

FOOD DESCRIPTION PROMPT SHEET FOR INTERVIEWERS

Food group	Description
Bacon	Smoked or unsmoked Cut e.g. back, middle, streaky Fat removed. If not, was it eaten?
Baked beans	Standard, Reduced sugar, Reduced salt or both.
Biscuits	Name Chocolate covered, Iced, Sandwich (cream, jam)
Bread PROMPT: Ask about spreads	White, High fibre white, Brown, Brown with added bran, Wholemeal, Wheatgerm, Granary, Soda, French Was it toasted? If from loaf: large or small loaf? Sliced or unsliced loaf? Thin or medium or thick sliced? Fortified with vitamins and minerals? Naan, Paratha, Chapatti, Papadum, Puri, Pitta, Injera (African sour dough), ciabatta, foccacia If homemade, type of flour & oil/fat used If rolls: soft, crusty, hamburger, hot dog, iced or plain If West Indian bread, what type i.e. fruit bun bread or hard dough bread
Breakfast cereals PROMPT: Amount of milk, sugar etc	Type e.g. corn, wheat, oats, rice, bran, mixed Added fruit and/or nuts If muesli – added sugar/fruit Type of milk/whitener. <i>NB Amount of milk = damp/normal/drowned</i> Sugar/sweetener
Butter, margarine and spreads	Butter – salted or unsalted? Spreadable butter? Fat spreads – % of fat i.e. reduced/low/very low fat Is it polyunsaturated? Cholesterol lowering e.g. Benecol, Flora Pro-Activ With olive oil e.g. Olivio Margarines – hard (block) or soft (tub)
Chocolates	Name of product Type e.g. milk, plain, white Any filling and, if so, what type e.g. wafer, caramel etc? Any additions e.g. raisins, nuts etc?
Cakes	Sponge or fruit? If fruit: rich fruit cake? Icing, fresh cream, jam filling, buttercream filling. Flavour (esp. chocolate)

Food group	Description
Chips	If made at home: frozen, oven, microwave, fresh cut. If take-away, where from i.e. fish & chip shop, Chinese, McDonalds Cut: thick/thin/crinkle/French fries
Cream	Single, whipping, double, fat %, aerosol Dairy, non-dairy Imitation cream e.g. Elmlea
Crisps, nuts and seeds PROMPT: From a multipack?	Standard/low fat/low salt. Flavour For crisps: are they potato, corn, wheat, maize, vegetable, plantain etc
Dairy desserts	If instant dessert/custard/other milk based e.g. rice pudding – what type of milk added
Fruit juice PROMPT: CHECK THAT THIS IS NOT A FRUIT JUICE <i>DRINK</i>	Freshly squeezed or UHT/Longlife (come in tetrabrik cartons, not refrigerated in shop) or Pasteurised (come in tall purpak cartons , bought from fridge in shop) Canned?
Ghee	Made with butter, vegetable oil or any other fat/oil
Meat (see Bacon, Sausages separately)	Type of meat (name of animal, cut of meat, preparation e.g. minced) Fat removed. If not, was it eaten? Skin removed. If not, was it eaten?
Pies (Sweet and savoury)	Number of crusts (base, lid or both) Filling e.g. apple and blackberry. If meat, what type e.g. mince beef. Any vegetables. In gravy/white sauce? Type of pastry e.g. short, puff
Milk	Whole, semi-skimmed, skimmed Fresh, UHT, sterilized, unpasteurised Dried, condensed, evaporated Fortified with vitamins and/or minerals? Soya - sweetened?
Pasta	White, wholemeal (brown) Fresh or dried or canned in sauce Type of filling e.g. ravioli, cannelloni <i>NB Was the amount given as raw or cooked?</i>
Porridge	Made with milk or water or both? Cornmeal or oatmeal?

Food group	Description
Potatoes & starchy roots e.g. yam, plantain (see Chips separately)	If mashed, what with e.g. butter, milk If baked/microwave – was skin eaten? Instant – what was it made up with? If fried or roast, what in? Potatoes - old or new Foo Foo – what is it made with, how prepared?
Powdered drinks	Made up with water and/or milk (type of milk) <i>NB Amount given as dried powder or made up?</i> Sugar added? Low fat/low calorie?
Rice	White – basmati, easy cook, long or short grain? Brown or easy cook brown <i>NB Was the amount given as raw or cooked?</i> Any added ingredients e.g. meat, fish, vegetables, egg, spice If fried, what in? Takeaway – name of outlet?.
Salad (including pasta salads) Prompt: Ask about dressings	If bought, name of salad. List of ingredients.
Sausages	Type e.g. beef, pork, Cumberland, vegetarian, added ingredient e.g. pork and leek sausages large (8 per lb) or small (16 per lb e.g. chipolattas) Skinless? Economy?
Soft drinks	Name and flavour. If it contains fruit juice, how much? (to distinguish between pure fruit juice and fruit juice drinks) Concentrate or ready to drink? If concentrate, what strength is it prepared: weak/normal/strong Standard/low calorie/caffeine free/low sugar/no added sugar Still or carbonated Fortified with vitamins and minerals? Mineral water – still/sparkling, flavoured. Sweetened with sugar or sweeteners.

Food group	Description
Soups	Flavour? Cream, clear? Canned, carton, packet? Condensed or ready to serve? Fresh (from fridge)?
Sweets	Name of product Type e.g. jelly, boiled, foam, chews Sugar free?
Tea/coffee	Tea– weak or strong? Was the coffee instant or fresh (ground)? If instant - how many spoons? If fresh, weak or strong? Tea/coffee - decaffeinated? Type of milk/whitener. Amount of milk: milky/some/dash/no milk Sugar/sweetener
Yoghurt and fromage frais	Yoghurt: Creamy (including Greek), low fat or very low fat (i.e. virtually fat free)? Natural or flavoured yogurt/fromage frais (what flavour)? Fruit pieces/fruit puree or just flavoured? Low sugar? Low calorie? Twinpots – separate cereal/crumble or fruit portion? Yogurt/fromage frais Fortified – especially kiddies yoghurts
Sandwiches	Type of bread and list of items in filling (probe for salad, etc.) Did it contain margarine/butter etc? Did it contain mayonnaise/salad cream etc?

COMMONLY CONSUMED ADDITIONAL FOOD PROMPTS

Food	May be eaten with.....
Tea, coffee	Milk, sugar, artificial sweetener, biscuit, cake, savoury snacks, Indian sweets etc
Bread	Spread, topping
Sandwich	Salad, mayonnaise, pickle, spread, other fillings
Cereal	Milk, sugar, fruit, yoghurt, fruit juice, artificial sweetener
Baked potato	Butter, fat spread, sour cream, other topping or filling
Boiled Potatoes	Butter, fat spread
Mashed potato	Butter, fat spread, milk, cream, mustard, gravy
Vegetables	Butter, fat spread, ghee/seeds/nuts
Salad	Dressing, mayonnaise, oil
Soup	Breads/rolls, butter, dried shrimp, croutons, cream,
Meat	Gravy and sauces e.g. mustard, horseradish, cranberry
Dahl	Breads/rolls, idli, dosa, vada, rice, ghee/seeds/nuts, yogurt (raita)
Curry	Pickles, breads, rice, chutneys, yoghurt (raita), poppadums
Ice cream, Kheer or other dairy desserts	Sauce, topping, fruit, nuts, cream
Dessert, pudding, Indian sweets e.g. burfi, halwa	Custard, cream, ice cream, nuts, sweet sauces, fruit
Alcoholic drink	Snack food e.g. crisps, peanuts, Bombay mix, puffed rice and other fried flour snacks

COMMON SOUTH ASIAN FOODS AND DISHES

Portion size measures usually used

- Most curries – spoons or platesful
- Side dishes (e.g. bhaji & dahls) – spoons
- Rice and rice dishes – spoons or platesful
- Bhajia/pakora – individual items

Main & side dishes

Aloo chat	Potato curry
Aloo ghosht	Lamb and potato curry
Bhaji	Indian/Bangladeshi: describes a variety of stir fried vegetable (usually side) dishes
	Indian: vegetable fritters, normally made with gram (lentil) flour
Bhuna	Bangladeshi: dry curry e.g. chicken or prawn bhuna
Biriani (biryani)	Indian/Pakistani: highly spiced rice dish flavoured with saffron and layered with meat/vegetables (similar to <i>pilau</i>)
Brinjal	Aubergine curry
Dahl	Indian: split peas of various kinds. Red (massur) dahl is made of lentils.
Egg Masala	Curried omelette
Gram	Lentil e.g. gram flour is made of lentils
Keema (kheema)	Bangladeshi/Pakistani: mince curry e.g. lamb keema
Khadhi (khadi)	Indian (Gujerati): yoghurt curry with chick pea flour and spices
Kofta	Indian: spiced meat balls. Kofta may also be moulded over sweet-sour plums, minced dried apricots, and herbs and eggs. <i>Dudhi</i> is a type of kofta curry.
Kitchadi	Indian: rice, mung beans and butter/ghee or vegetable margarine
Pilau (pilaf)	Dish of rice cooked in stock, with vegetables, meat, or fish added.
Raita	Indian: yoghurt with chopped cucumber, onion, garlic and spices
Sag curry	Spinach curry

COMMON SOUTH ASIAN FOODS AND DISHES (continued)

Vegetables

Bhindi (okra or ladies' fingers)	Small ridged pods resembling a small cucumber. Used in soups and stews.
Palak	Spinach (Pakistani)

Breads

Chappati	Indian: unleavened whole-grain wheat or millet bread
Paratha	Indian whole-wheat unleavened bread, frequently stuffed with spiced potato or other vegetables.
Phulka	Small chappatis
Puri	Indian: unleavened wholewheat bread prepared from a butter-rich dough, shaped into pancakes and deep fried in hot oil.
Roti	Chappati prepared with maize flour
Ghee	Clarified butter fat

Desserts

Burfi	Fudge-type sweet
Gulab jamen (jambu)	Indian dessert: deep-fried balls of ground almond and flour dough, served in syrup.
Halwa (halvah, chalva)	A sweetmeat composed of an aerated mixture of glucose, sugar and crushed sesame seeds OR Indian desserts of various types made from carrot, pumpkin, or banana, sweetened and flavoured.
Jellabi (jelabi)	Indian sweet: deep-fried spirals of dough served with syrup.
Kulfi	Indian: ice cream containing rice flour or sesame seed and ground almonds.
Pinni (dabra)	Asian sweetmeat
Sata	Asian pastries

Snack foods

Chevra (chevda)	A dry and highly spiced mixture of deep-fried rice, dahl, chickpeas, and small pieces of chickpea batter, with peanuts and raisins. A common North Indian snack food, also known as Bombay mix.
Masur	Savoury snack
Sev (ganthia)	Deep-fried chick pea batter.
Sevyiaan	Sweet Indian snack