

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
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name: Shoba

date: 16-2-2015

	food	drink	Under what circumstances and where
early morning/breakfast	A small bowl of upittu upuma	Milk Tea [1 cup]	With my parents in the house
forenoon	—	—	—
Lunchtime/midday	A small plate of rice & sambar	Water [2 cups]	With my classmates in the school
afternoon	—	—	—
evening	A small bowl of semiya upittu	Water [2 cups]	With my siblings in the house
late evening/ night	A small ragi ball & sambar	Water [2 cups]	With my parents in the house

comment

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example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
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name: Shoba

date: 17-2-2015

	food	drink	Under what circumstances and where
early morning/breakfast	Idley (3) & tomato gochru	Milk Tea [1 cup]	With my parents in the house
forenoon	—	—	—
Lunchtime/midday	A small plate of rice & sambar	Water [2 cups]	With my classmates in the school
afternoon	—	—	—
evening	Banana (1)	Water [2 cups]	With my parents in the house
late evening/ night	A small Plate of rice & sambar	Water [2 cups]	With my parents in the house

comment

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example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Shoba

date: 18-2-2015

	food	drink	Under what circumstances and where
early morning/breakfast	A small plate of chithrana	Milk tea [1 cup]	With my parents in the house
forenoon	—	—	—
Lunchtime/midday	A small Box of chithrana	Water [2 cups]	With my classmates in the school
afternoon	—	—	—
evening	Banana (2)	Water [2 cups]	With my siblings in the house
late evening/ night	A small ragi ball and sambar	Water [2 cups]	With my parents in the house

comment

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example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
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name: Shoba

date: 13-2-2015

	food	drink	Under what circumstances and where
early morning/breakfast	A small plate of puliyugare rice	Milk coffee [2 cups]	With my parents in the house
forenoon	—	—	—
Lunchtime/midday	A small box of puliyugare rice	2 water [2 cups]	With my classmates in the school
afternoon	—	—	—
evening	apple (2)	Water [2 cups]	With my sibling in the house
late evening/ night	A small plate of rice and samo sambar	Water [2 cups]	With my parents in the house

comment

Tamarin powder mixed rice →
Puliyugare.

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example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
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name: Shoba
 date: 20-2-2015

	food	drink	Under what circumstances and where
early morning/breakfast	A small bowl of magi upittu	milk [1 cup]	With my parents in the house
forenoon	—	—	—
Lunchtime/midday	A small plate of curd rice	Water [1 cup]	With my classmates in the school
afternoon	—	—	—
evening	—	Water [2 cups]	—
late evening/ night	A small plate of rice palava	water (2 cups)	With my parents in the house

comment

palava → vegetable mixed rice.

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example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
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name: Shobha

date: 21-2-2015

	food	drink	Under what circumstances and where
early morning/breakfast	Dosai १ (2) Pumpkin ralya	Milk Tea [1 cup]	With my parents in the house
forenoon	—	—	—
Lunchtime/midday	Dosai १ (2) chatni	Water [2 cups]	With my classmates in the school
afternoon	—	—	—
evening	—	Milk Tea [1 cup]	With my sibling in the house
late evening/ night	Dosai १ (2) Sambar	Water [2 cups]	With my parents in the house

comment

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example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
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name: Shoba

date: 22-2-2015

	food	drink	Under what circumstances and where
early morning/breakfast	A small plate of rice and sambar	water [1 cup]	With my siblings in the house
forenoon	—	—	—
Lunchtime/midday	A small plate of rice and sambar	Water [2 cups]	With my parents in the house
afternoon	—	—	—
evening	—	milk coffee [1 cup]	With my siblings in the house
late evening/ night	A small plate of rice and chicken sambar	Water [2 cups]	With my parents in the house

comment

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example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
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name:

Afrin Taj

date:

16-2-2015

	food	drink	Under what circumstances and where
early morning/breakfast	A small plate of rice and sambar	water [1 cup]	with my siblings in the house.
forenoon	-	-	-
Lunchtime/midday	A small plate of rice and sambar	water [2 cup]	with my parents in the house
afternoon	-	-	-
evening	-	milk [1 cup]	with my sibling in the house
late evening/ night	A small ragi ball & sambar	water [3 cup]	with my parents in the house

comment

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example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
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name:

Ahlin Taj

date: 11-7-2015

	food	drink	Under what circumstances and where
early morning/breakfast	Chapathi(2) and chalni	water [1 cup]	With my Parents in the house
forenoon	-	-	-
Lunchtime/midday	Chapathi(2) and chalni	water [2 cup]	With my classmates in the school
afternoon	-	-	-
evening	Banana (1)	-	With my Parents in the house
late evening/ night	A small plate of rice and curru	water [3 cup]	With my Parents in the house

comment

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example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
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name: Afrin Taj

date: 18-2-2015

	food	drink	Under what circumstances and where
early morning/breakfast	A small bowl of uppittu	milk [2 cup]	with my sibling in the house.
forenoon	-	-	-
Lunchtime/midday	A small bowl of uppittu	water [2 cup]	with my classmates in the school
afternoon	-	-	-
evening	Apple (1)	water [1 cup]	with my parents in the house
late evening/ night	A small ragi ball & sambar	water [2 cup]	with my parents in the house.

comment

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example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
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name: Afrin Taj
 date: 19-2-2014

	food	drink	Under what circumstances and where
early morning/breakfast	A small plate of curd rice	Milk Tea [1 cup]	With my sibling in the house
forenoon	-	-	-
Lunchtime/midday	A small plate of curd rice	water [2 cup]	With my classmates in the School
afternoon	-	-	-
evening	-	coffe. [1 cup]	with my sibling in the house
late evening/ night	A small plate of rice & chicken Sambaar	water [2 cup]	with my parents in the house.

comment

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example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
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name:

Abrin Taj

date:

20-2-2015

	food	drink	Under what circumstances and where
early morning/breakfast	A small plate of plain chithrana	water [2 cup]	with my sibling in the house
forenoon	-	-	-
Lunchtime/midday	A small plate of rice and Sambar	water [1 cup]	with my sibling in the house
afternoon	-	-	-
evening	Apple (1)	milk (1) cup	with my sibling in the house
late evening/ night	A small plate of puliyugare	water [2 cup]	with my parents in the house.

comment

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example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name:

Ahvin Taj

date:

07-02-2015

	food	drink	Under what circumstances and where
early morning/breakfast	A small bowl of Sevigan upittu	water [2 cup]	With my sibling in the house
forenoon	-	-	-
Lunchtime/midday	A small bowl of Sevigan upittu	water [1 cup]	With my classmates in the school
afternoon	-	-	-
evening	-	Tea ^{milk} [1 cup]	with my sibling in the house
late evening/ night	A small plate of rice and Sambar	water [2 cup]	with my parents in the house

comment

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example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Ajvin Tai
 date: 20-2-2015

	food	drink	Under what circumstances and where
early morning/breakfast	A small plate of rice and Sambar	water [2 cup]	with my sibling in the house
forenoon	-	-	-
Lunchtime/midday	A small plate of curd rice	water [1 cup]	with my cousins in the house
afternoon	-	-	-
evening	orange(1)	milk coffe [1 cup]	with my sibling in the house
late evening/ night	A small plate of rice and chicken sambar	water [2 cup]	with my cousins in the house.

comment

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example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
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name: Deena Priyanka - A
 date: 16-2-2015

	food	drink	Under what circumstances and where
early morning/breakfast	A small bowl of upittu / upunda	Tea [1 cup]	With my parents in the house
forenoon	—	—	—
Lunchtime/midday	A small plate of rice and sambar	water [2 cups]	With my classmates in the school
afternoon	—	—	—
evening	A small bowl of semiya upittu	water [2 cups]	With my sibling in the house
late evening/ night	A small ragi ball and sambar	water [2 cups]	with my parents in the house

comment

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example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Deena Priyanka - A
 date: 17-2-2015

	food	drink	Under what circumstances and where
early morning/breakfast	Chapathi (2) and Potato Palya	Tea [1 cup]	With my parents in the house
forenoon	—	—	—
Lunchtime/midday	Chapathi (2) and Potato Palya	water [2 cups]	With my classmates in the school
afternoon	—	—	—
evening	Banana [1]	coffee [1 cup]	With my sibling in the house
late evening/ night	A small rogi ball and Sambar	water [2 cups]	With my parents in the house

comment

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example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Deena Priyanka A
 date: 18-2-2015

	food	drink	Under what circumstances and where
early morning/breakfast	A small plate of chithrana	water Tea [1 cup]	With my parents in the house
forenoon	—	—	—
Lunchtime/midday	A small Box of chithrana	water [2 cups]	with my classmates in the school
afternoon	—	—	—
evening	Banana (2) Apple (1)	water [3 cups]	With my siblings in the house
late evening/ night	A small ragi ball and sambar	water [2 cups]	With my parents in the house

comment

Tomato chithrana
milk tea.

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example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Deena Priyanka-A
 date: 19-2-2019

	food	drink	Under what circumstances and where
early morning/breakfast	chapathi - 2 and chatni	coffee (1 cup)	With my parents in the house
forenoon	—	—	—
Lunchtime/midday	chapathi - 2 and chatni	water [2 cups]	with my classmates in the school
afternoon	—	—	—
evening	A small bowl of Kesari bath	water [2 cups]	With my sibling in the house
late evening/ night	A small plate of rice and Sambar	water [2 cups]	With my parents in the house

comment milk coffee

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example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Deena Priyanka - A
 date: 20-2-2015

	food	drink	Under what circumstances and where
early morning/breakfast	A small plate of chithrana	Tea [1 cup]	With my parents in the house
forenoon			
Lunchtime/midday	A small box of chithrana	water [2 cups]	With my classmates in the school
afternoon	—	—	—
evening	Barana (2)	water [2 cups]	with my siblings in the house
late evening/ night	A small ragi ball and Sambar	water [2 cups]	With my parents in the house

comment

milk tea
 plain chithrana.

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example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Deena Priyanka - A
 date: 21-2-2015

	food	drink	Under what circumstances and where
early morning/breakfast	A small plate of rice and sambar	Tea [1 cup]	With my parents in the house
forenoon	—	—	—
Lunchtime/midday	A small plate of rice and sambar	water [2 cups]	With My classmates in the school
afternoon	—	—	—
evening	A small plate of chithrana	water [2 cups]	With my siblings in the house
late evening/ night	A small ragi ball and sambar	water [2 cups]	With my siblings in the house

comment

milk tea

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example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Deena Priyanka-A
 date: 22-2-2019

	food	drink	Under what circumstances and where
early morning/breakfast	A small plate of rice and sambar	Tea [1 cup]	With my parents in the house
forenoon	—	—	—
Lunchtime/midday	A small plate of rice and sambar	water [2 cups]	With my siblings in the house
afternoon	—	—	—
evening	Poori (2) and potato Palya	water [2 cups]	With my siblings in the house
late evening/ night	A small ragi ball and sambar	water [2 cups]	With my parents in the house

comment Milk tea

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example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
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name: Meghana M.

date: 16.2.2015

	food	drink	Under what circumstances and where
early morning/breakfast	A small Plate of Rice And Sambore	water (1) cup	with my Parents in the house
forenoon	—	—	—
Lunchtime/midday	A small Plate of Rice And Sambore	water (2) cups	with my classmates in the School
afternoon	—	—	—
evening	(1) Banana	milk tea (1) cup	with my Parents in the house
late evening/ night	ragi Ball and chicken Sambore	water (2) cups	with my Parents in the house

comment

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example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
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name:

Meghana M.

date:

17-02-2015

	food	drink	Under what circumstances and where
early morning/breakfast	(2) Dosa and Tomato chowu	water (2 cups)	with my Parents in The house
forenoon	—	—	—
Lunchtime/midday	(1½) Dosa and Tomato Chowu	water (2 cups)	with my classmates in the School
afternoon	—	—	—
evening	Tomato chips	Milk (1 cup)	alone in the house
late evening/ night	A small ragi ball & Sambaru	water (2 cups)	with my Parents in The house

comment

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example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
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name: Meghana M.
 date: 18-02-2015

	food	drink	Under what circumstances and where
early morning/breakfast	2) Chapathi And Pankin Palya	water [1 cup]	with my Parents in The house
forenoon	—	—	—
Lunchtime/midday	1) chapathi And Pankin Palya	water [2 cups]	with my class mates in the School
afternoon	—	—	—
evening	—	milk [1 cup]	alone in the house
late evening/ night	A Small Plate of Lemon Chithurana	water [2 cups]	with my Parents in The house

comment

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example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Meghank M.
 date: 19-2-2015

	food	drink	Under what circumstances and where
early morning/breakfast	A small plate of Rave upittu	water [1 cup]	with my Parents in The house.
forenoon	—	—	—
Lunchtime/midday	A small plate of Rave opittu	water [2 cups]	with my classmates in the school
afternoon	—	—	—
evening	Apple (1)	water [1 cup]	alone in the house
late evening/ night	(1) small cup roodele	water [1 cup]	with my Parents in The house

comment

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example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
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name: Meghana M.
 date: 20-2-2025

	food	drink	Under what circumstances and where
early morning/breakfast	(2) Idly and coconut chutni	water [1 cup]	with my Parents in the house
forenoon	—	—	—
Lunchtime/midday	(3) Idly and coconut chutni	water [2 cups]	with my classmates in the school
afternoon	—	—	—
evening	(1) Pack Biscuits	(1 cup) milk	alone in The house
late evening/ night	a small ragi Ball Sambar	water [2 cups]	with my Parents in the house

comment

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example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Meghana M
 date: 21-2-2025

	food	drink	Under what circumstances and where
early morning/breakfast	A small plate of sevige upittu	milk [1 cup]	with my Parents in the house
forenoon	-	-	-
Lunchtime/midday	A small plate of sevige upittu	water [1 cup]	with my Parents in the house
afternoon	-	-	-
evening	-	water [2 cups]	with alone in the house
late evening/ night	A small ragi ball & sambar	water [2 cups]	with my Parents in the house

comment

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example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Meghana M.
 date: 20-2-2015

	food	drink	Under what circumstances and where
early morning/breakfast	ed Small plate of Rice & Sambar	water [2 cups]	with my Parents in the house
forenoon	—	—	—
Lunchtime/midday	(2) chapathi and potato Palya	water [2 cups]	with my Parents in the house
afternoon	—	—	—
evening	Apple (1)	milk [1 cup]	with my Friends in the house
late evening/ night	chicken Frie and small rogi ball	water [2 cups]	with my Friends in The house.

comment

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example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
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name: Manju - S
 date: 17-02-15

	food	drink	Under what circumstances and where
early morning/breakfast	A small plate of Puliugare rice	milk [1 cup]	with my siblings in the house
forenoon	—	—	—
Lunchtime/midday	A small plate of rice palan	water [2 cups]	with my siblings in the house
afternoon	—	—	—
evening	Biscuits 3 rice	Tea [1/2 cup]	with my siblings in the house
late evening/ night	Dosa 1 1/2 Tomato kaji.	water [2 cups]	with my Parents in the house

comment

puliugare rice - Tamarin powder mixed rice -

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
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name: Manju - S
 date: 16-02-15

	food	drink	Under what circumstances and where
early morning/breakfast	A small bowl of Samiya upittu	Milk [1 cup]	with my siblings in the house
forenoon	—	—	—
Lunchtime/midday	A small plate of curd rice	water [1 cup]	with my class-mates in the school
afternoon	—	—	—
evening	A small plate of curd rice	Tea ^{milk} [$\frac{1}{2}$ cup]	with my siblings in the house
late evening/ night	A small bowl of magi upittu	milk [1 cup]	with my parents in the house

comment

Samiya upittu - Savige upittu

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Manju - S
 date: 18-02-15

	food	drink	Under what circumstances and where
early morning/breakfast	A small plate of chithrana.	milk [1 cup]	with my siblings in the house
forenoon			
Lunchtime/midday	A small plate of curd. rice	water [2 cups]	with my class mates in the school
afternoon			
evening	Bread 1 slice	Tea ^{milk} [1/2 cup]	with my siblings in the school
late evening/ night	A small ragi ball & sambar	water [1 cup]	with my parents in the house

comment

plain chithrana.

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
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name: MANJU-S
 date: 19-08-15

	food	drink	Under what circumstances and where
early morning/breakfast	A small bowl of magi upittu	milk [1 cup]	with my siblings in the house.
forenoon			
Lunchtime/midday	A small plate of curd rice	water [1 cup]	with my class mates in the school
afternoon			
evening	-	water [2 cups]	-
late evening/ night	A small plate of rice palaw	water [1 cup]	with my parents in the house

comment

Rice palaw - vegetables mixed rice.

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Manju S
 date: 28-02-15

	food	drink	Under what circumstances and where
early morning/breakfast	A small plate of upittu	milk [1 cup]	with my siblings in the house
forenoon			
Lunchtime/midday	chapathi Tomato Kofu Guchu	water [1 cup]	with my class mates in the school
afternoon			
evening	-	Tea milk [1 cup]	-
late evening/ night	A small Ragi ball & Sambar	water [2 cups]	with my parents in the house

comment

upittu - rava upittu

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Manju S
 date: 21-02-15

	food	drink	Under what circumstances and where
early morning/breakfast	Dosa (2) Pumpkin palya	milk [1 cup]	with my siblings in the house
forenoon		water [1 cup]	
Lunchtime/midday	A small plate of curd rice	water [2 cups]	with my class mates in the school
afternoon			
evening	Bread 1 slice	Tea with [1 cup]	with my siblings in the house
late evening/ night	A (sambhar) plate of rice & sambhar	water [1 cup]	with my siblings in the house

comment

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name:

manju . S

date:

09.09.15

	food	drink	Under what circumstances and where
early morning/breakfast	A small plate of chithrana rice	milk [1 cup]	with my Parents in the house
forenoon		water [1 cup]	
Lunchtime/midday	Chapathi Tomato Gachu Kajju	water 2 [cups]	with my class mates in the school
afternoon		water [1 cup]	
evening	-	Tea ^{milk} [1 cup]	-
late evening/ night	A small Ragi ball & Sambar	water [1 cup]	with my parents in the house

comment

Tomato chithrana

classmates - Friends of the same class

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Roopa M

date: 16-02-2015

	food	drink	Under what circumstances and where
early morning/breakfast	A small plate of rice and sambar	Milk [1 cup]	with my parents in the house
forenoon	—	—	—
Lunchtime/midday	A small box of rice and sambar	water [2 cups]	with my classmates in the school
afternoon	—	—	—
evening	Banana (2)	water [1 cup]	with my siblings in the house
late evening/ night	A small roti ball and sambar	water [2 cups]	with my parents in the house

comment

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Roopa. M

date: 17-02-2015

	food	drink	Under what circumstances and where
early morning/breakfast	A small plate of tomato chithirana	Milk Tea [1 cup]	with my parents in the house
forenoon	—	—	—
Lunchtime/midday	A small ^{bisc} of tomato chithirana	water [2 cups]	with my classmates ^{classmates} in the school
afternoon	—	—	—
evening	Banana (2)	water [1 cup]	with my siblings in the house
late evening/ night	chopathi (2) and potato Gochu	water [2 cups]	with my parents in the house

comment

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Roopa M

date: 18-02-2015

	food	drink	Under what circumstances and where
early morning/breakfast	A small plate of rice and sambars	Milk Tea [1 cup]	with my parents in the house
forenoon	—	—	—
Lunchtime/midday	Chapathi (2)	water [2 cups]	with my classmates in the school
afternoon	—	—	—
evening	Apple (1)	water [2 cups]	with my siblings in the house
late evening/ night	A small ragi ball and sambars	water [2 cups]	with my parents in the house

comment

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Roopa M

date: 14-02-2015

	food	drink	Under what circumstances and where
early morning/breakfast	Chapathi (2) and potato palya	Milk tea [1 cup]	with my parents in the house
forenoon	—	—	—
Lunchtime/midday	Chapathi (2) and potato palya	water [2 cups]	with my classmates in the school
afternoon	—	—	—
evening	Banana (2)	water [1 cup]	with my siblings in the house
late evening/ night	A small plate of rice and sambar	milk [1 cup]	with my parents in the house

comment

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Roopa M
 date: 20-02-2015

	food	drink	Under what circumstances and where
early morning/breakfast	Idli (3) and Sambar	Milk Tea [1 cup]	with my Parents in the house
forenoon	—	—	—
Lunchtime/midday	Idli (3) and Sambar	water [2 cups]	with my classmates in the house
afternoon	—	—	—
evening	Banana (1) Apple (2)	water [2 cup]	with my Siblings in the house
late evening/ night	A small plate of ragi, ball and Sambar	water [2 cup]	with my Parents in the house

comment

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
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name: Roopa.M.
 date: 21-02-2015

	food	drink	Under what circumstances and where
early morning/breakfast	A small plate of curd rice	Milk Tea [1 cup]	with my Parents in the house
forenoon	—	—	—
Lunchtime/midday	A small box of curd rice	water [2 cups]	with my classmates in the house
afternoon	—	—	—
evening	A small bowl of Kesaribath	water [1 cup]	with my Siblings in the house
late evening/ night	A small plate of Egg rice	milk [1 cup]	with my Parents in the house

comment

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
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name: Roopa.M

date: 22-02-2015

	food	drink	Under what circumstances and where
early morning/breakfast	A small plate of tomato rice	milk Tea [1 cup]	with my Parents in the house
forenoon	—	—	—
Lunchtime/midday	A small box of tomato rice	water [1 cup]	with my classmates in the house
afternoon	—	—	—
evening	Poori (1) potato salad	water [2 cups]	with my Siblings in the house
late evening/ night	A small ragi ball and Sambar	Milk 1 cup	with my parents in the house

comment

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
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name: Nirmala S

date: 16-2-2015

	food	drink	Under what circumstances and where
early morning/breakfast	Idly (3) & tomato gochu	milk Tea [1 cup]	with my parents in the house
forenoon	—	—	—
Lunchtime/midday	A small plate of rice & Sambar	milk [2 cups]	with my class mates in the school
afternoon	—	—	—
evening	Banana (1)	water [2 cups]	with my parents in the house
late evening/ night	A small plate of rice & Sambar	milk Tea [1 cup]	with my parents in the house

comment

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Nirmala S

date: 17-9-2015

	food	drink	Under what circumstances and where
early morning/breakfast	A small plate of rice & Sambar	milk tea (1 cup)	with my Parents in the house
forenoon	—	—	—
Lunchtime/midday	A Small plate of rice & Tomato gochu	milk (1 cup)	with my class mates in the school
afternoon	—	—	—
evening	Ille-bream (1 cup)	water (2 cups)	with my Siblings in the house
late evening/ night	A small plate of Chithrana	water (3 cups)	with my Parents in the house

comment

Tomato Chithrana

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
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name: Nirmala.S

date: 18-2-2018

	food	drink	Under what circumstances and where
early morning/breakfast	A small plate of rice & Sambar	milk tea (1 cup)	with my parents in the house
forenoon	—	—	—
Lunchtime/midday	Dorai (3) Tomato gachchi	milk (1 cup)	with my class mates in the school
afternoon	—	—	—
evening	Biscuits (1 pack)	water (2 cup)	with my siblings in the house
late evening/ night	A small plate of chithrana chithrana	water (2 cup)	with my parents in the house

comment

Lemon chithrana

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
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name: Nirmala S
 date: 19-2-2015

	food	drink	Under what circumstances and where
early morning/breakfast	A Small plate of rice little sambhar	milk Tea (1cup)	with my Parents in the house
forenoon	—	—	—
Lunchtime/midday	A Small plate of vegetable Bathu	milk (1cup)	with my class mates in the school
afternoon	—	—	—
evening	A small plate of rice & sambhar	water (2cup)	with my siblings in the house
late evening/ night	A small plate of Semiya uppitlu	water (2cup)	with my Parents in the house

comment

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Nirmala S
 date: 20-2-2015

	food	drink	Under what circumstances and where
early morning/breakfast	Chapathis little Samosa bars	milk Tea (1 cup)	with my parents in the house
forenoon	—	—	—
Lunchtime/midday	A small plate of rice & Sambar	milk (1 cup)	with my classmates in the school
afternoon	—	—	—
evening	Banana (2)	water (2 cup)	with my siblings in the house
late evening/ night	A small plate of rice & Sambar	milk Tea (1 cup)	with my parents in the house

comment

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water.	with my siblings, in front of our place
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name: Nirmala.S

date: 21-2-2015

	food	drink	Under what circumstances and where
early morning/breakfast	A small plate of lemonchithrana	milk Tea (1cup)	with my Parents in the house
forenoon	—	—	—
Lunchtime/midday	A small plate of rice & little Sambhar	water (1 cup)	with my class mates in the school
afternoon	—	—	—
evening	ice-creams (1)	milk (1 cup)	with my siblings in the house
late evening/ night	Ruji (3) & little Sambhar	water (2 cup)	with my Parents in the house

comment

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
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name: Nirmala G

date: 22-2-2017

	food	drink	Under what circumstances and where
early morning/breakfast	Dorai (3) & little Sambhar	milk Tea (1 cup)	with my parents in the house
forenoon	—	—	—
Lunchtime/midday	A small plate of rice & Sambhar	water (2 cups)	with my class mates in the school
afternoon	—	—	—
evening	Apple (1)	milk (1 cup)	with my siblings in the house
late evening/ night	A small plate of tomato chithirana	water (2 cups)	with my parents in the house

comment



My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
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name: Afnain. S
 date: 16-2-2015

	food	drink	Under what circumstances and where
early morning/breakfast	chapathi (2) and pumpkin palya	milk [1 cup]	with my parents in the house
forenoon	-	-	-
Lunchtime/midday	A small plate of curd rice	water [2 cup]	with my parents in the house
afternoon	-	-	-
evening	Banana (1) & orange (1)	water [1 cup]	with my sibling in the house
late evening/ night	A small plate of Biryani	water [1 cup]	with my cousins in the house

comment

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Afrin . e
 date: 17-02-2015

	food	drink	Under what circumstances and where
early morning/breakfast	A small plate of rice and Sambhar	milk [1 cup]	with my sibling in the house.
forenoon	-	-	-
Lunchtime/midday	A small bowl of uppu.	water [1 cup]	with my parents. In the house
afternoon	-	-	-
evening	apple (1)	Boost [1 cup]	with my sibling in the house.
late evening/ night	A small ragi ball & chicken sambhar	water [2 cup]	with my parents in the house.

comment

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Ashwin - B.
 date: 18-2-2015

	food	drink	Under what circumstances and where
early morning/breakfast	A small plate of chithrana	water [1 cup]	with my parents in the house.
forenoon	-	-	-
Lunchtime/midday	A small plate of chithrana	water [2 cup]	with my classmates in the school
afternoon	-	-	-
evening	Banana (2)	Tea [1 cup]	with my sibling in the house.
late evening/ night	A small plate of rice and Tomato bruchu	water [2 cup]	with my parents in the house

comment

Plain chithrana

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name:

Afnain - 3

date:

19-2-2015

	food	drink	Under what circumstances and where
early morning/breakfast	A small bowl of Sevigan upattu	coffee [1 cup]	with my sibling in the house
forenoon	-	-	-
Lunchtime/midday	A small bowl of Sevigan upattu	water [1 cup]	with my classmates in the school
afternoon	-	-	-
evening	-	milk [1 cup]	with my siblings in the house
late evening/ night	A small Plate of rice and Sambar	water [2 cup]	with my parents in the house

comment

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name:

Afrain - S

date:

20-2-2015

	food	drink	Under what circumstances and where
early morning/breakfast	A small bowl of upittu	Boost milk [1 cup]	with my sibling in the house
forenoon	-	-	-
Lunchtime/midday	A small bowl of upittu	water [2 cup]	with my classmates in the school
afternoon	-	-	-
evening	Banana (1) & grapes	water [2 cup]	with my sibling in the house
late evening/ night	a small ragi ball and Bambar	water [3 cup]	with my parents in the house

comment

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Ahain S
 date: 01-02-2015

	food	drink	Under what circumstances and where
early morning/breakfast	A small plate of pudiyugare rice	milk [1 cup]	with my sibling in the house.
forenoon	-	-	-
Lunchtime/midday	A small plate of Paliyugare rice	Boost [1 cup]	with my sibling in the house.
afternoon	-	-	-
evening	orange (1) and Banana (2)	water [2 cup]	with my sibling in the house
late evening/ night	A small rice and mutton Sambar	water [3 cup]	with my parents in the house.

comment

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Afnain. S
 date: 22-2-2015

	food	drink	Under what circumstances and where
early morning/breakfast	chopathi (2) and potato palya	Boost [1 cup]	with my parents in the house
forenoon	-	-	-
Lunchtime/midday	chopathi (2) and Fruits jam	water [1 cup]	with my parents in the house
afternoon	-	-	-
evening	Apple (1) and oranges (1)	water [1 cup]	with my sibling in the house
late evening/ night	A small ragi ball and Sambar	water [1 cup]	with my sibling in the house

comment

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Jerifer Millenia
 date: 02/12/15

	food	drink	Under what circumstances and where
early morning/breakfast	A small plate of tomato chithirana	2 cups of water	with my parents in the house
forenoon	—	—	—
Lunchtime/midday	A small box of tomato chithirana	2 cups of water	with my classmates in the school
afternoon	—	—	—
evening	—	1 cup of coffee	with my sister in the house
late evening/ night	A small plate of rice and sambhar	2 cups of water	with my parents in the house

comment

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Jennifer Millernia
 date: 24/2/15

	food	drink	Under what circumstances and where
early morning/breakfast	1 small bowl of upittu	2 cups of water	with my Parents in the house
forenoon	—	—	—
Lunchtime/midday	1 small box of upittu	2 cups of water	with my classmates in the school
afternoon	—	—	—
evening	—	1 cup of coffee	with my sister in the house
late evening/ night	1 small plate of rice and Sambhar Sambhar	2 cups of water	with my Parents in the house

comment

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Jenifer Millennia
 date: 25/2/15

	food	drink	Under what circumstances and where
early morning/breakfast	A small plate of Puliyugare rice	2 cups of water	with my Parents in the house
forenoon	—	—	—
Lunchtime/midday	A small box of Puliyugare rice	2 cups of water	with my classmates in the school
afternoon	—	—	—
evening	—	1 cup of coffee	with my sister in the house
late evening/ night	A small plate of rice and sambhar	2 cups of water	with my Parents in the house

comment

Puliyugare rice - Tamarind powder mixed rice

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Jennifer Millenria
 date: 26/2/15

	food	drink	Under what circumstances and where
early morning/breakfast	A small plate of tomato chithirana	2 cups of water	with my Parents in the house
forenoon	—	—	—
Lunchtime/midday	A small bowl of tomato Chithirana	2 cups of water	with my classmates in the school
afternoon	Bread (1) Pice	—	—
evening	—	1 cup of coffee	with my sister in the house
late evening/ night	A small plate of rice and little sambar	2 cups of water	with my parents in the house

comment

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Jenifer Millennia
 date: 9/1/2015

	food	drink	Under what circumstances and where
early morning/breakfast	A small plate of rice and little Sambar	2 cups of water	with my parents in the house
forenoon	—	—	—
Lunchtime/midday	A small box of rice and little Sambar	2 cups of water	with my classmates in the school
afternoon	—	—	—
evening	Bread (2) Pice	1 cup of coffee	with my parents in the house
late evening/ night	A small plate of Maggi ball and Sambar	2 cups of water	with my parents in the house

comment

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Jenifer Millennia
 date: 0 28/2/15

	food	drink	Under what circumstances and where
early morning/breakfast	A small bowl of upittu	2 cups of water	with my Parents in the house
forenoon	—	—	—
Lunchtime/midday	A small bowl of upittu	2 cups of water	with my classmates in the school
afternoon	—	—	—
evening	Bread (2) Pice	1 cup of coffee	with my Parents in the house
late evening/ night	A small Maggi balland Scambar	2 cups of water	with my parents in the house

comment

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Terifer Millennia
 date: 01/3/15

	food	drink	Under what circumstances and where
early morning/breakfast	A small Plate of rice and little Sambor	2 cups of water	with my Parents in the house
forenoon	-	-	-
Lunchtime/midday	Chapathi and potato Palya	2 cups of water	with my Parents in the house
afternoon	-	-	-
evening	-	1 cup of coffee	with my Parents in the house
late evening/ night	A small Dagi ball and little Sambor	2 cups of water	with my Parents in the house

comment

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Preema S
 date: 16/2/15

	food	drink	Under what circumstances and where
early morning/breakfast	A small plate of lemon chutheana	milk coffee (1 cup)	with my parents in the house
forenoon	—	—	—
Lunchtime/midday	A small plate of rice & sambar	water (2 cups)	with my classmates in the school
afternoon	—	—	—
evening	chapathi (2) & Tomato gochu	milk coffee (1 cup)	with my siblings in the house
late evening/ night	A small plate of curd rice	water (2 cups)	with my parents in the house

comment

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Prerna S
 date: 17/2/15

	food	drink	Under what circumstances and where
early morning/breakfast	Poori (3) & chatni	milk coffee (1 cup)	with my parents in the house
forenoon	—	—	—
Lunchtime/midday	A small plate of rice & masam	water (2 cups)	with my classmates in the school
afternoon	—	—	—
evening	—	milk coffee (1 cup)	with my sibling in the house
late evening/ night	—	water (2 cups)	—

comment

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Poorna - S
 date: 18/2/15

	food	drink	Under what circumstances and where
early morning/breakfast	A small plate of lemon chithrana	^{milk} coffee (1 cup)	with my parents in the house
forenoon	—	—	—
Lunchtime/midday	A small box of chithrana lemon	water (2 cups)	with my classmates in the school
afternoon	—	—	—
evening	A small plate of curd rice	coffee (1 cup)	with my sibling in the house
late evening/ night	A small plate of curd & sambhar	water (2 cups)	with my parents in the house

comment Lemon chithrana

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Peema S
 date: 19/2/15

	food	drink	Under what circumstances and where
early morning/breakfast	Dosa (2) & Pumpkin palay	milk coffee (1 cup)	with my parents in the house
forenoon	—	—	—
Lunchtime/midday	Dosa (2) & Chatni	water (2 cups)	with my class mates in the school
afternoon	—	—	—
evening	—	milk coffee (1 cup)	with my sibling in the house
late evening/ night	Dosa (2) & Sambhar	water (2 cups)	with my parents in the house

comment

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Prerna - 5

date: 20/2/15

	food	drink	Under what circumstances and where
early morning/breakfast	chapathi (2) & chatni	milk coffee (1 cup)	with my parents in the house
forenoon	—	—	—
Lunchtime/midday	chapathi (2) & chatni	water (2 cups)	with my classmates in the school
afternoon	—	—	—
evening	A small plate of rice & sambhar	coffee (1 cup)	with my sibling in the house
late evening/ night	chocolate (1)	water (2 water)	with my parents in the house

comment

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Prema-S

date: 21/2/15

	food	drink	Under what circumstances and where
early morning/breakfast	Dosai (2) Chatni	milk coffee (1 cup)	with my parents in the house
forenoon	—	—	—
Lunchtime/midday	Dosai (2) Chatni	water (3 cups)	with my sibling in the house
afternoon	—	—	—
evening	—	milk coffee (1 cup)	with my sibling in the house
late evening/ night	—	water (2 cups)	with my parents in the house

comment

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Priema - S
 date: 22/2/15

	food	drink	Under what circumstances and where
early morning/breakfast	A small bowl of uppittu	milk coffee (1cup)	with my parents in the house
forenoon	—	—	—
Lunchtime/midday	A small bowl of uppittu	water (3 cups)	with my sibling in the house
afternoon	—	—	—
evening	A small plate of rice & sambal	coffee (1 cup)	with my sibling in the house
late evening/ night	—	water (2 cups)	with my parents in the house

comment

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Bhuvaneshwari - G
 date: 16/08/15

	food	drink	Under what circumstances and where
early morning/breakfast	Dosa ² & Sambar	milk Tea (1 cup)	with my parents in the house
forenoon	—	—	—
Lunchtime/midday	A small plate of rice & Sambar	Water (2 cups)	with my classmates in the school
afternoon	—	—	—
evening	Biscuits (1 pack)	milk (1 cup)	with my siblings in the house
late evening/ night	A small plate of rice & Sambar	water (2 cups)	with my parents in the house

comment

Dosa / Dosa

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Bhuvaneshwari - G
 date: 17/08/15

	food	drink	Under what circumstances and where
early morning/breakfast	A small plate of rice & Sambar	milk Tea (1 cup)	with my parents in the house
forenoon	—	—	—
Lunchtime/midday	Chapathi (2) & Chatti	Water (2 cups)	with my classmates in the school
afternoon	—	—	—
evening	A small plate of rice & rasam	coffee (1 cup)	with my siblings in the house
late evening/ night	A small ragi balls & Sambar	Water (2 cups)	with my parents in the house

comment

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Bhuvaneshwari-G
 date: 18/08/15

	food	drink	Under what circumstances and where
early morning/breakfast	A small bowl of upittu upuma	milk Tea (1 cup)	with my Parents in the house
forenoon	—	—	—
Lunchtime/midday	A small Plate of rice & sambar	Water (2 cups)	with my classmates in the school
afternoon	—	—	—
evening	A Small bowl of Semiya upittu	Water (2 cups)	with my siblings in the house
late evening/ night	A Small ragi balls, sambar	Water (2 cups)	with my Parents in the house

comment

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Bhuvaneshwari - G
 date: 19/09/15

	food	drink	Under what circumstances and where
early morning/breakfast	Chapati & tomato gochu	milk Tea (1 cup)	With my Parents in the house
forenoon	—	—	—
Lunchtime/midday	A Small Plate of rice Palanis	Water (1 cup)	With my classmates in the School
afternoon	—	—	—
evening	Dorai & Sambar	Water (2 cups)	With my Siblings in the house
late evening/ night	A Small ragi ball & Sambar	Water (2 cups)	With my Parents in the house

comment

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Bhuvaneshwari - 9
 date: 20/08/15

	food	drink	Under what circumstances and where
early morning/breakfast	chapathi & potato (2) Dals	Tea (1 cup)	with my parents in the house
forenoon	—	—	—
Lunchtime/midday	Chapathi & potato (2) palya	water (2 cups)	with my classmates in the school
afternoon	—	—	—
evening	Banana (2)	coffee (1 cup)	with my siblings in the house
late evening/ night	A small egg ball & Sambhar	water (2 cups)	with my parents in the house

comment

My daily diet/food intake

In a student study project we are comparing the daily-intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Bhuvaneshwari
 date: 21/09/15

	food	drink	Under what circumstances and where
early morning/breakfast	A Small Plate of rice & Sambar	Tea (1 cup)	With my Parents in the house
forenoon	—	—	—
Lunchtime/midday	A Small Plate of rice & Sambar	Water (2 cups)	With my Siblings in the house
afternoon	—	—	—
evening	Poori (2) & Potato Palya	Water (2 cups)	With my Siblings in the house
late evening/ night	A small ragi balls muntion Sambar	Water (2 cups)	With my Parents in the house

comment

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Bhuvaneshwarini C
 date: 22/02/15

	food	drink	Under what circumstances and where
early morning/breakfast	A small plate of plane chithrana	Tea (1 cup)	with my parents in the house
forenoon	—	—	—
Lunchtime/midday	A small of plane chithrana	Water (2 cups)	With my Siblings in the house
afternoon	—	—	—
evening	Banana (2) Apple (1)	Water (3 cups)	With my Siblings in the house
late evening/ night	A small ragi ball & mutton Sambar	Water (2 cups)	With my Parents in the house

comment

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: K. Rupa
 date: 16-2-2015

	food	drink	Under what circumstances and where
early morning/breakfast	A small plate of lemon chithoora	coffee [1 cup]	with my parents in the house
forenoon	-	-	-
Lunchtime/midday	chapathi & Tomato chutney	water [2 cups]	with my class-mates in the school
afternoon	-	-	-
evening	A small plate of rice and Sambar	water [2 cups]	with my parents in the house
late evening/ night	A small ragi ball and sambar	water [2 cups]	with my parents in the house

comment

Coffee - milk Coffee
 classmates - Friends in the same class.

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: K. Reepa
 date: 17-2-2015

	food	drink	Under what circumstances and where
early morning/breakfast	A small plate of curd rice	coffee [1 cup]	with my parents in the house
forenoon	-	-	-
Lunchtime/midday	A small plate of rice and sambhar	water [2 cups]	with my parents in the school
afternoon	-	-	-
evening	Biscuits 1 pack	water [1 cup]	with my parents in the house
late evening/ night	Dosai & Tempe & Gochu	water [2 cups]	with my parents in the house

comment

Coffee - milk mixed coffee.
 Dosai - Dosa

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: K. Reena
 date: 18-2-15

	food	drink	Under what circumstances and where
early morning/breakfast	A small plate of rice and sambar	coffee [1 cup]	with my parents in the house
forenoon	-	-	-
Lunchtime/midday	A small plate of tomato chithorana	water [1 cup]	with my class-mates in the school
afternoon	-	-	-
evening	Banana [1]	water [1 cup]	with my siblings in the house
late evening/ night	A small plate of rice Tomato chochu	water [2 cups]	with my parents in the house

comment

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: K. Pappa
 date: 19-2-2015

	food	drink	Under what circumstances and where
early morning/breakfast	A small plate of upittu	coffee [1 cup]	with my parents in the house
forenoon	-	-	-
Lunchtime/midday	A small plate of rice & sambar	water [2 cup]	with my class mates in the school
afternoon	-	-	-
evening	Ice-cream [1 cup]	water [1 cup]	with my siblings in the house
late evening/ night	A small ragi ball and sambar	water [1 cup]	with my parents in the house

comment

upittu - Rava upittu
 Coffee - milk mixed coffee.

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces, List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: K. Rappa
 date: 20-2-2015

	food	drink	Under what circumstances and where
early morning/breakfast	A small Plate of Samayapittu	coffee [1 cup]	with my parents in the house
forenoon	-	-	-
Lunchtime/midday	Dosa & sambhar	water [1 cup]	with my class-mates in the school
afternoon	-	-	-
evening	biscuits [1 pack]	water [1 cup]	with my siblings in the house
late evening/ night	chopathi - & tomato ^{ch} oachu	water [1 cup]	with my parents in the house

comment

Sevige - Sevige upittu
 Coffee - milk coffee.

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: K. Resha
 date: 21-2-15

	food	drink	Under what circumstances and where
early morning/breakfast	A small plate of rice & sambar	coffee [1 cup]	with my parents in the house
forenoon	-	-	-
Lunchtime/midday	A small plate of upittu	water [1 cup]	with my class mates in the school
afternoon	-	-	-
evening	Ice-cream [1 cup]	water [1 cup]	with my siblings in the house
late evening/ night	A small plate of ragi ball & sambar	water [2 cup]	with my parents in the house

comment

upittu - Rava
 Coffee - milk mixed coffee

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: K. Reepa
 date: 22-2-2015

	food	drink	Under what circumstances and where
early morning/breakfast	Idly & Sambar	coffee [1 cup]	with my Parents in the house
forenoon	Rice	-	-
Lunchtime/midday	Bath palao	water [1 cup]	with my Parents in the house
afternoon	-	-	-
evening	A small plate of rice & sambar	water [1 cup]	with my Parents in the house
late evening/ night	chopathi & Palya (a)	water [1 cup]	with my Parents in the house

comment

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Ranitha - M
 date: 16-02-2015

	food	drink	Under what circumstances and where
early morning/breakfast	A small Plate of rice and little sambhar	coffee [1 cup]	with my Parents in the house
forenoon	—	—	—
Lunchtime/midday	A small Plate of rice and little sambhar	drink [1 cup]	with my class mates in the school
afternoon	—	—	—
evening	A small Plate of rice Palavo	milk Tea [1 cup]	with my siblings in the house
late evening/ night	A small Plate of rice and sambhar	drink [2 cups]	with my Parents in the house

comment

Rice palavo - vegetable mixed rice

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Ranjitha - M
 date: 17-02-2015

	food	drink	Under what circumstances and where
early morning/breakfast	Chapati ⁽²⁾ & tomato gochhu	milkTea [1 cup]	with my Parents in the house
forenoon	—	—	—
Lunchtime/midday	A small plate of rice and little sambhar	drinks [2 cups]	with my siblings in the house
afternoon	—	—	—
evening	Banana (1)	milk [1 cup]	with my siblings in the house
late evening/ night	A small plate of rice and sambhar	drinks [2 cups]	with my Parents in the house

comment

drink - juice

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Ranjitha - M
 date: 18-02-2015

	food	drink	Under what circumstances and where
early morning/breakfast	Dosai (2) & sambar	coffee [1 cup]	with my Parents in the house
forenoon	—	—	—
Lunchtime/midday	Dosai (2) & sambar	water [1 cup]	with my class mates in the school
afternoon	—	—	—
evening	Dosai (1) & sambar	milk tea [1 cup]	with my Parents in the house
late evening/ night	a small ragi ball & sambar	water [1 cup]	with my Parents in the house

comment

Coffee - milk mixed coffee.
 Dosai - Dosa.

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name:

Ranjitha - M

date:

19-09-2015

	food	drink	Under what circumstances and where
early morning/breakfast	A small Plate of rice Palavo	milk coffee [1 cup]	with my siblings in the house
forenoon	—	—	—
Lunchtime/midday	A small Plate of rice Palavo	water [1 cup]	with my class mates in the school
afternoon	—	—	—
evening	A small Plate of rice Palavo	milk Tea [1 cup]	with my siblings in the house
late evening/ night	a small ragi kall and Sambar	water [1 cup]	with my Parents in the house

comment

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Ranjitha-M
 date: 20-02-15

	food	drink	Under what circumstances and where
early morning/breakfast	A small Plate of rice & sambar	milkTea [1 cup]	with my siblings in the house
forenoon	—	—	—
Lunchtime/midday	A small Plate of rice & sambar	milk [1 cup]	with my classmates in the school
afternoon	—	—	—
evening	cake (1) piece	coffee (1 cup)	with my siblings in the house
late evening/ night	A small Plate of rice & sambar	milkTea [1 cup]	with my Parents in the house

comment

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount,

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Ranjitha M
 date: 7th 21-02-19

	food	drink	Under what circumstances and where
early morning/breakfast	A small plate of rice and Sambhar	water (1cup)	with my Parents in the house
forenoon	—	—	—
Lunchtime/midday	A small plate of rice and Sambhar	coffee (1cup)	with my class mates mates in the school
afternoon	—	—	—
evening	Banana (2)	milk tea (1cup)	with my siblings in the house
late evening/ night	a small ragi ball & Sambhar	water (1cup)	with my Parents in the house

comment

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Ranilha - M
 date: 22-02-2015

	food	drink	Under what circumstances and where
early morning/breakfast	chapathi (2) & sambhar	milk [1 cup]	with my Parents in the house
forenoon	—	—	—
Lunchtime/midday	chapathi (2) & sambhar	water [1 cup]	with my class mates in the school
afternoon	—	—	—
evening	cake (1) piece	coffee [1 cup]	with my siblings in the house
late evening/ night	A small ragi ball & sambhar	water [1 cup]	with my Parents in the house

comment

Coffee - milk mixed coffee.

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Fayed Noorulla
 date: 16-02-2015

	food	drink	Under what circumstances and where
early morning/breakfast	A small plate of rice and sambar	milk [1 cup]	with my parents in the house
forenoon	—	—	—
Lunchtime/midday	A small box of rice and sambar	water [2 cup]	with my classmates in the school
afternoon	—	—	—
evening	Barana (2)	water [1 cup]	with my siblings in the house
late evening/ night	A small ragi ball and sambar	water [2 cup]	with my parents in the house

comment

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Syed nazrulla

date: 17-02-2015

	food	drink	Under what circumstances and where
early morning/breakfast	Chapathi (2) and Potato Palya	milk Tea [1cup]	with my Parents in the house
forenoon	—	—	—
Lunchtime/midday	Chapathi (2) and Potato Palya	water [1cup]	with my class mates in the school
afternoon	—	—	—
evening	Apple (1)	water [1cup]	with my siblings in the house
late evening/ night	A small Plate of rice and sambar	milk [1cup]	with my Parents in the house

comment

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Syed nazrulla
 date: 18-02-2015

	food	drink	Under what circumstances and where
early morning/breakfast	A small bowl of upittu	milk [1 cup]	with my Parents in the house
forenoon	-	-	-
Lunchtime/midday	A small box of upittu	water [1 cup]	with my classmates in the school
afternoon	-	-	-
evening	Banana 02	milk tea [1 cup]	with my siblings in the house
late evening/ night	A small plate of rice and sambhar	water [2 cup]	with my Parents in the house

comment

upittu → Rava upittu

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Eyed nazrulla
 date: 19-02-2015

	food	drink	Under what circumstances and where
early morning/breakfast	A small Plate of chithrana	milk tea [1cup]	with my Parents in the house
forenoon	—	—	—
Lunchtime/midday	A small bowl of chithrana	water [2 cups]	with my classmates in the school
afternoon	—	—	—
evening	Banana e	water [2 cup]	with my siblings in the house
late evening/ night	A small ragi ball and Sambor	water [2 cups]	with my Parents in the house

comment

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Syed nazrulla
 date: 20-02-2015

	food	drink	Under what circumstances and where
early morning/breakfast	Poori & chatni	milk coffee [1cup]	with my Parents in the house
forenoon	—	—	—
Lunchtime/midday	A small Plate of rice & sambar	water [2 cup]	with my classmates in the house
afternoon	—	—	—
evening	—	milk tea [1cup]	with my sibling in the house
late evening/ night	A small Plate of rice and sambar	water [2 cup]	with my Parents in the house

comment

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Syed Nazrulla
 date: 21-02-2015

	food	drink	Under what circumstances and where
early morning/breakfast	Do Dosai (2) E. Tomato gochu	water (1 cup)	with my parents in the house
forenoon	—	—	—
Lunchtime/midday	Dosai (2) E. Tomato gochu	water (2 cup)	with my classmates in the school
afternoon	—	—	—
evening	Tomato chips	milk (1 cup)	with my siblings in the house
late evening/ night	A small ragi ball E. sambar	water (2 cups)	with my parents in the house

comment

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Syed Nazrulla
 date: 27-08-2015

	food	drink	Under what circumstances and where
early morning/breakfast	A small plate of rice Palavo	milk coffee (1 cup)	with my sibling in the house
forenoon	—	—	—
Lunchtime/midday	A small plate of rice Palavo	water (1 cup)	with my classmates in school
afternoon	—	—	—
evening	A small plate of rice Palavo	milk Tea (1 cup)	with my siblings in the house
late evening/ night	a small ragi ball and Sambhar	water (1 cup)	with my parents in the house

comment

palavo → vegetable mixed rice.

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Shobana S
 date: 24/2/2015

	food	drink	Under what circumstances and where
early morning/breakfast	A small Bowl of upittu	(1) Cup of water	with my Parents in the house
forenoon	—	—	—
Lunchtime/midday	A small Box of upittu	(1) Cup of water	with my classmates in the school ground
afternoon	—	—	—
evening	—	(1) Cup of milk tea	with my Parents in the house
late evening/ night	A small plate of rice and little sambhar	(2) cups of water	with my Parents in the house

comment milk tea

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Sharada N
 date: 25/08/2015

	food	drink	Under what circumstances and where
early morning/breakfast	A small plate of plain chithrana	(1) Cup of water	with my parents in the house
forenoon	—	—	—
Lunchtime/midday	A small box of plain chithrana	(1) Cup of water	with my classmates in the school ground
afternoon	—	—	—
evening	(1) Banana	(1) Cup of milk tea	with my brothers in the house
late evening/ night	A small plate of rice & little sambar	(1) Cup of water	with my parents in the house

comment plain chithrana

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Sharada N
 date: 26/02/2015

	food	drink	Under what circumstances and where
early morning/breakfast	A small bowl of Mage upittu	(2) Cup of water	with my parents in the house
forenoon	—	—	—
Lunchtime/midday	A small box of Mage upittu	(1) Cup of water	with my classmates in the school ground
afternoon	—	—	—
evening	(1) Apple	lemon juice	with my brothers in the house
late evening/ night	A small plate of rice & little Sambar	(2) Cups of water	with my parents in the house

comment

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Shanoda N
 date: 27/03/15

	food	drink	Under what circumstances and where
early morning/breakfast	A small plate of Puliugare rice	(1) Cup of water	with my parents in the house
forenoon	—	—	—
Lunchtime/midday	A small box of Puliugare rice	(1) Cup of water	with my classmates in the school ground
afternoon	—	—	—
evening	(1) Apple	(1) Cup of milk	with my parents in the house
late evening/ night	A small rage ball and Sambhar	(2) Cups of water	with my parents in the house.

comment

puliugare rice - A rice mixed with Tamarin powder

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Sharada N
 date: 28/02/15

	food	drink	Under what circumstances and where
early morning/breakfast	1 small plate of curd rice	(1) Cup of water	with my parents in the house
forenoon	—	—	—
Lunchtime/midday	1 small bowl of curd rice	(2) cups of water	with my classmates in the school ground
afternoon	—	—	—
evening	(1) Banana	(1) Cup of milk	with my brothers in the house
late evening/ night	1 small plate of rice and little sambar	(1) Cup of water	with my parents in the house.

comment

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Shorada N
 date: 1/03/15

	food	drink	Under what circumstances and where
early morning/breakfast	A small Bowl of rice palawo	(1) Cup of water	with my Parents in the house
forenoon	—	—	—
Lunchtime/midday	A small Box of rice palawo	(1) Cup of water	with my classmates in the school ground
afternoon	—	—	—
evening	(1) Apple	lemon juice	with my parents in the house
late evening/ night	A small plate of rice and little sambar	(1) Cup of water	with my parents in the house.

comment

Rice palawo - vegetables mixed rice.

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Sharada N
 date: 02/03/15

	food	drink	Under what circumstances and where
early morning/breakfast	(2) Chapathi and Tomato gochu	(1) Cup of water	with my parents in the house
forenoon	—	—	—
Lunchtime/midday	(2) Chapathi and Tomato gochu	(1) Cup of water	with my classmates in the school ground
afternoon	—	—	—
evening	—	(1) Cup of Plain tea	with my brothers in the house
late evening/ night	A small plate of rice and little Sambhar	(2) Cups of water	with my parents in the house.

comment

Plain tea [Dication]

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Kokila .M

date: 16-02-2015

	food	drink	Under what circumstances and where
early morning/breakfast	A small bowl of uppittu	Milk coffee [1 cup]	with my parents in the house
forenoon	-	-	-
Lunchtime/midday	A small bowl of uppittu	water [3 cups]	with my classmates in the school
afternoon	-	water [2 cups]	-
evening	A small plate of curd rice	coffee [1 cup]	with my siblings in the house
late evening/ night	chocolate (1)	water [2 cups]	with my parents in the house

comment

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Kokila . M
 date: 17-09-15

	food	drink	Under what circumstances and where
early morning/breakfast	A small plate of rice palan	water [2 cups]	with my parents in the house
forenoon	-	-	-
Lunchtime/midday	chapathi and potato Palya	water [2 cups]	with my parents in house
afternoon	-	-	-
evening	-	1 cup of coffee	with my parents in the house
late evening/ night	A small ragi ball and zamban	water [2 cups]	with my parents in the house

comment

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Kokila - M
 date: 18-09-15

	food	drink	Under what circumstances and where
early morning/breakfast	A small Plate of rice & sambar	coffee [1 cup]	with my parentes in the house
forenoon	-	-	-
Lunchtime/midday	A small Plate of uppittu	water [1 cup]	with my class mates in the school
afternoon	-	-	-
evening	Ice-cream [1 cup]	water [1 cup]	with my siblings in the house
late evening/ night	A small Ragi ball & sambar	water [2 cups]	with my parents in the house

comment

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name: Kokila - 14
 date: 19-02-15

	food	drink	Under what circumstances and where
early morning/breakfast	A small bowl of samiya uppittu	milk [1 cup]	with my siblings in the house
forenoon	-	-	-
Lunchtime/midday	A small plate of curd rice	water [2 cups]	with my class mates in the school
afternoon	-	-	-
evening	A small Plate of curd rice	milk Tea [1/2 cup]	with my siblings in the school
late evening/ night	Dose 1 1/2 Tomato Kozu	milk [1 cup]	with my parents in the house

comment Dose / Dasai

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name:

Kokila - M

date: 20-02-15

	food	drink	Under what circumstances and where
early morning/breakfast	A small plate of chithrana	milk [1 cup]	at with my siblings in the school
forenoon	-	-	-
Lunchtime/midday	A small plate of curd rice	water [2 cups]	with my class mates in the school
afternoon	-	-	-
evening	Bread 1 slice	milk Tea [1 cup]	with my siblings in house
late evening/ night	A small ragi ball And sambhar	water [1 cup]	with my parents in the house

comment

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name:

Kokila - M

date: 01-02-15

	food	drink	Under what circumstances and where
early morning/breakfast	A plate of chithrana	Tea [1 cup]	with my parents in the house
forenoon	-	-	-
Lunchtime/midday	A small box of chithrana	water [2 cups]	with my class mates in the school
afternoon	-	-	-
evening	Banana (2) Apple (1)	water [3 cups]	with my siblings in the house
late evening/ night	A small ragi ball and sambhar	water [2 cups]	with my parents in the house

comment

My daily diet/food intake

In a student study project we are comparing the daily intake of food /nutrition of students in Germany and India. If you want to take part in this survey please fill in the blank spaces. List all the food and drink that you take in a day. Do this every day for a week. Try to be as exact as possible describing the amount.

example

early morning	a small plate of rice	one cup of water	with my siblings, in front of our place
---------------	-----------------------	------------------	---

name:

Kokila - M

date: 22-02-15

	food	drink	Under what circumstances and where
early morning/breakfast	A small plate of rice & sambar	milk [1 cup]	with my parents in the house
forenoon	—	—	—
Lunchtime/midday	A small box rice & sambar	water [2 cups]	with my class mates in the school
afternoon	—	—	—
evening	Banana (2)	water [1 cup]	with my siblings in the school
late evening/ night	A small ragi ball and sambar	water [2 cup]	with my parents in the house

comment