
248  
249  
250  
251  
252  
253  
254  
255  
256  
257  
258  
259  
260  
261  
262  
263  
264  
265  
266  
267  
268  
269  
270  
271  
272  
273  
274  
275  
276  
277  
278  
279  
280  
281  
282  
283  
284  
285  
286  
287  
288  
289  
290  
291  
292  
293  
294  
295  
296  
297  
298  
299  
300  
301  
302  
303  
304  
305  
306  
307  
308  
309  
310  
311  
312  
313  
314  
315  
316  
317  
318  
319  
320  
321  
322  
323  
324  
325  
326  
327  
328  
329  
330  
331  
332  
333  
334  
335  
336  
337  
338  
339  
340  
341  
342  
343  
344  
345  
346  
347  
348  
349  
350  
351  
352  
353  
354  
355  
356  
357  
358  
359  
360  
361  
362  
363  
364  
365  
366  
367  
368  
369  
370  
371  
372  
373  
374  
375  
376  
377  
378  
379  
380  
381  
382  
383  
384  
385  
386  
387  
388  
389  
390  
391  
392  
393  
394  
395  
396  
397  
398  
399  
400  
401  
402  
403  
404  
405  
406  
407  
408  
409  
410  
411  
412  
413  
414  
415  
416  
417  
418  
419  
420  
421  
422  
423  
424  
425  
426  
427  
428  
429  
430  
431  
432  
433  
434  
435  
436  
437  
438  
439  
440  
441  
442  
443  
444  
445  
446  
447  
448  
449  
450  
451  
452  
453  
454  
455  
456  
457  
458  
459  
460  
461  
462  
463  
464  
465  
466  
467  
468  
469  
470  
471  
472  
473  
474  
475  
476  
477  
478  
479  
480  
481  
482  
483  
484  
485  
486  
487  
488  
489  
490  
491  
492  
493  
494  
495  
496  
497  
498  
499  
500  
501  
502  
503  
504  
505  
506  
507  
508  
509  
510  
511  
512  
513  
514  
515  
516  
517  
518  
519  
520  
521  
522  
523  
524  
525  
526  
527  
528  
529  
530  
531  
532  
533  
534  
535  
536  
537  
538  
539  
540  
541  
542  
543  
544  
545  
546  
547  
548  
549  
550  
551  
552  
553  
554  
555  
556  
557  
558  
559  
560  
561  
562  
563  
564  
565  
566  
567  
568  
569  
570  
571  
572  
573  
574  
575  
576  
577  
578  
579  
580  
581  
582  
583  
584  
585  
586  
587  
588  
589  
590  
591  
592  
593  
594  
595  
596  
597  
598  
599  
600  
601  
602  
603  
604  
605  
606  
607  
608  
609  
610  
611  
612  
613  
614  
615  
616  
617  
618  
619  
620  
621  
622  
623  
624  
625  
626  
627  
628  
629  
630  
631  
632  
633  
634  
635  
636  
637  
638  
639  
640  
641  
642  
643  
644  
645  
646  
647  
648  
649  
650  
651  
652  
653  
654  
655  
656  
657  
658  
659  
660  
661  
662  
663  
664  
665  
666  
667  
668  
669  
670  
671  
672  
673  
674  
675  
676  
677  
678  
679  
680  
681  
682  
683  
684  
685  
686  
687  
688  
689  
690  
691  
692  
693  
694  
695  
696  
697  
698  
699  
700  
701  
702  
703  
704  
705  
706  
707  
708  
709  
710  
711  
712  
713  
714  
715  
716  
717  
718  
719  
720  
721  
722  
723  
724  
725  
726  
727  
728  
729  
730  
731  
732  
733  
734  
735  
736  
737  
738  
739  
740  
741  
742  
743  
744  
745  
746  
747  
748  
749  
750  
751  
752  
753  
754  
755  
756  
757  
758  
759  
760  
761  
762  
763  
764  
765  
766  
767  
768  
769  
770  
771  
772  
773  
774  
775  
776  
777  
778  
779  
780  
781  
782  
783  
784  
785  
786  
787  
788  
789  
790  
791  
792  
793  
794  
795  
796  
797  
798  
799  
800  
801  
802  
803  
804  
805  
806  
807  
808  
809  
810  
811  
812  
813  
814  
815  
816  
817  
818  
819  
820  
821  
822  
823  
824  
825  
826  
827  
828  
829  
830  
831  
832  
833  
834  
835  
836  
837  
838  
839  
840  
841  
842  
843  
844  
845  
846  
847  
848  
849  
850  
851  
852  
853  
854  
855  
856  
857  
858  
859  
860  
861  
862  
863  
864  
865  
866  
867  
868  
869  
870  
871  
872  
873  
874  
875  
876  
877  
878  
879  
880  
881  
882  
883  
884  
885  
886  
887  
888  
889  
890  
891  
892  
893  
894  
895  
896  
897  
898  
899  
900  
901  
902  
903  
904  
905  
906  
907  
908  
909  
910  
911  
912  
913  
914  
915  
916  
917  
918  
919  
920  
921  
922  
923  
924  
925  
926  
927  
928  
929  
930  
931  
932  
933  
934  
935  
936  
937  
938  
939  
940  
941  
942  
943  
944  
945  
946  
947  
948  
949  
950  
951  
952  
953  
954  
955  
956  
957  
958  
959  
960  
961  
962  
963  
964  
965  
966  
967  
968  
969  
970  
971  
972  
973  
974  
975  
976  
977  
978  
979  
980  
981  
982  
983  
984  
985  
986  
987  
988  
989  
990  
991  
992  
993  
994  
995  
996  
997  
998  
999  
1000

MONITOR

AND OTHER

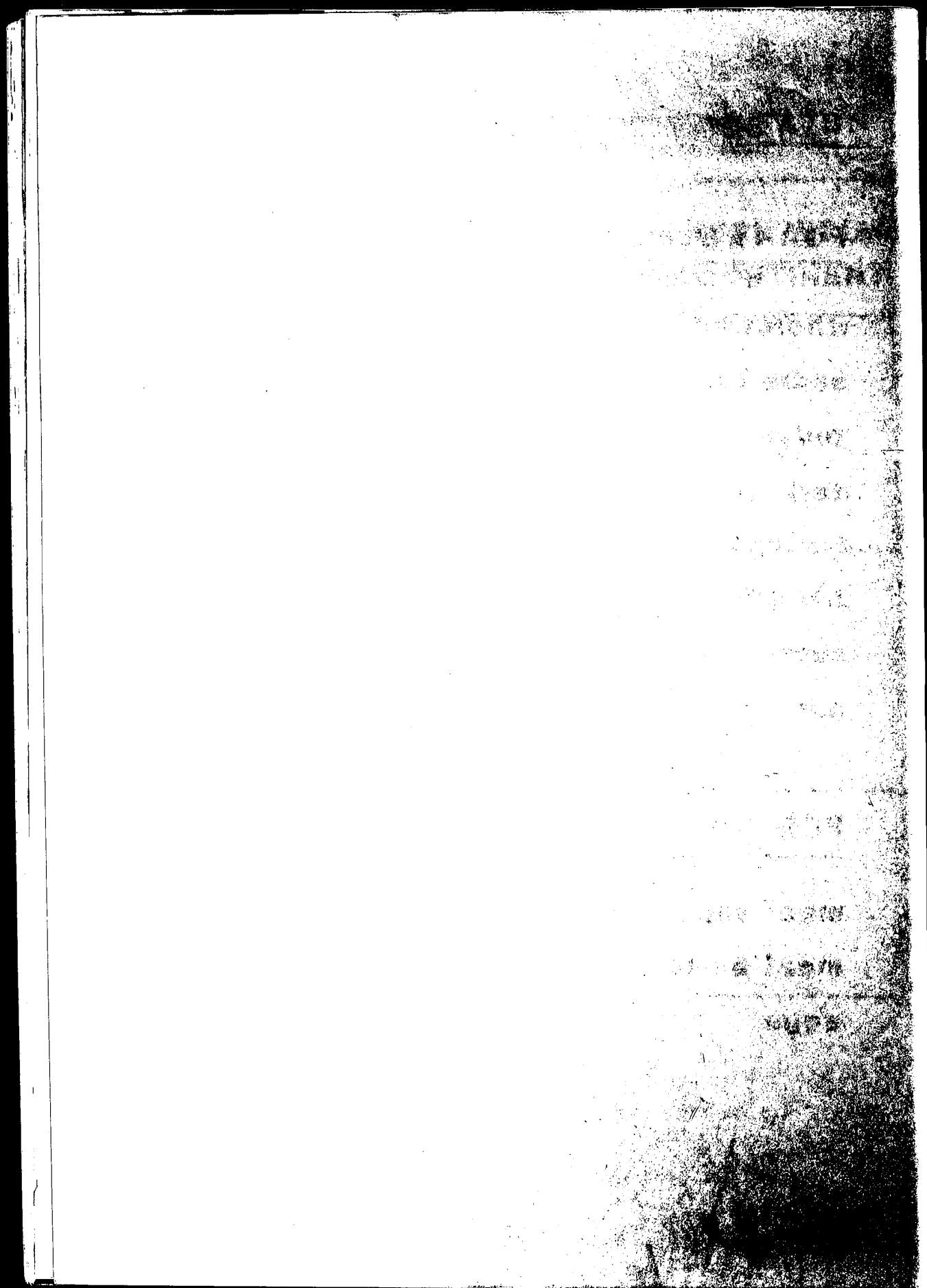
AND OTHER

AND OTHER

AND OTHER

AND OTHER





**SOME DIETARY SOURCES OF VITAMIN B12**  
**SOME DIETARY SOURCES OF VITAMIN D**

**FOR VEGETARIANS AND OTHERS**  
**FOR VEGETARIANS AND OTHERS**

unboiled milk	some baby milk powders
some yeast extracts	some evaporated milks
dried milks	some dried milks
yoghurt	vegetarian margarine
curd cheese	some commercial yoghurts

**FOR NON - VEGETARIANS ONLY**  
**FOR NON - VEGETARIANS ONLY**

meat and offal	oil fish
meat extracts	fish oils
fish	liver
eggs	eggs
	margarine

## **SOME DIETARY SOURCES OF VITAMIN D**

### **FOR VEGETARIANS AND OTHERS**

**some baby milk powders**  
**some evaporated milks**  
**some dried milks**  
**vegetarian margarines**  
**some commercial yoghurts**

### **FOR NON - VEGETARIANS ONLY**

**oily fish**  
**fish oils**  
**liver**  
**eggs**  
**margarine**

## **SOME DIETARY SOURCES OF VITAMIN B12**

### **FOR VEGETARIANS AND OTHERS**

**unboiled milk**

**some yeast extracts**

**dried milks**

**yoghurt**

**curd cheese**

### **FOR NON - VEGETARIANS ONLY**

**meat and offal**

**meat extracts**

**fish**

**eggs**

**SOME DIETARY SOURCES OF VITAMIN D**  
**SOME DIETARY SOURCES OF VITAMIN B12**

**FOR VEGETARIANS AND OTHERS**

some baby milk powders

unboiled milk

some evaporated milks

some yeast extracts

some dried milks

dried milks

vegetarian margarines

yoghurt

some commercial yoghurts

curd cheese

**FOR NON - VEGETARIANS ONLY**

**FOR NON - VEGETARIANS ONLY**

oily fish

meat and offal

fish oils

meat extracts

liver

fish

eggs

eggs

margarine





SOME DIETARY SOURCES OF VITAMIN D

FOR VEGETARIANS

unballed milk

some yeast

dried milk

Yoghurt

curd cheese

FOR NON-VEGETARIANS

meat and fish

meat extracts

fish

eggs

RECORDS OF POLICE

CHARGE

INVESTIGATION

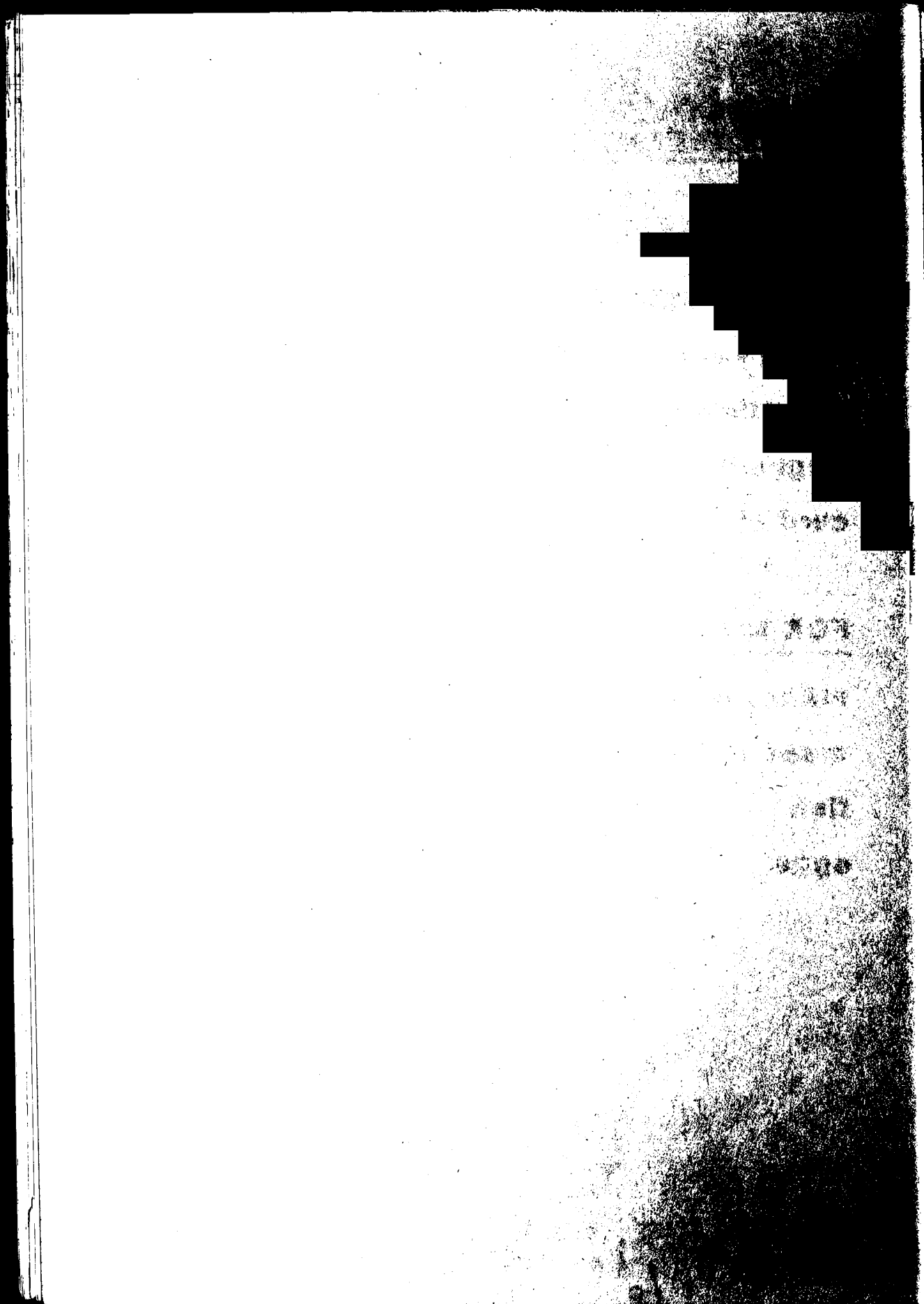
DATE

OFFICE

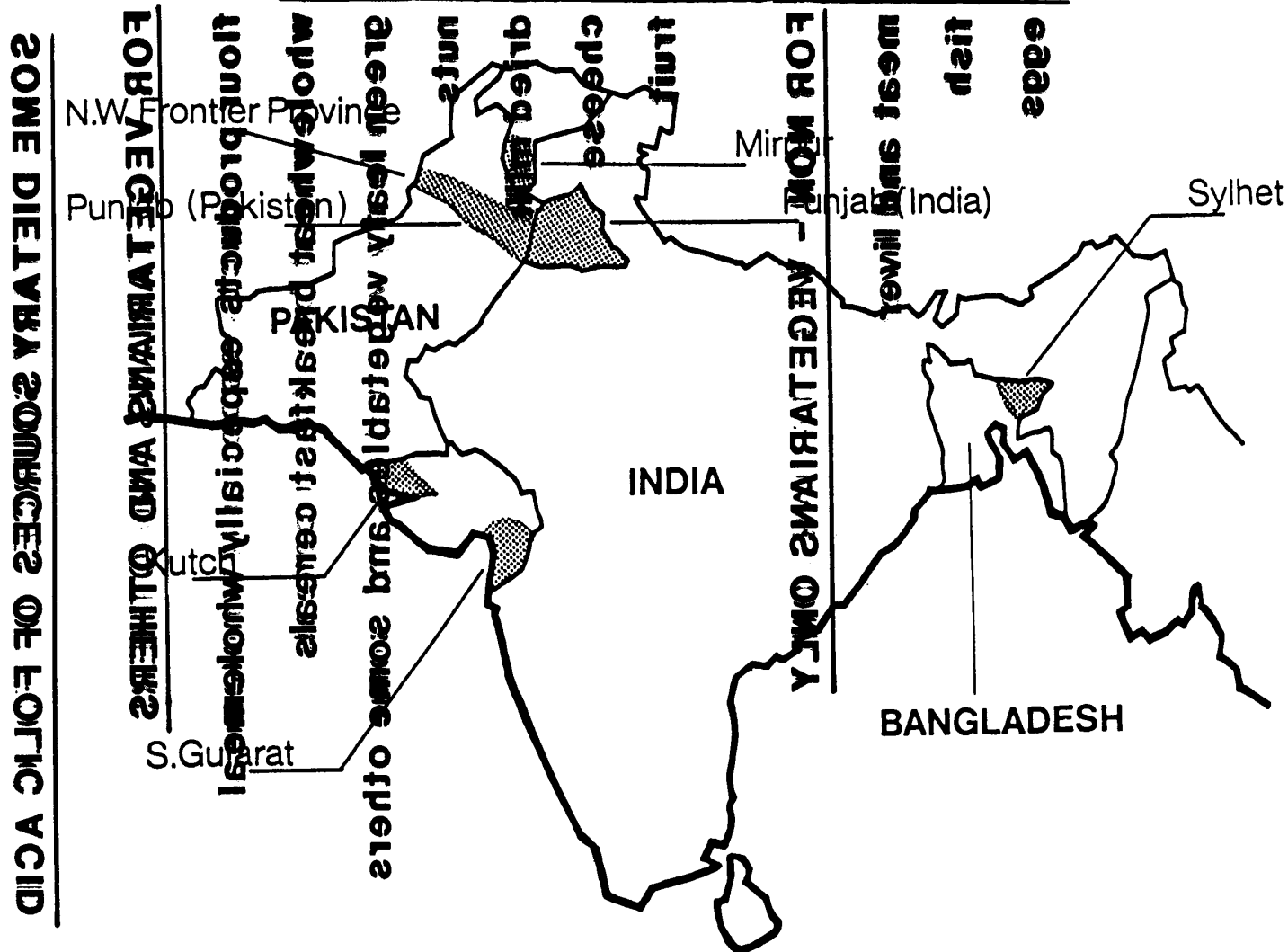
100-100000

100-100000

100-100000



# INDIA, PAKISTAN AND BANGLADESH



**SOME DIETARY SOURCES OF FOLIC ACID**

## **SOME DIETARY SOURCES OF FOLIC ACID**

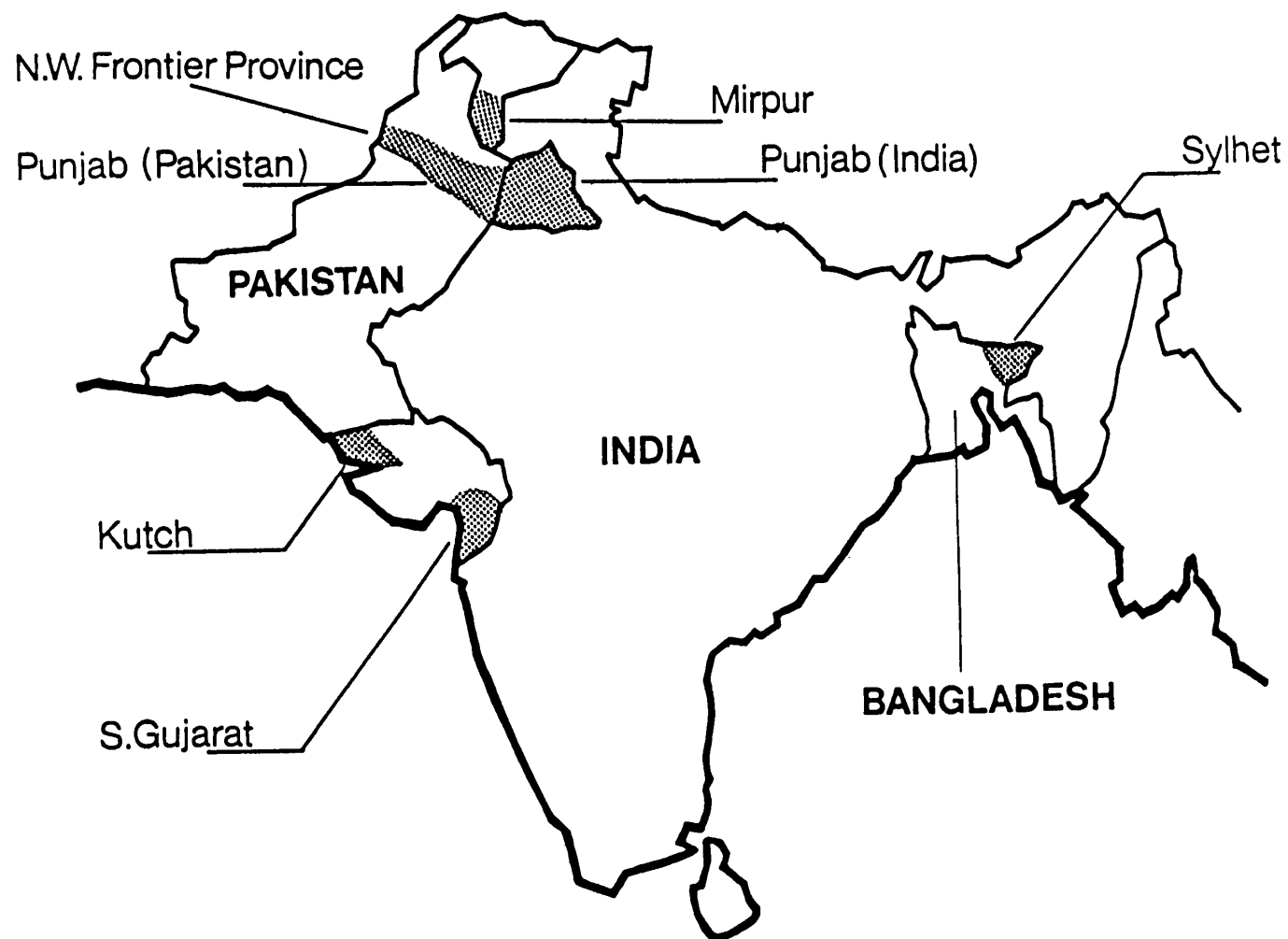
### **FOR VEGETARIANS AND OTHERS**

**flour products especially wholemeal**  
**wholewheat breakfast cereals**  
**green leafy vegetables and some others**  
**nuts**  
**dried milk**  
**cheese**  
**fruit**

### **FOR NON - VEGETARIANS ONLY**

**meat and liver**  
**fish**  
**eggs**

## INDIA, PAKISTAN AND BANGLADESH



## FOR VEGETARIANS AND OTHERS

flour products especially wholemeal  
wholewheat breakfast cereals  
green leafy vegetables and some others

## Guts

**dried milk**

# cheese

# fruit

**FOR NON-VEGETARIANS ONLY**

## Heart and Liver

**fish**

## Sagas

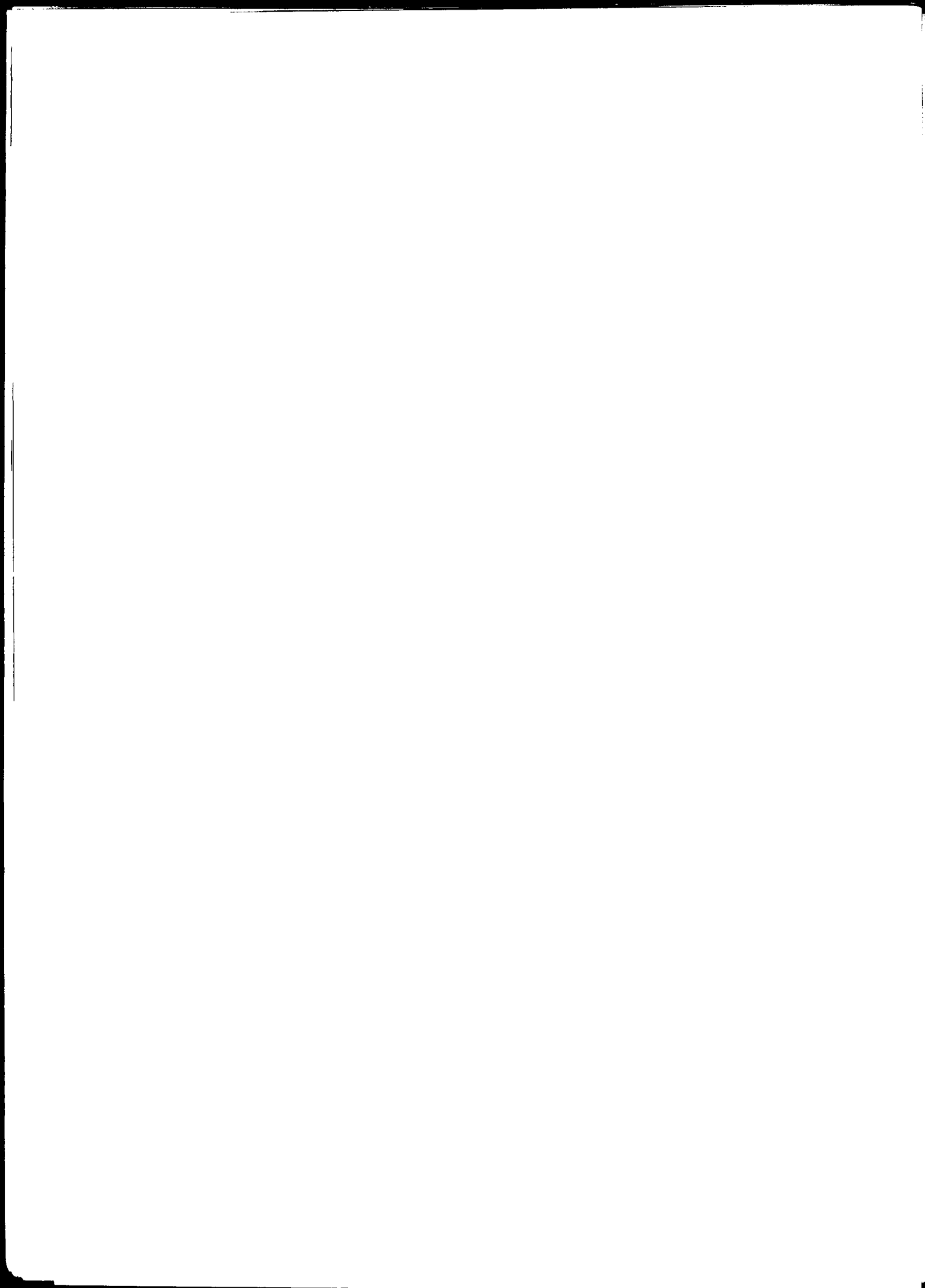
## 2ylhet

# INDIA

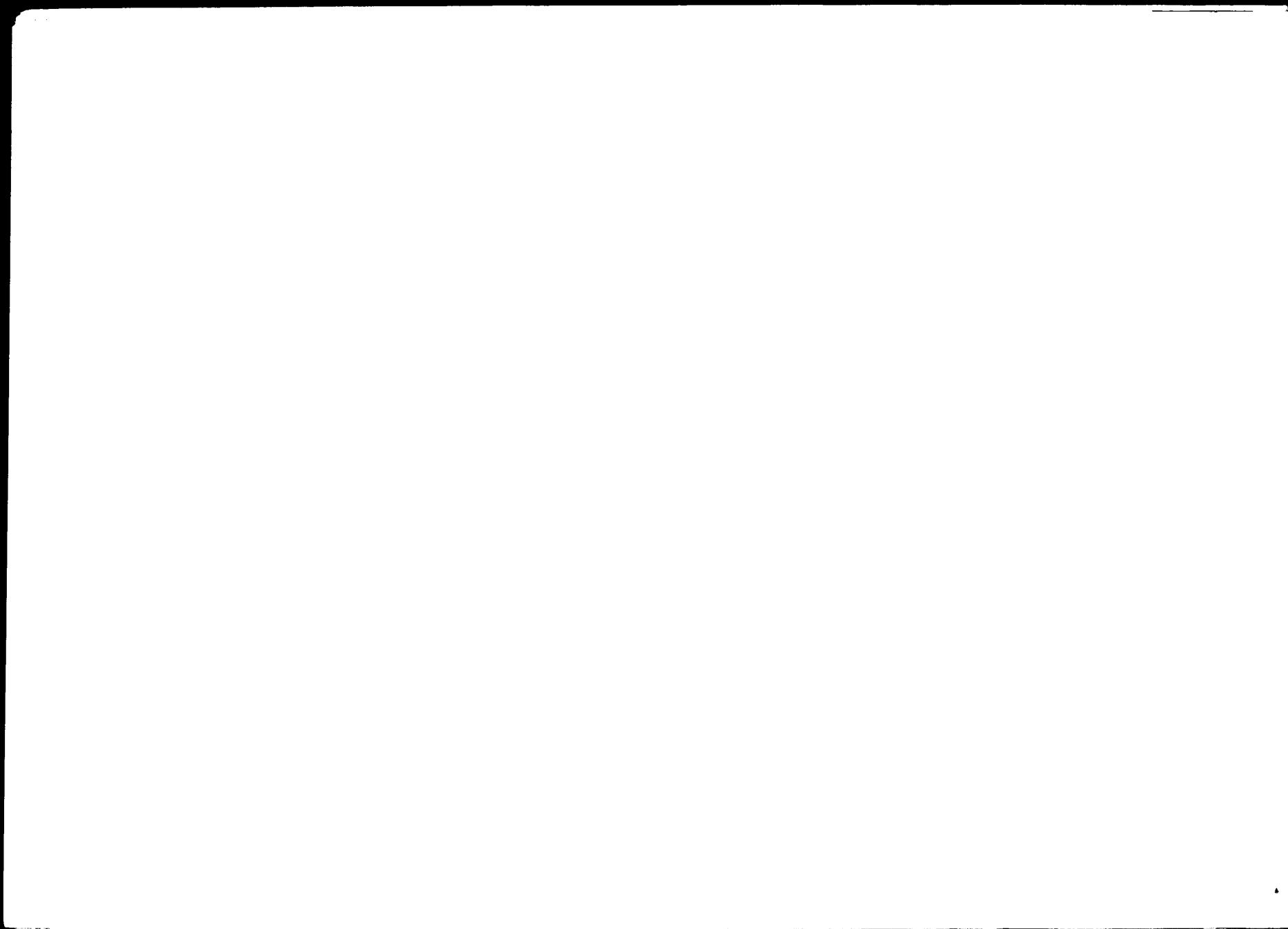
**BANGLADESH**











ASIAN FOODS & DIETS

KING'S FUND CENTRE  
LIBRARY

SLIDE NOTES

The main aim of these slides is to familiarise trainees with some of the foods that are likely to be familiar or important to Asian patients or clients, and so to enable them to discuss foods and diets from a basis of greater knowledge and confidence.

During training sessions the slides should be set in context and supplemented with information from the Trainer's Manual. Actual samples of foods should also be provided where possible.

Hindi names of some foods are given in the notes below, usually with the English name in brackets. See Appendix IV of the Trainer's Manual for a rough guide to the pronunciation of the Hindi words.

LIST OF CONTENTS (more detailed notes are given below)

The slides are divided into groups:

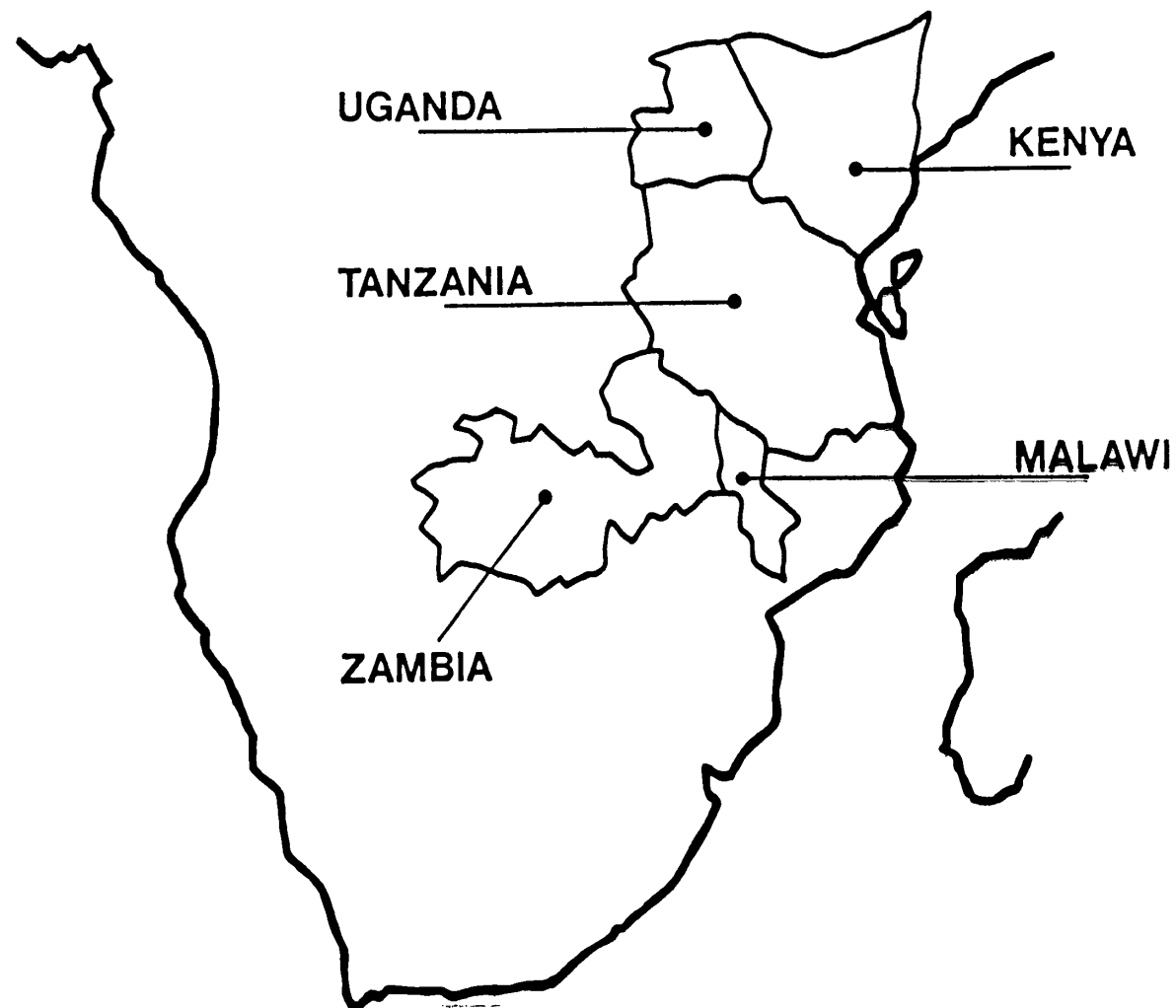
Slides 1 - 13 show some of the foods and ingredients used by people in the northern part of the Indian subcontinent and also available in Britain:

1. Pulses
2. Chickpeas and some different uses
3. Making a chapatti
4. Some vegetables commonly eaten in the Indian subcontinent (1)
5. Some vegetables commonly eaten in the Indian subcontinent (2)
6. Some fruits commonly eaten in the Indian subcontinent
7. A pestle and mortar and some spices
8. A spice tray
9. A pickle tray
10. Paan
11. Some Asian savoury snacks
12. Samosas
13. Some Asian sweets

Slides 14 - 20 show some examples of meals; evening meals cooked by Asian families in Britain and Asian meals cooked in a British hospital:

14. Evening meal (Pakistani Muslim)
15. Evening meal (Punjabi Sikh)
16. Evening meal (Bangladeshi Muslim)
17. Evening meal (Gujarati Hindu)
18. Meal suitable for a vegetarian patient
19. Meal suitable for a Muslim patient
20. Meal suitable for a non-vegetarian patient (non-Muslim)

## EAST AFRICA



## ASIAN FOODS & DIETS

KING'S FUND CENTRE  
LIBRARY

### SLIDE NOTES

The main aim of these slides is to familiarise trainees with some of the foods that are likely to be familiar or important to Asian patients or clients, and so to enable them to discuss foods and diets from a basis of greater knowledge and confidence.

During training sessions the slides should be set in context and supplemented with information from the Trainer's Manual. Actual samples of foods should also be provided where possible.

Hindi names of some foods are given in the notes below, usually with the English name in brackets. See Appendix IV of the Trainer's Manual for a rough guide to the pronunciation of the Hindi words.

### LIST OF CONTENTS (more detailed notes are given below)

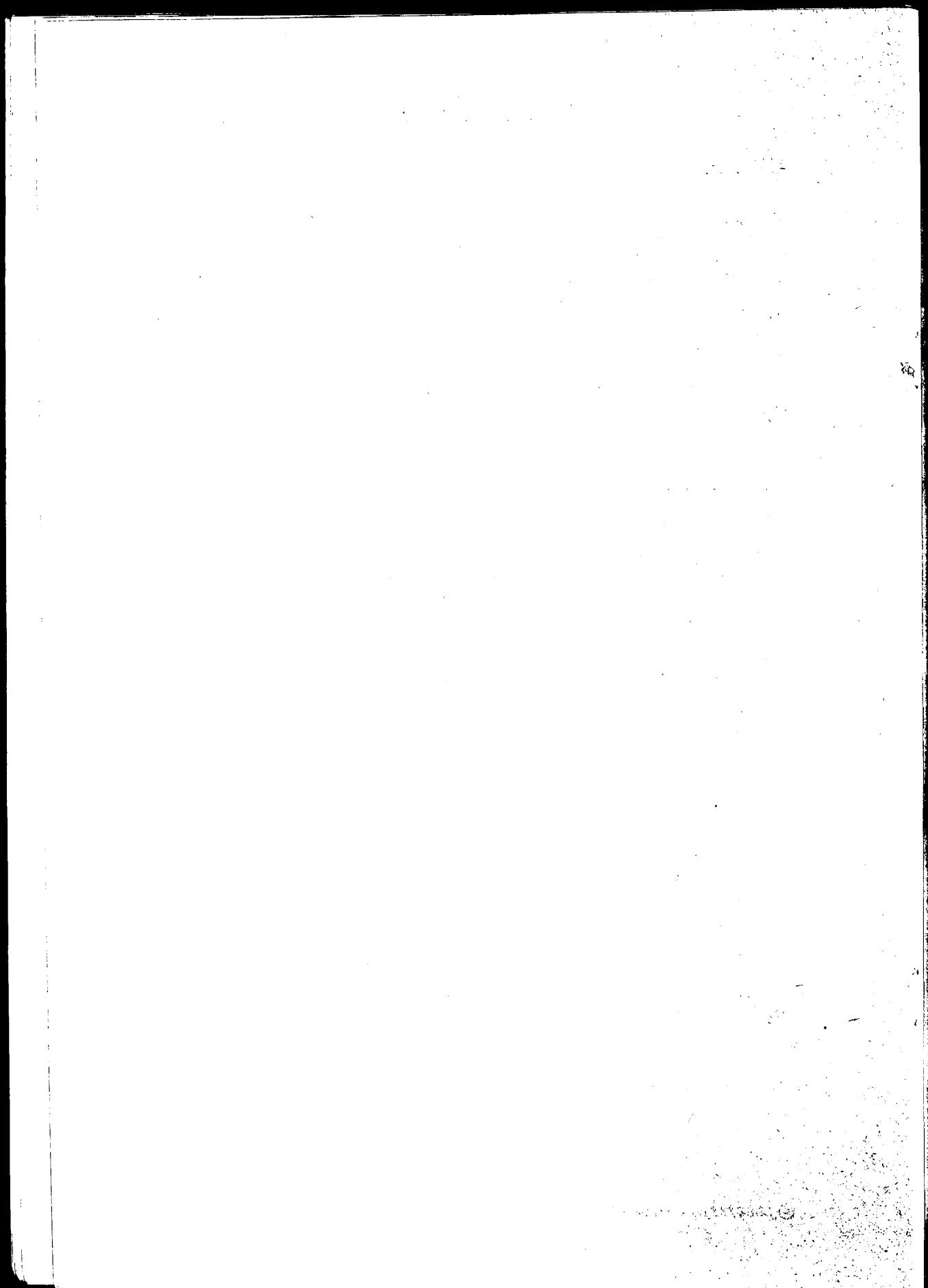
The slides are divided into groups:

Slides 1 - 13 show some of the foods and ingredients used by people in the northern part of the Indian subcontinent and also available in Britain:

1. Pulses
2. Chickpeas and some different uses
3. Making a chapatti
4. Some vegetables commonly eaten in the Indian subcontinent (1)
5. Some vegetables commonly eaten in the Indian subcontinent (2)
6. Some fruits commonly eaten in the Indian subcontinent
7. A pestle and mortar and some spices
8. A spice tray
9. A pickle tray
10. Paan
11. Some Asian savoury snacks
12. Samosas
13. Some Asian sweets

Slides 14 - 20 show some examples of meals; evening meals cooked by Asian families in Britain and Asian meals cooked in a British hospital:

14. Evening meal (Pakistani Muslim)
15. Evening meal (Punjabi Sikh)
16. Evening meal (Bangladeshi Muslim)
17. Evening meal (Gujarati Hindu)
18. Meal suitable for a vegetarian patient
19. Meal suitable for a Muslim patient
20. Meal suitable for a non-vegetarian patient (non-Muslim)





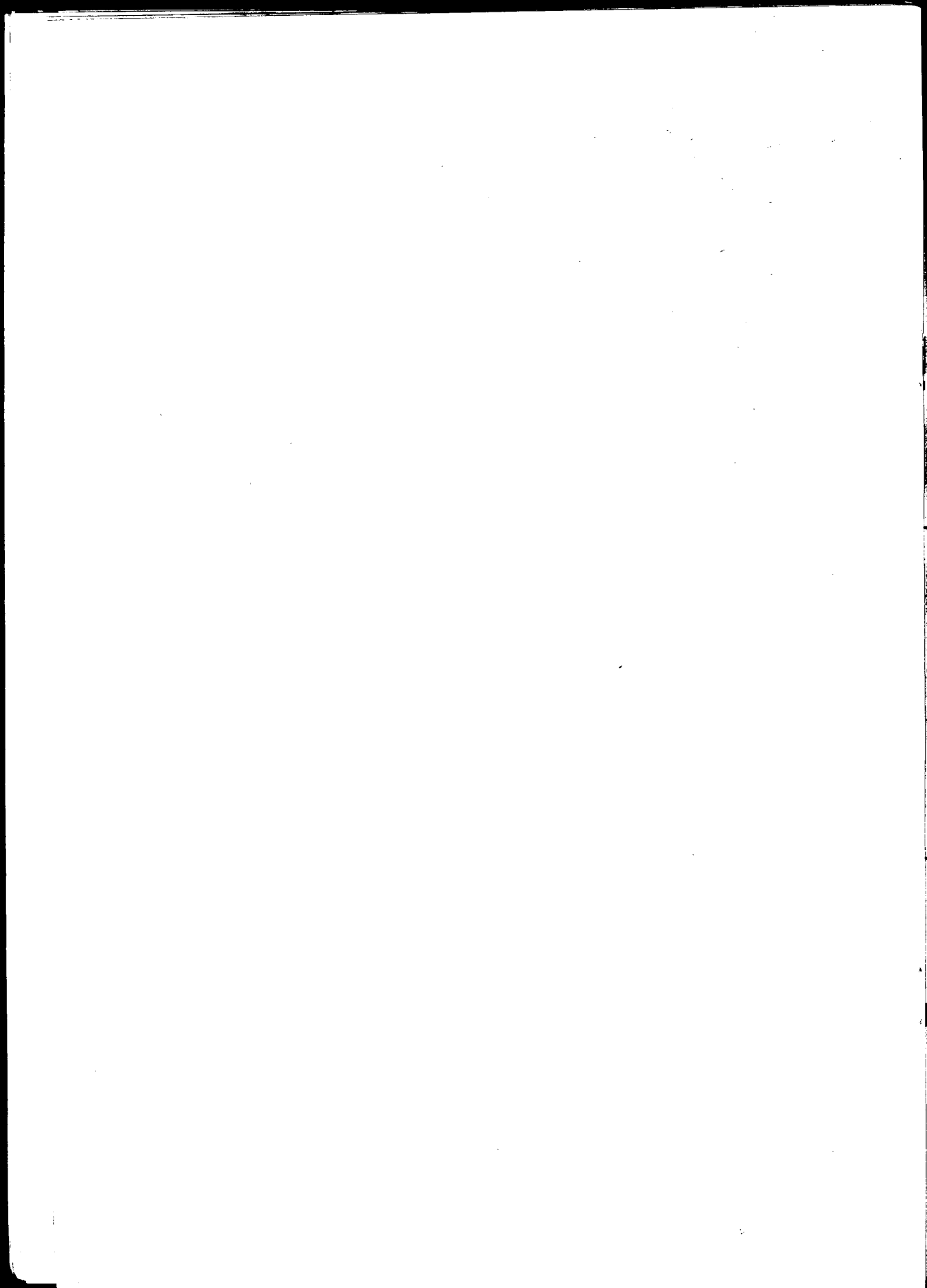
Slides 21 - 31 show selections of foods contrasting those foods that are acceptable to vegetarians and to non-vegetarians:

21. Some sources of protein for non-vegetarians
22. Some sources of protein for vegetarians
23. Some sources of iron for non-vegetarians
24. Some sources of iron for vegetarians
25. Some sources of Vitamin D for non-vegetarians
26. Some sources of Vitamin D for vegetarians
27. Some sources of Vitamin B12 for non-vegetarians
28. Some sources of Vitamin B12 for vegetarians
29. Some sources of Folic Acid for non-vegetarians
30. Some sources of Folic Acid for vegetarians
31. Some sources of Vitamin C

Slides 32 - 37 show examples of foods that may be important for people on special diets, highlighting some foods likely to be eaten by Asian people:

32. Asian non-vegetarian diabetics: some foods that contain little or no carbohydrate
33. Asian vegetarian diabetics: some foods that contain little or no carbohydrate
34. Asian diabetics: some foods that should be avoided
35. Asian diabetics: some foods that can be eaten in moderation
36. Asians on a reducing diet: some foods that can be eaten freely
37. Asians on a reducing diet: some foods that should be avoided

Special thanks to Rachel Abraham, James Clayton and Lynda Snape.



## **1** PULSES

In rows from top left: urad (black gram) whole, split, split and washed; chana (chickpeas) whole, two varieties (kabuli chana and kala chana), kabuli chana split; moong (green gram) whole and split; arhar (pigeon/gungo peas) whole and split; masoor (lentil) whole red, whole brown, split red; rajma (kidney beans), matar (peas), lobia (cowpeas/black-eyed peas), mot (brown beans).

### Notes on Slide 1:

- i. *Pulses form an important part of many Asian diets. They are usually eaten with rice or chapattis so that the full value of the protein in each is obtained.*
- ii. *Pulses can be used whole or split to make different dishes. Every pulse has several different uses.*

## **2** CHICKPEAS (CHANA) AND SOME DIFFERENT USES

From top left clockwise: chana dal (curried whole); chana dal (curried split); whole dried kala chana (chickpeas); split dried chana; bhuna chana (whole roasted chickpeas, savoury snack); besan (chickpea flour, also known as gramflour, used in curries, batters and sweets). In centre: whole dried kabuli chana (chickpeas).

### Note on Slide 2:

- i. *Kala chana and kabuli chana are two different varieties of chickpeas. Kabuli chana is more commonly used.*

## **3** MAKING A CHAPATTI

Rolling pin and board, ball of dough (flour and water), chapatti flour, uncooked chapatti on tawa (will be placed over gas flame or electric ring to heat, chapatti cooked quickly on each side, then held briefly over naked flame or under grill to puff up).

### Notes on Slide 3:

- i. *Tawas are traditionally made of cast-iron or earthenware. The one in the slide is a modern lighter variety.*
- ii. *Chapattis are usually cooked fresh at each meal though the dough may be made in advance.*

100

1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 26

*[The page contains faint, illegible markings.]*

the 1990s, the number of people in the world who are illiterate has increased from 1.2 billion to 1.5 billion. The number of illiterate people in the world is projected to increase to 1.7 billion by the year 2015. The number of illiterate people in the world is projected to increase to 1.7 billion by the year 2015.

*Journal of Management Education* 30(6)p.789-804

...and the fact that the *Journal* is a journal of the American Psychological Association, the largest and most influential organization in the field of psychology, adds to the journal's prestige and makes it a must-read for all psychologists.

...and the *Journal of the American Medical Association* (JAMA) has been the most influential journal in the field of medicine for over a century.

...and the *Journal of the American Medical Association* (JAMA) has been the most influential journal in the field of medicine for over a century.

...and the *Journal of the American Medical Association* (JAMA) has been the most widely cited journal in the field of medicine for over 100 years.

*Journal of Management Studies*, 37(6), 809–826.

#### **4** SOME VEGETABLES COMMONLY EATEN IN THE INDIAN SUBCONTINENT (1)

Cauliflower, tomatoes, coriander leaves, yam, green leafy vegetables (e.g. mustard leaves, spinach), saijan (drumsticks, on edge of picture), tindoor (round gourds - look like very small cucumbers), potatoes, bindhi (lady fingers), shakarkand (sweet potato), peas, karela (bitter gourd), cassava (peeled and chopped), torai (ridge gourd), carrots.

---

#### **5** SOME VEGETABLES COMMONLY EATEN IN THE INDIAN SUBCONTINENT (2)

Cabbage, baingan (egg plant/aubergine), methi leaves (fenugreek), kela (plantain - green banana-shaped), onions, kadoo (pumpkin), garlic, hari mirch (green chillis), cucumber, papdi (double beans - small), gooar (cluster beans - long), green pepper, doodhi (bottle gourd).

---

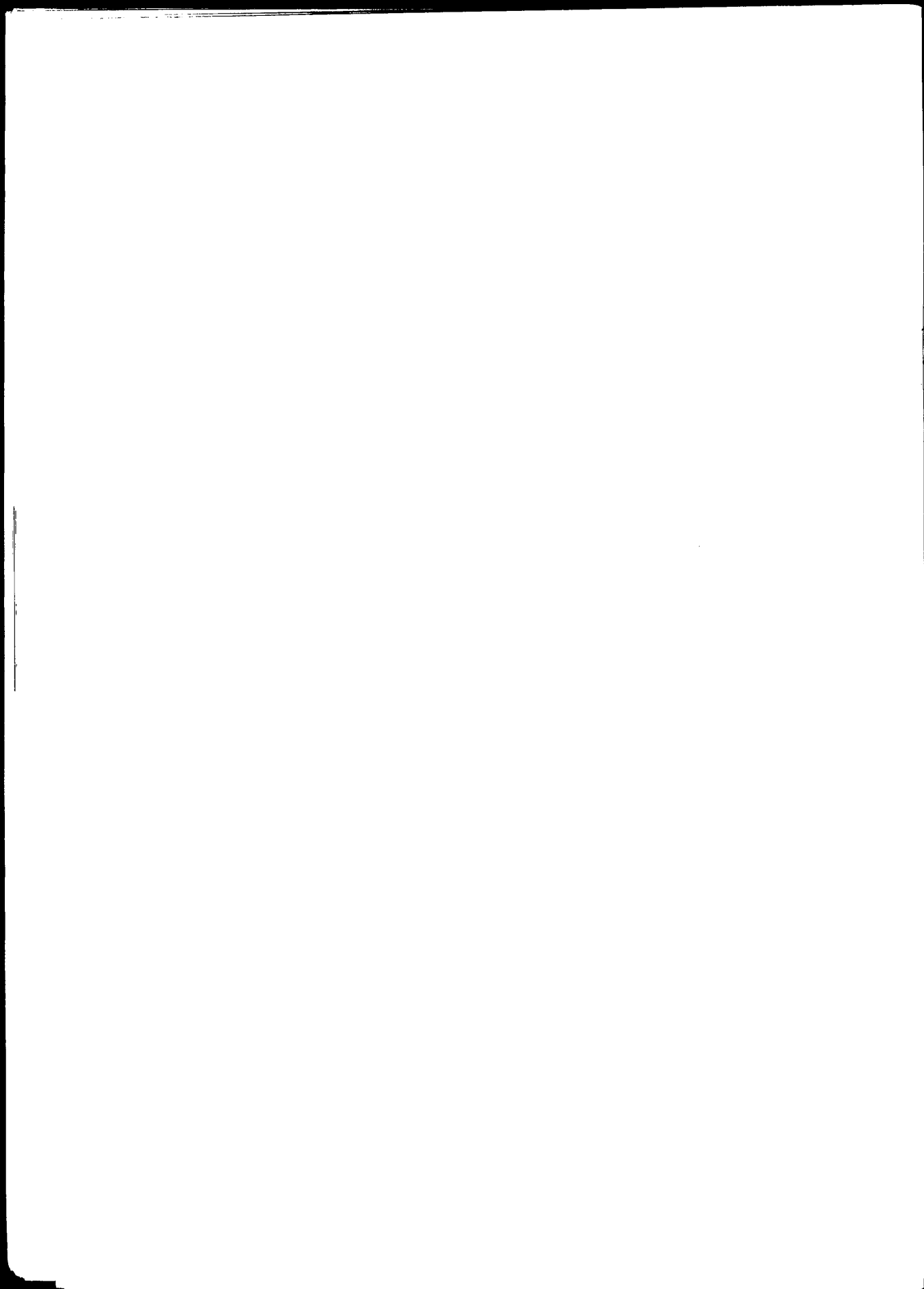
#### **6** SOME FRUITS COMMONLY EATEN IN THE INDIAN SUBCONTINENT

Bananas, pineapple, apples, melon, oranges, lemons, aam (mangoes), limes, papita (papaya), anar (pomegranate).

---

#### Notes on Slides 4, 5 and 6:

- i. *Certain vegetables and fruits are common to the northern part of the Indian subcontinent and to Britain. Those vegetables and fruits shown here are all available (sometimes only seasonally) both in the northern subcontinent and in Britain. Certain other specifically northern Indian vegetables and fruits are not available here.*
- ii. *In East Africa many Northern Indian vegetables and fruits continued to be available. Asians in East Africa also adopted certain local foodstuffs such as cassava and yam into their diet.*



## 7 A PESTLE AND MORTAR AND SOME SPICES

From top left clockwise: adrak (root ginger), lassan (garlic), whole kali mirch (black peppers), whole laung (cloves), dried lal mirch (red chillies), whole elaichi (green cardamom), whole methi (fenugreek seeds), whole jeera (cumin seeds), whole dhania (coriander seeds), elaichi (black cardamom, in centre), dalchini (cinnamon bark).

### Note on Slide 7:

- i. *Spices are often ground together before use. This pestle and mortar are made of steel. Pestles can also be made of wood or brass and mortars of stone or brass.*

## 8 A SPICE TRAY

From top centre clockwise: whole rai (mustard seeds), chilli powder, ground dhania (coriander), haldi (turmeric), whole jeera (cumin seeds), whole methi (fenugreek seeds). In centre: dried mirch (red and green chillies), dalchini (cinnamon bark), whole elaichi (cardamom).

### Note on Slide 8:

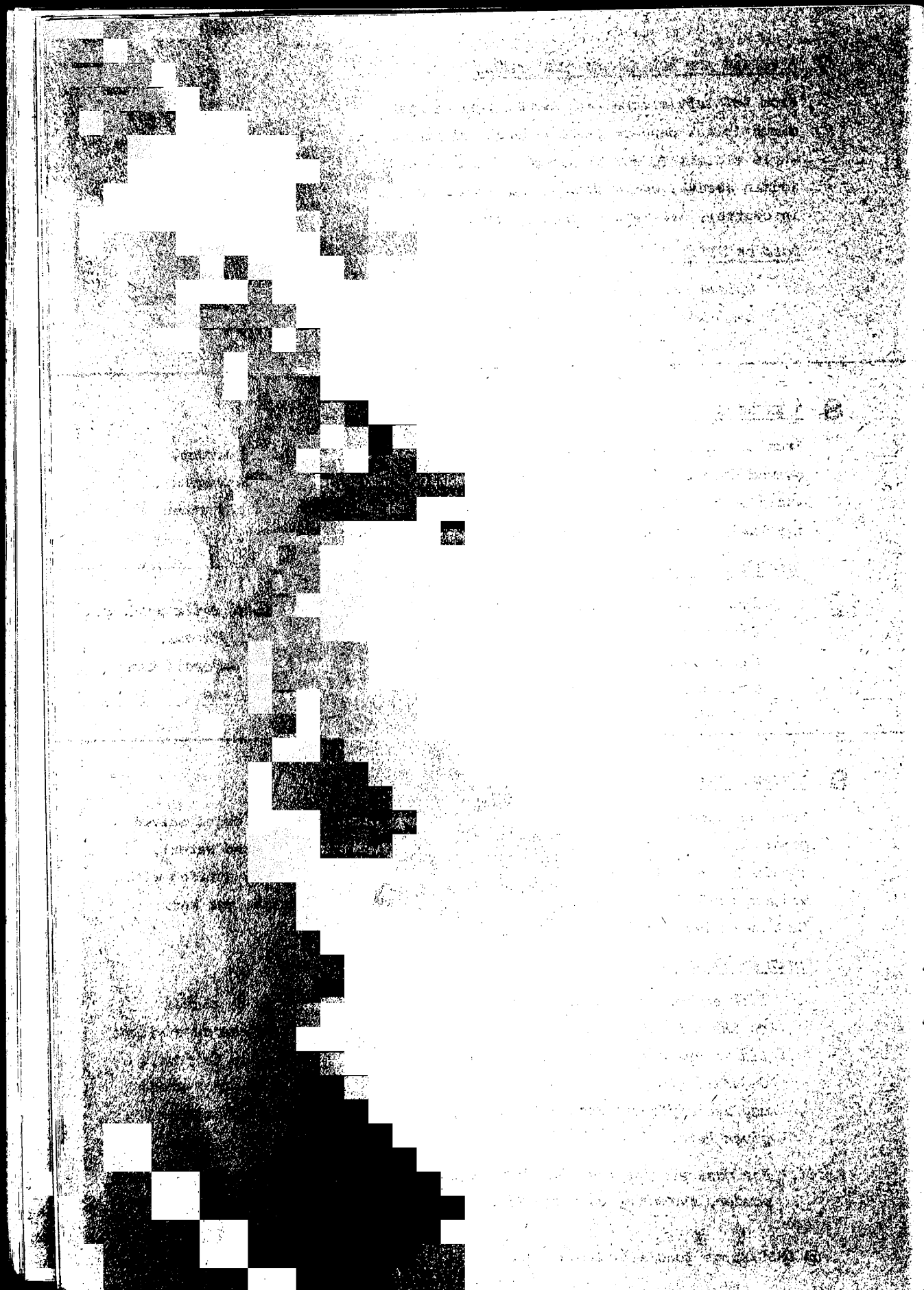
- i. *This tray is kept by the stove so that spices can be added while cooking. It has an airtight lid to prevent the spices losing their flavour. The contents of spice trays vary. This one is used in a Gujarati home. Other Gujarati families, and families from other areas, may use different spices.*

## 9 A PICKLE TRAY

From top clockwise: katki kerī (chopped mango pickle), dried fried salted gooar (cluster beans), limbu (lime pickled in turmeric, salt and water), goonda (pickled in lime and salt), hari mircha (green chillies stuffed with mustard powder), kati kerī (sour mango pickle), carrot pickle, gur kerī (hot sweet mango pickle made with coriander and gur).

### Notes on Slide 9:

- i. *Pickles form an important part of many meals. This tray is placed on the table at meals for people to help themselves. It has an airtight lid to prevent the pickles losing their flavour. This tray is from a Gujarati home. Other Gujarati families and families from other areas may use different combinations of pickles. The Gujarati names are given here.*
- ii. *For most pickles the pickling mixture is based on chilli powder, mustard powder, turmeric, salt and oil.*





## 10 PAAN

Paan is often chewed after a meal to complete it. A betel leaf is folded around the other ingredients which can include, for example, chopped or crushed betel nut, kato (red paste made from the bark of a tree) or white lime paste, grated coconut, cardamom, cloves, fennel, and other spices. Paan aids digestion and sweetens the breath. In Britain it is only available in a few shops and is often very expensive.

## 11 SOME ASIAN SAVOURY SNACKS

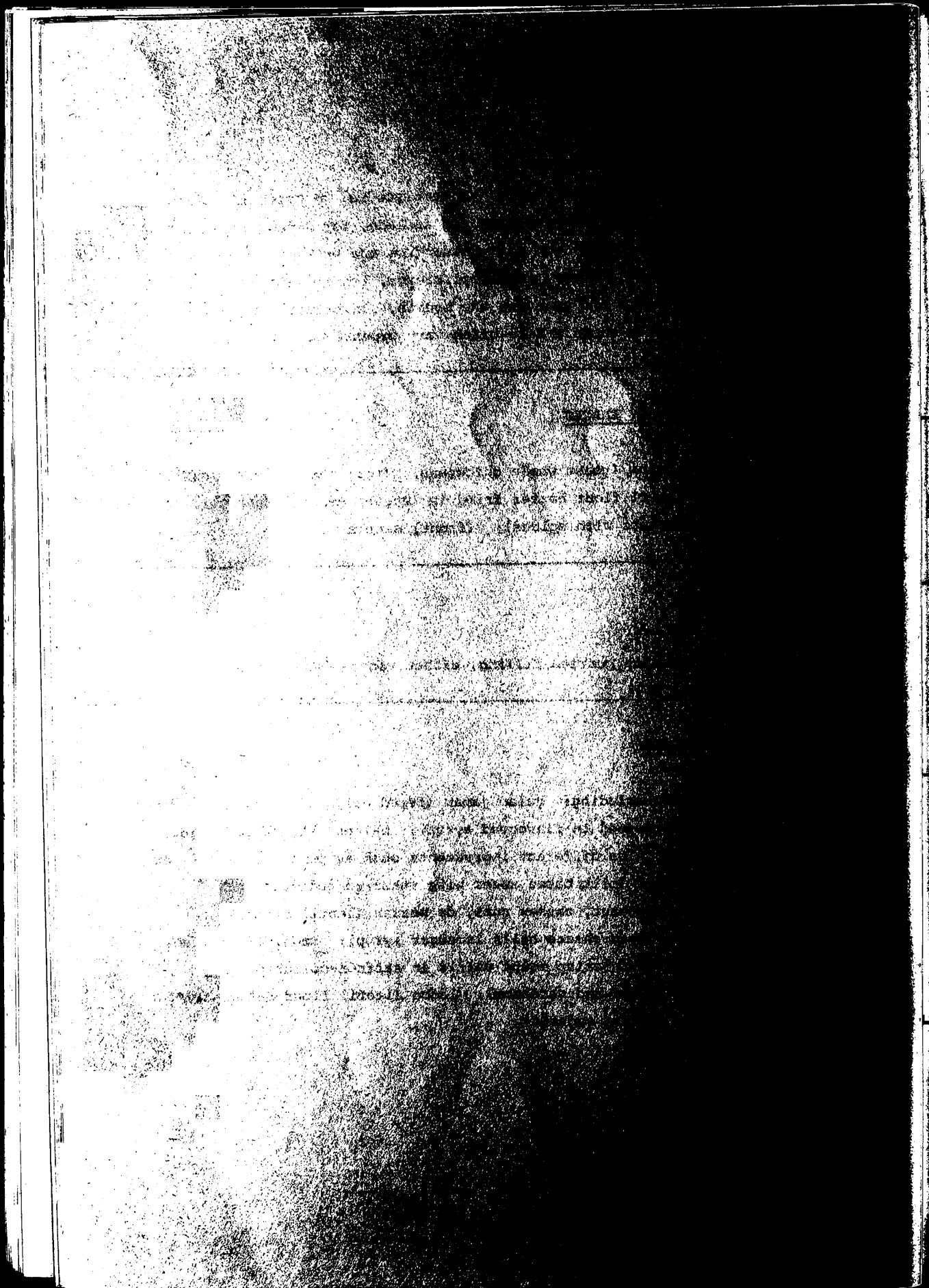
(left) bhuna chana (roast whole chickpeas); (top) chevra (mixed gantia and sev - lentil flour batter fried in lengths of different thicknesses - roast whole peanuts with spices); (front) gantia

## 12 SAMOSAS

Fried pastries with curried filling, either vegetables or meat.

## 13 SOME ASIAN SWEETS

Assorted sweets including: gulab jaman (fried balls of milk, ghee, flour and cardamom, immersed in flavoured syrup); halvas (squares of sugar, ghee and spices, plus different ingredients such as pumpkin, carrot, or pistachio); barfi (milk based sweet with other ingredients such as pistachio nuts, coconut, cashew nuts, or bessan (lentil flour)); rasgulla (sweet cream cheese balls in sugar syrup); badasha; jellabi (batter deep fried in crisp round whirls in saffron-coloured syrup flavoured with cloves and cardamom); laddoo (lentil flour batter fried in grain-sized pieces, sugared).



MEALS (Slides 14 - 20)

**14** EVENING MEAL (PAKISTANI MUSLIM)

From top left clockwise: chapattis, salt, yoghurt (in jug), mutton curry, minced meat curry, salad (undressed), boiled mixed vegetables, vegetable pulao, pickled onions.

**15** EVENING MEAL (PUNJABI SIKH)

Chapattis, yoghurt, saag paneer (spinach and curd cheese in spicy sauce), glass of water, dal (split moong), chutney and sliced onion.

**16** EVENING MEAL (BANGLADESHI MUSLIM)

On large dish: fish curry, boiled rice, pea and potato curry, dal (masoor) with whole green chilli, salt; cup of water; yoghurt; mango pickle; fish chutney.

**17** EVENING MEAL (GUJARATI HINDU)

Chapattis, yoghurt dish (yoghurt and water mixed), gooar (cluster beans) and potato curry (in transparent dish at back), dal (split moong), cuddy (yoghurt and besan cooked with spices, slightly sweet), boiled rice, yoghurt (in stainless steel bowl), pickle and salad tray, papar (wafers of lentil flour deep fried, better known in Britain as papadams).

UNITED STATES

Department of the Interior  
Bureau of Land Management  
Washington, D. C. 20250

MEMORANDUM

TO : Director, Bureau of Land Management  
FROM : Assistant Secretary, Bureau of Land Management  
SUBJECT: [Illegible]

RECOMMENDATION

It is recommended that the proposed action be approved.

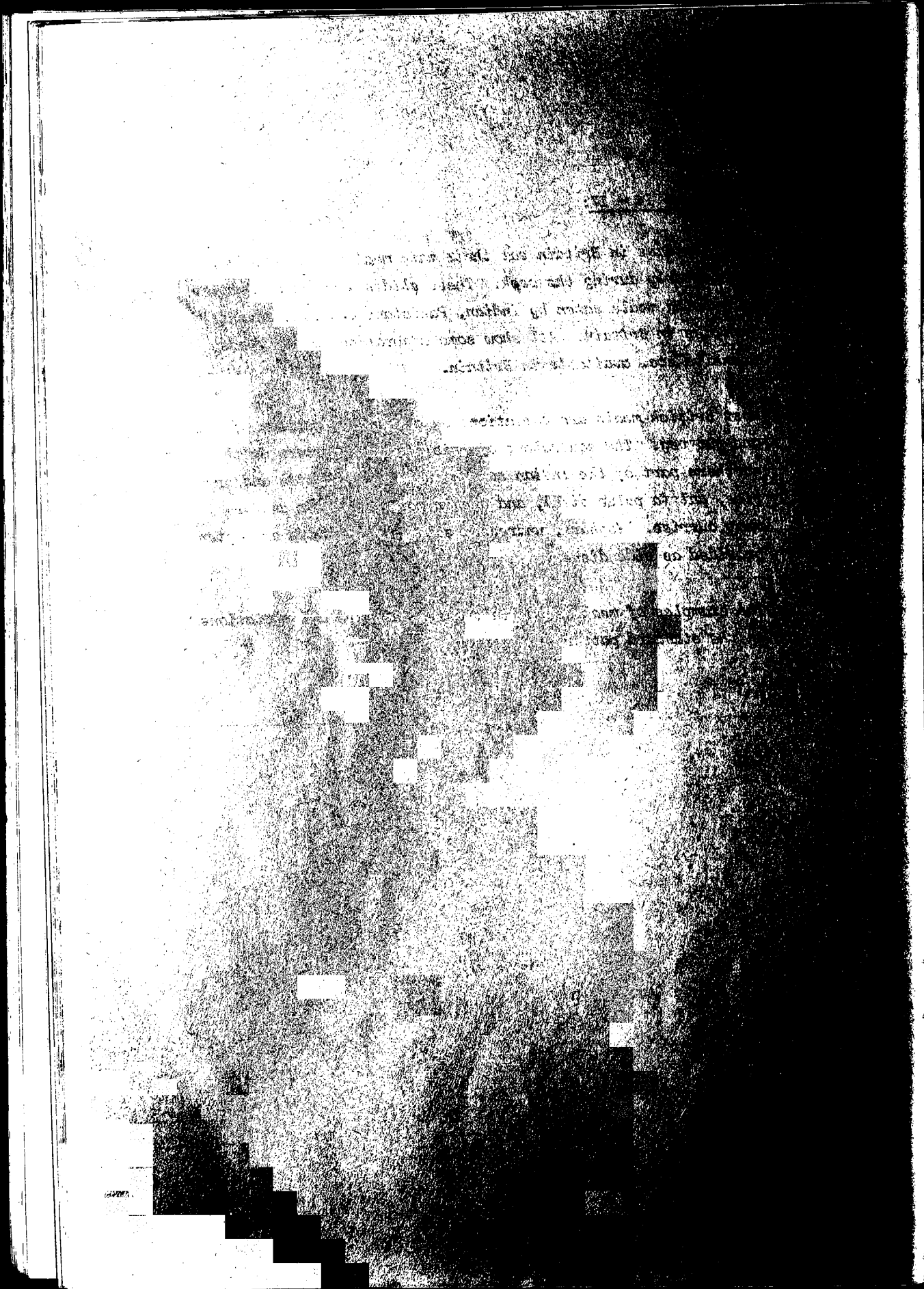
ADMINISTRATIVE

The proposed action is in accordance with the policy of the Bureau of Land Management. It is recommended that the proposed action be approved.

Notes on Slides 14 - 17:

- i. Most families in Britain eat their main meal in the evening, particularly during the week. These slides show some examples of evening meals eaten by Indian, Pakistani and Bangladeshi families in Britain. All show some adaptation to the foods, utensils etc. available in Britain.
- ii. Most British meals are variations on a standard pattern of meat and two veg. The equivalent of this standard pattern in the northern part of the Indian subcontinent is chapattis and/or rice, dal (a pulse dish), and one or more vegetable and/or meat curries. Yoghurt, undressed salad, and pickles are often provided as side dishes.

The examples of meals shown in these slides are all variations on the standard pattern.



SOME ASIAN HOSPITAL MEALS

These slides are taken in a hospital that provides a suitable diet for Asian patients:

**18** MEAL PROVIDED FOR A VEGETARIAN PATIENT

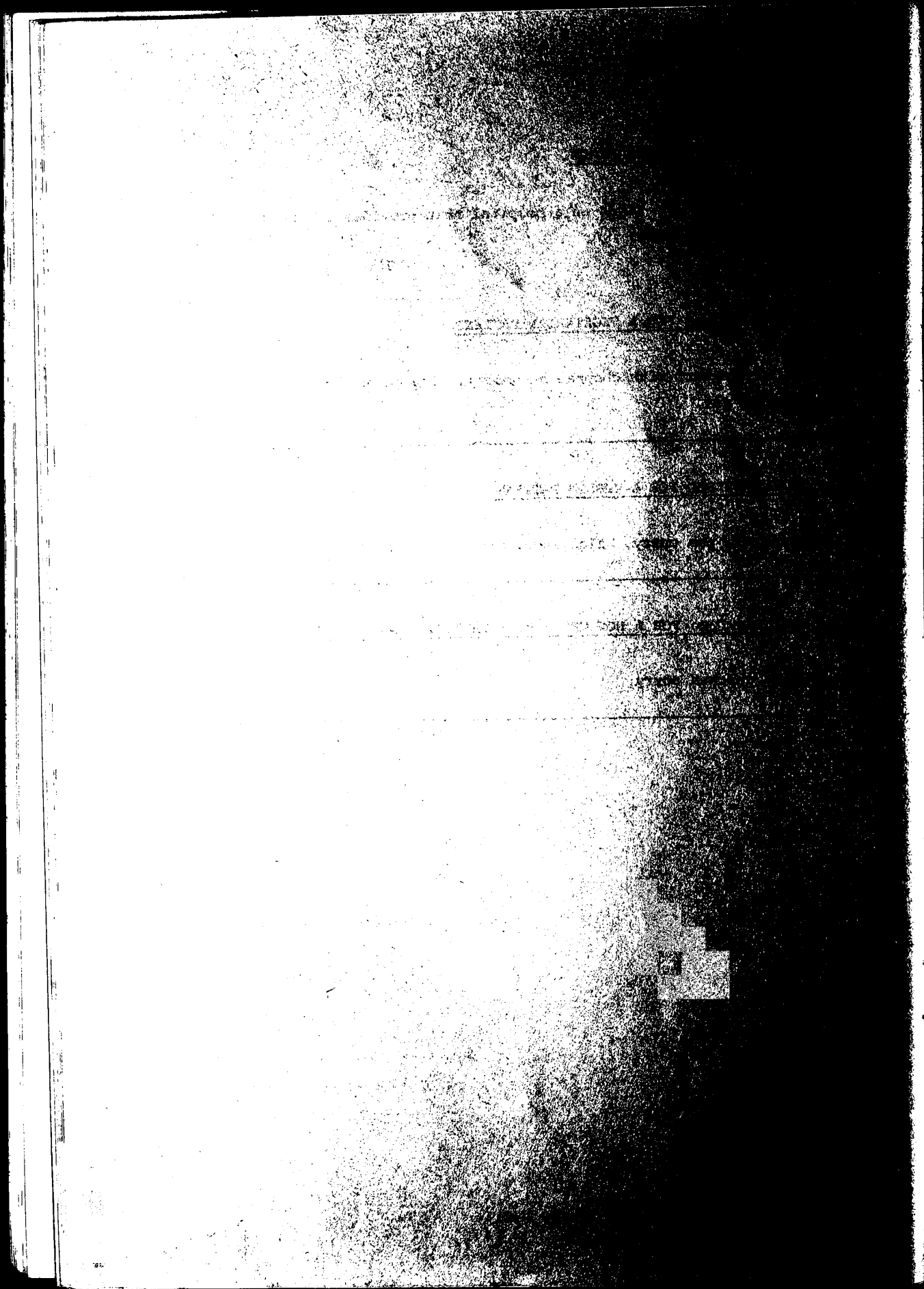
Raita (yoghurt with chopped cucumber), rice pulao (coloured with haldi), dal.

**19** MEAL PROVIDED FOR A MUSLIM PATIENT

Chapatti, pea curry, halal lamb, mixed vegetable curry.

**20** MEAL PROVIDED FOR A NON-VEGETARIAN PATIENT (non-MUSLIM)

Rice, chicken curry.





## **21** SOME SOURCES OF PROTEIN FOR NON-VEGETARIANS

Cheese, eggs, yoghurt, milk, fish, meat (liver and chops), pulses (split masoor, whole moong, whole chana, split moong).

## **22** SOME SOURCES OF PROTEIN FOR VEGETARIANS

Breakfast cereals, wholemeal bread, milk, rice, chapattis, pulses (whole urad, split masoor, whole moong, whole chana, split moong), nuts (cashew and peanuts in centre, almonds on left), eggs, yoghurt, cheese.

### Notes on Slides 21 and 22:

- i. Vegetable protein is most valuable if combined with cereal protein, e.g. rice or chapattis with pulses. This is particularly important for vegetarians.
- ii. White bread also contains protein though marginally less than wholemeal.
- iii. Strict Asian vegetarians do not eat eggs since they are a source of life.
- iv. Many Asian people, especially adults, dislike the strong flavour of hard cheese. Processed or cottage cheese may be more acceptable.
- v. Soya beans, when in season, are eaten by some Asian people and are a good source of protein.
- vi. Some Asian non-vegetarians, despite being 'meat eaters' may consume animal produce in small quantities. They therefore rely on vegetable sources of protein.

ALL INFORMATION CONTAINED HEREIN IS UNCLASSIFIED  
DATE 07-23-2008 BY 60322 UCBAW

100057

100-443888-100

[illegible]

1. The first step is to identify the problem or question that needs to be answered. This involves understanding the context and the specific requirements of the task.

1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 2680, 26

[illegible][illegible]

1. The first step is to identify the problem or question that needs to be answered. This involves understanding the context and the specific requirements of the task.



**Figure 1**

**Figure 1**

100

## 23 SOME SOURCES OF IRON FOR NON-VEGETARIANS

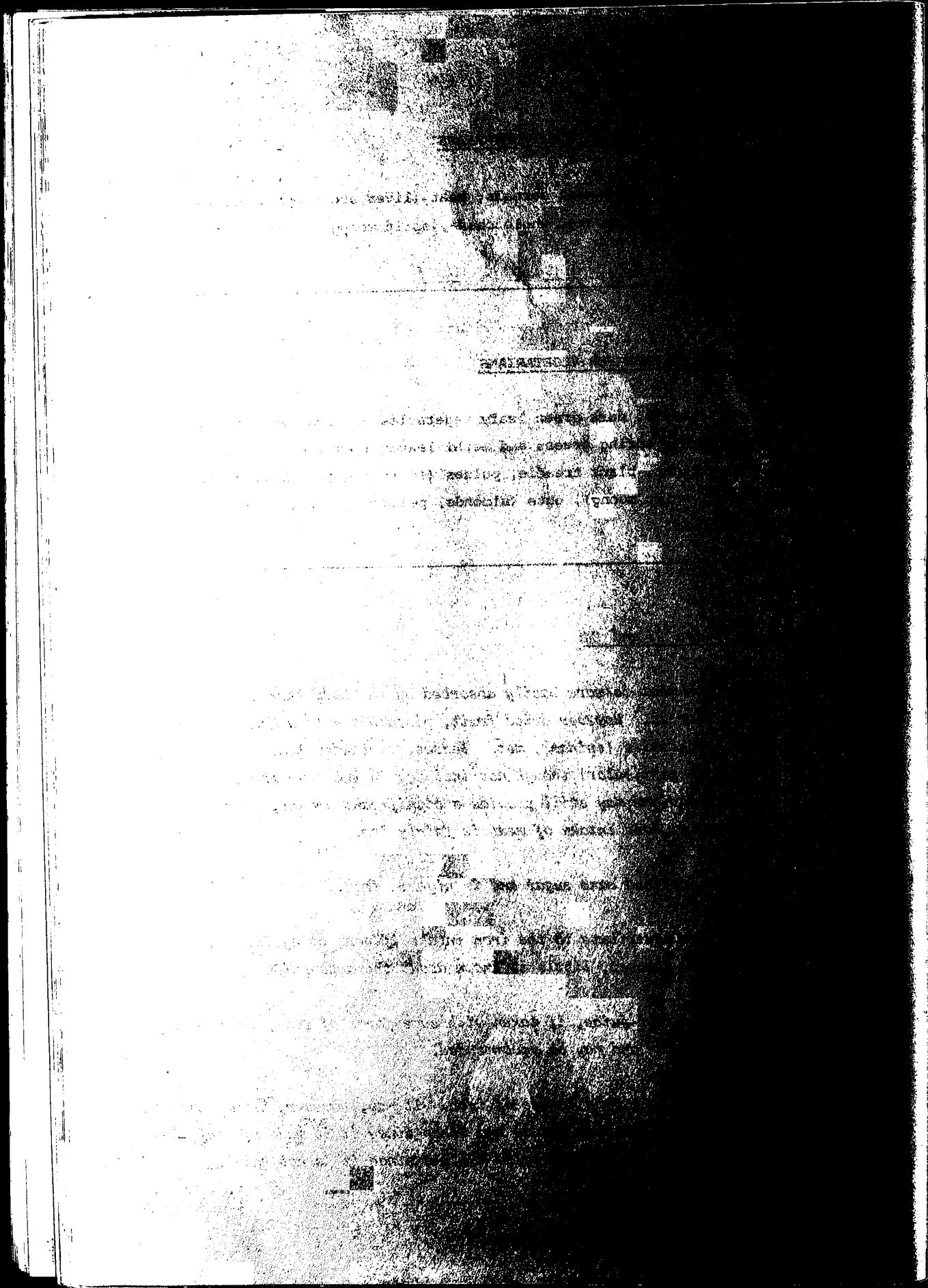
Wholemeal bread, wholewheat cereals, meat (liver and chops), pulses (split masoor, whole moong, whole chana, split moong), peanuts, eggs, corned beef.

## 24 SOME SOURCES OF IRON FOR VEGETARIANS

Wholewheat cereals, dark green leafy vegetables (cabbage and coriander leaves on right, spring greens and methi leaves (fenugreek) on left), gur - front right, black treacle, pulses (split masoor, whole moong, whole chana, split moong), nuts (almonds, peanuts), raisins, eggs, wholemeal bread.

### Notes on Slides 23 and 24:

- i. Iron from meat is more easily absorbed by the body than iron from other sources. However dried fruit, pistachio nuts and a range of green vegetables (spinach, methi leaves, coriander leaves and spring greens in particular) though not included in the sources of iron for non-vegetarians may still provide a significant amount, especially for people whose intake of meat is fairly low.
- ii. Gur is unrefined cane sugar and is high in iron.
- iii. Spices can contribute to the iron intake if very spicy food is consumed. However, little is known about the absorption of this iron.
- iv. Citrus fruit or juice, if taken with some forms of iron, increases the absorption and may be recommended.
- v. Corned beef is a good source of iron. It may, however, be unacceptable to even non-vegetarian Hindus and Sikhs since it is made of beef, and is unlikely to be acceptable to Muslims since it is not halal.



## 25 SOME SOURCES OF VITAMIN D FOR NON-VEGETARIANS

Sardines (in tin), eggs, evaporated milk, oily fish, margarine, Vitamin D tablets, liver.

---

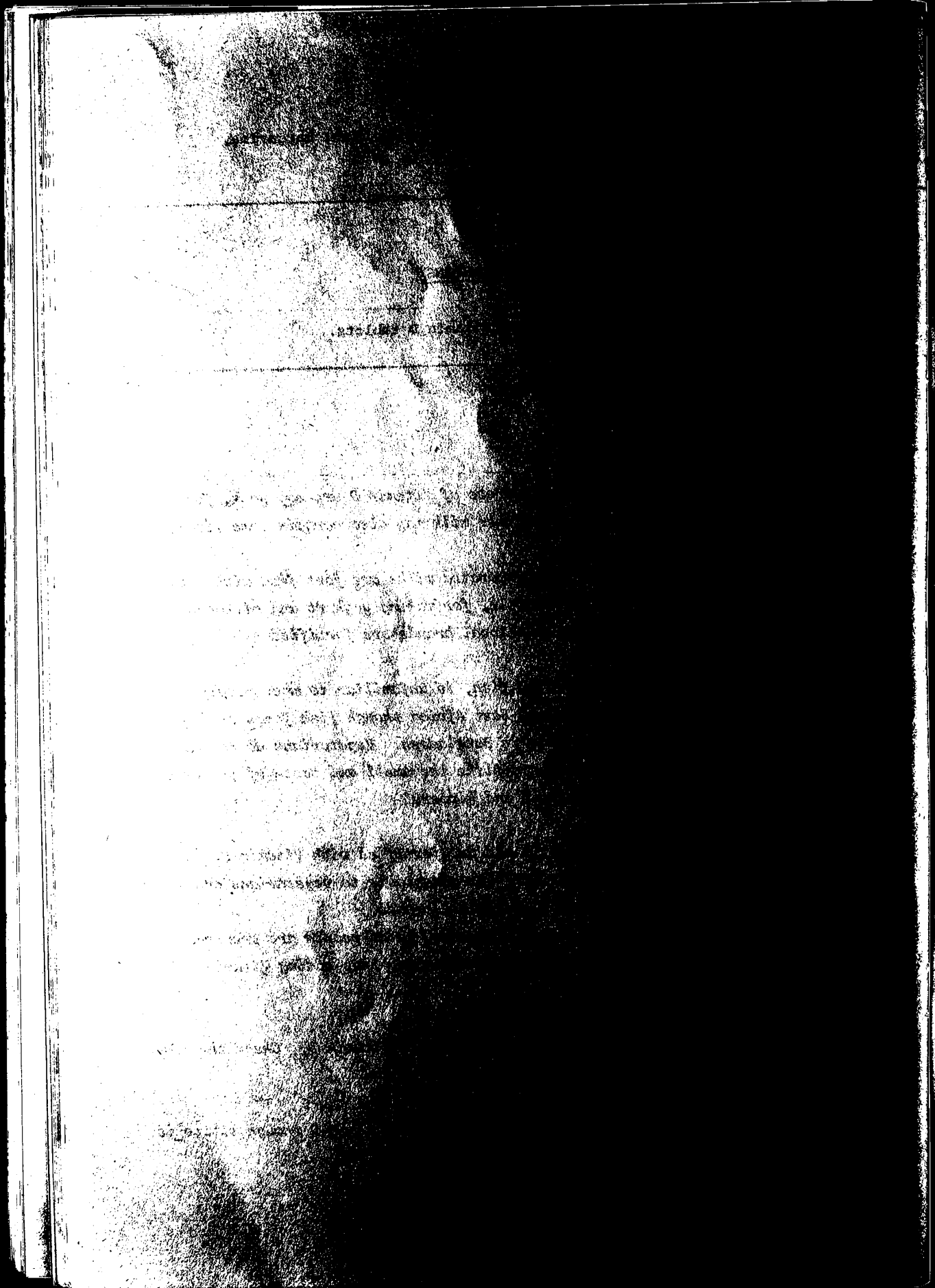
## 26 SOME SOURCES OF VITAMIN D FOR VEGETARIANS

Eggs, evaporated milk, margarine, Vitamin D tablets.

---

### Notes on Slides 25 and 26:

- i. *The only natural dietary sources of Vitamin D are egg yolk, fish and liver. Butter made from summer milk may also contain some Vitamin D.*
- ii. *Some brands of dried and evaporated milks are fortified with Vitamin D. These may be used, for example, for making yoghurt and milk-based Indian sweets. Check which local brands are fortified.*
- iii. *Fish, and particularly oily fish, is unfamiliar to most people from the Indian subcontinent and East Africa though fish forms an important part of the diet of people in Bangladesh. Vegetarians do not eat fish. Many Asian non-vegetarians dislike the smell and taste of the stronger oily fish, such as sardines and kippers.*
- iv. *All margarines for domestic use are fortified with Vitamin D. Brands marked 'edible vegetable oil' are acceptable to vegetarians and Muslims. Check the names of locally available brands. Although margarine is unfamiliar, many Asian people are prepared to make ghee using half butter and half margarine, thus adding Vitamin D to their diet.*
- v. *Some brands of yoghurt are fortified with Vitamin D. Check the names of locally available brands.*
- vi. *Many breakfast cereals are fortified with Vitamin D though little is known about absorption of this added Vitamin D.*
- vii. *Ovaltine is a good source of Vitamin D.*



## 27 SOME SOURCES OF VITAMIN B12 FOR NON-VEGETARIANS

Yeast extract, meat extract, fish, meat (liver and chops), milk, cheese, eggs.

---

## 28 SOME SOURCES OF VITAMIN B12 FOR VEGETARIANS

Milk, cheese, eggs.

---

### Notes on Slides 27 and 28:

- i. *Foods eaten in Britain seem to have a much lower Vitamin B12 content than foods in the Indian subcontinent. In Britain some vegetarians may therefore lack Vitamin B12.*
- ii. *Strict Asian vegetarians do not eat eggs.*
- iii. *Many Asian adults dislike the strong flavour of hard cheese. Processed cheese may be more acceptable.*
- iv. *Yeast extracts may be unacceptable in terms of taste and because people do not know what they contain. They are not usually a very good source of Vitamin B12 because of the small quantity consumed.*
- v. *The Vitamin B12 content of milk is reduced by boiling. People who rely almost entirely on milk for their B12 should drink at least some unboiled milk.*
- vi. *Home-made yoghurt may sometimes be a good source of Vitamin B12.*

UNITED STATES DEPARTMENT OF AGRICULTURE

OFFICE OF THE SECRETARY

1914

REPORT OF THE SECRETARY

OF THE DEPARTMENT OF AGRICULTURE

FOR THE YEAR 1914

AND THE FIRST SIX MONTHS OF 1915

BY THE SECRETARY

OF THE DEPARTMENT OF AGRICULTURE

WASHINGTON, D. C.

1915

UNITED STATES GOVERNMENT

PRINTING OFFICE

WASHINGTON, D. C.

1915

UNITED STATES DEPARTMENT OF AGRICULTURE

OFFICE OF THE SECRETARY

1915

REPORT OF THE SECRETARY

OF THE DEPARTMENT OF AGRICULTURE

FOR THE YEAR 1915

AND THE FIRST SIX MONTHS OF 1916

BY THE SECRETARY



## 29 SOME SOURCES OF FOLIC ACID FOR NON-VEGETARIANS

Most breakfast cereals, dried milk, green leafy vegetables (cabbage, cauliflower - at back, methi leaves (fenugreek) at centre front, coriander leaves and spring greens on left), melon, doodhi (bottle gourd), tindoori (round gourd, like small cucumbers), pulses (whole moong on right, whole and split chana and split moong on left), orange juice, liver, papdi (double beans - small, moon-shaped in front), limes, oranges, goar (cluster beans, long and thin on left of cabbage), bindhi (lady fingers), nuts (peanuts and almonds), sweet lime in front of dried milk, peas.

---

## 30 SOME SOURCES OF FOLIC ACID FOR VEGETARIANS

Most breakfast cereals, green leafy vegetables (spring greens and coriander leaves on left, cabbage and cauliflower back right, methi leaves (fenugreek) centre front), dried milk, wholemeal bread, melon, doodhi (bottle gourd), tindoori (round gourd), pulses (whole moong on right, whole and split chana and split moong on left), orange juice, papdi (double beans in front), limes, bindhi (lady fingers), oranges, goar (cluster beans), nuts (peanuts, almonds), sweet lime in front of dried milk, peas.

---

### Notes on Slides 29 and 30:

- i. *Folic acid is destroyed by prolonged cooking. Vegetable sources should be eaten raw or lightly cooked where possible.*
  - ii. *Whole dried milk is a better source of folic acid than skimmed milk. Both are used in the preparation of Indian sweets.*
- 

## 31 SOME SOURCES OF VITAMIN C

Orange juice, melon, cabbage, blackcurrant drink, grapefruit, karela (bitter gourd), oranges, potatoes, limes, green pepper, lemon, tomatoes.

### Notes on Slide 31:

- i. *Green vegetables and guavas (tinned or fresh) are other good sources of Vitamin C.*
- ii. *Vitamin C is easily destroyed by cooking and so green vegetables should be cooked for a short time or eaten raw where possible.*
- iii. *Potatoes if baked or cooked with little water can contribute to Vitamin C intake.*



**32** ASIAN NON-VEGETARIAN DIABETICS: SOME FOODS THAT CONTAIN LITTLE OR NO CARBOHYDRATE

Melon, grapefruit, oil, cabbage, cauliflower, kadoo (pumpkin), limes, butter (edge of picture), spring greens, baingan (egg plant), mooli (white radish), karela (bitter gourd), torai (ridge gourd, just visible on right of karela), fish, meat (liver and chops), cheese, lemon, cucumber, tomatoes, methi leaves (fenugreek), eggs, green pepper, saijan (drumsticks), margarine, tindoorra (round gourds), onions.

**33** ASIAN VEGETARIAN DIABETICS: SOME FOODS THAT CONTAIN LITTLE OR NO CARBOHYDRATE

Spices, salad, cabbage, oil, cauliflower, limes, butter, onions, saijan (drumsticks - on edge of picture), karela (bitter gourd), baingan (egg plant), spring greens, kadoo (pumpkin), doodhi (bottle gourd), torai (ridge gourd - in front), cucumber, lemon, tomatoes, methi leaves (fenugreek), green pepper, margarine, tindoorra (round gourds), grapefruit, melon.

**34** ASIAN DIABETICS: SOME FOODS THAT SHOULD BE AVOIDED

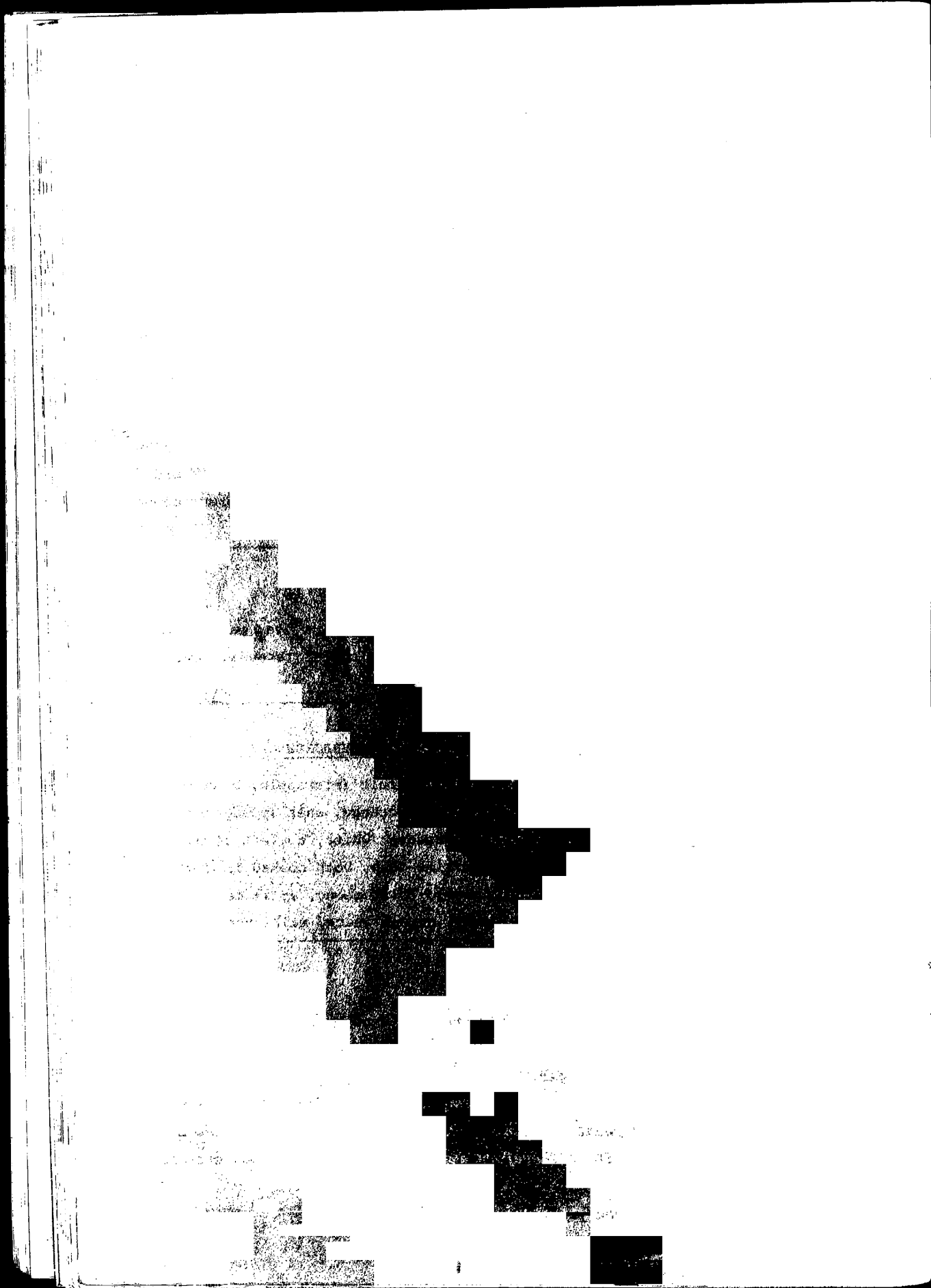
Jams, tinned fruit, sugar, sweet drinks, canned drinks, cakes, pastries, doughnut, samosas, bhajias, laddoo, halwa, jellabi, chakri, chevda, sev, sweets, chocolates, dokhra, chocolate biscuits.

**35** ASIAN DIABETICS: SOME FOODS THAT CAN BE EATEN IN MODERATION

Wholewheat cereals, wholewheat bread, crisps, fruit (pineapple, bananas, apples, papita (papaya), aam (mango) on right, orange, anar (pomegranate) on left), yoghurt, peas (in dish on right), cassava (white, to left of mango), chapattis, pooris, chana (chickpeas) and rice dish, both cooked in dishes), nuts (cashew, peanuts), pulses (whole moong, split moong, split masoor, whole chana, rice (cooked, in plastic container), orange juice, milk, yam, potatoes.

Notes on Slides 32 - 35:

- i. Cheese and eggs contain no carbohydrate and can be included as foods in the diet where acceptable.
- ii. Gur is unrefined cane sugar.
- iii. Indian savoury snacks such as samosas, bhajias, chakri, chevda, sev and dokhra can vary a great deal in carbohydrate content, because of recipe variation. It is therefore suggested that these foods are avoided by diabetics.
- iv. Quantities of oil and fat should be reduced if a patient is overweight.



## 36 ASIANS ON A REDUCING DIET: SOME FOODS THAT CAN BE EATEN FREELY

Spices, coriander leaves, cabbage, salad, cauliflower, spring greens, grapefruit, methi leaves (fenugreek), torai (ridge gourd), doodhi (bottle gourd), gooar (cluster beans), tindoor (round gourds), bindhi (lady fingers), tomatoes, sweet lime, green pepper, baingan (egg plant), limes, saijan (drumsticks), karela (bitter gourd), garlic, onions.

### Notes on Slide 36:

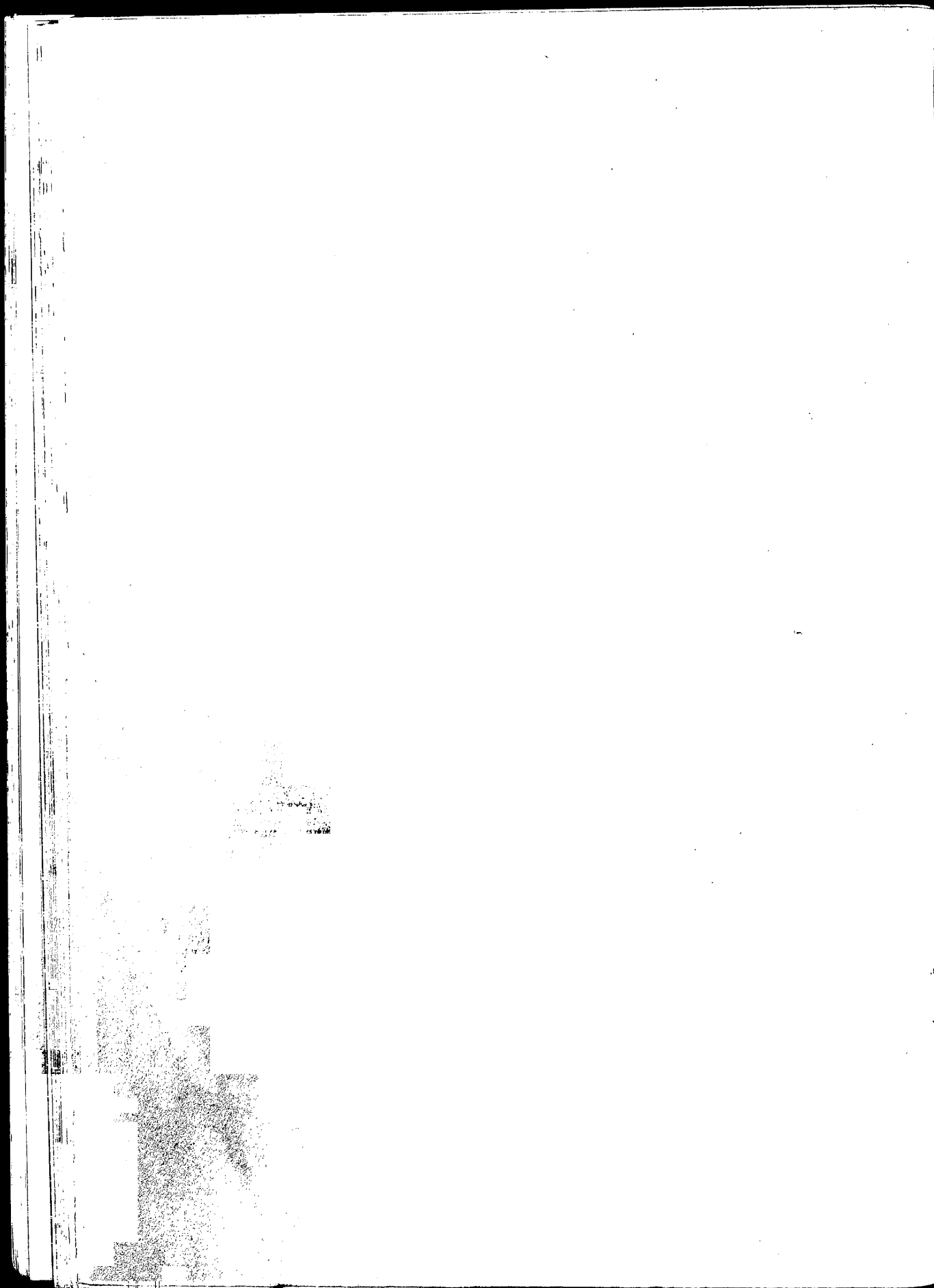
- i. Asian salads are usually served either undressed or with lemon juice squeezed on them.*
- ii. When making curries of the above foods, the amount of oil or ghee should be reduced as far as possible.*

## 37 ASIANS ON A REDUCING DIET: SOME FOODS THAT SHOULD BE AVOIDED

Evaporated milk, oily pickles, jam, oil, tinned fruit, sugar, gur, sweet drinks, canned drinks, ghee (in tin), crisps, butter, nuts, cakes and pastries, fried savouries (samosas, bhajias, laddoo, halwa, jellabi, chevra, sev), sweets and chocolates, dhokra, biscuits.

### Note on Slide 37:

- i. Ghee, oil or butter can be used in very small quantities to make curries.*



King's Fund



54001000814130



020000 048572 0

