

House Pvt. Ltd.

- Sahay, K.M. and K.K. Singh. (1994). *Unit Operations in Agricultural Processing*, Vikas Publishing House Pvt. Ltd., New Delhi, p.340.

**Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.**

**DISCIPLINE SPECIFIC ELECTIVE – DSE-3-FT:  
FOOD CULTURAL PERSPECTIVES**

**CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE**

Course Title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
Food Cultural Perspectives	4	3	0	1	Class XII Pass	NIL

**LEARNING OBJECTIVES:**

1. To make students aware of the rich cultural food heritage of India.
2. To make students understand the importance of food in social events and the intercultural communications.

**LEARNING OUTCOMES:**

After completion of the course, the students will be able to:

1. Understand the factors influencing the diversity in diets of India
2. Comprehend the Indian rich cultural parameters related to food during various community and family social occasions and events
3. Have knowledge regarding variation in Indian food as per the religion
4. Get acquainted with the various myths, beliefs and intercultural communications related to diverse Indian food culture

**SYLLABUS OF DSE-3-FT**

**THEORY  
(Credits 3: 45 Hours)**

**UNIT I: Introduction: Influences on Food and Food Habits (10 Hours)**

- *Unit Description:* This unit is about food culture around the world and the varied factors influencing the Indian food cultural practices.
- *Subtopics:*
  - Introduction, Early food habits, Food around the world – current scenario
  - Agricultural developments over the years

- Factors influencing diets- geography, environmental factors (water, climate, soil, weather, natural calamities), trade, war and peace.

## **UNIT II: Cultural Parameters**

**(10 Hours)**

- *Unit Description:* This unit is about the importance and type of food offered on various special occasions and events in Indian society.
- *Subtopics:*
  - Birth and Death
  - Architecture/Housing
  - Language
  - Lifestyle
  - Art and literature
  - Immigration/travel
  - Festivals, special occasions and events

## **UNIT III: Identity of Food - Religion, beliefs, myths**

**(15 Hours)**

- *Unit Description:* The unit describes the Indian food cultural diversity according to the varied religions of India and the common food myths and beliefs.
- *Subtopics:*
  - Food habits and practices – Hinduism, Jainism, Buddhism, Muslim, Christianity
  - Common food myths and beliefs

## **Unit IV: Food - Intercultural Communications**

**(10 Hours)**

- *Unit Description:* This unit will discuss the effect of customs, traditions, culture on the way food is cooked, served, consumed and associated with.
- *Subtopics:*
  - Language (mother tongue)
  - Body language and Customs
  - Food attitude and traditions
  - Cultural differences – food-based practices.
  - Food – a mode of communicating at international level/other social functions of food

### **PRACTICAL (Credits 1: 30 Hours)**

*No. of Students per Practical Class Group: 10-15*

1. Preparation of types of questionnaires for interview/ survey.
2. Exploring the menu of various cultural food outlets around your locality.
3. Identify and compare the two diverse Indian regional meals/ cuisines.

4. Identify and present the *PRASADAM* and its cultural importance at various Indian religious places.

OR

Prepare a brief report/ Power Point Presentation (PPT) on FSSAI initiative BHOG (Blissful Hygienic Offering to God).

5. Explore and present Food as Medicine in Indian literature.
6. Organize Indian regional cuisine Exhibition/ competition/ Quiz in your institution.
7. Critically evaluate any Indian folk tale/song w.r.t food cultural behaviour.

OR

Write a critique on magazine and newspaper articles pertaining to Indian cultural food habits and patterns.

8. Visit to food fair.

### ESSENTIAL READINGS (Theory and Practical):

- McWilliams, M. (2015). *Food Around the World: A Cultural Perspective*. Fourth Edition. Pearson Education Inc.
- Srinivas, T. (2011). *Exploring Indian Culture through Food*. *Food, Culture and Asia*; 16(3): 38-41.
- Sen, C.T. (2004). *Food Culture in India*. Greenwood Press.
- Nandrajog, H. and Suri, S. (2021). *The Saga of Food: Reflections on Technology and Culture*. International Book House.

### SUGGESTED READINGS:

- Szanto, D., Battista, A.D. and Knezevic, I. (2022). *Food Studies: Matter, Meaning and Movement*. Food Studies Press.
- Kittler, P.G. and Sucher, K.P. (2008). *Food and Culture*. Fifth Edition. Thomson Wadsworth Publishing.
- Albala, K. (2013). *Food: A Cultural Culinary History*. The Great Courses.
- Acharya, K.T. (2000). *Indian Food: A Historical Comparison*. Oxford Press.
- Bhushi, K. (2018). *Farm to Fingers: The Culture and Politics of Food in Contemporary India*. First Edition. Cambridge University Press.
- Lonely, P. (2001). *World Food: India*. Lonely Planet Oakland.
- Ali, E., Naquiah, N. and Nizar, A. (2018). *Preparation and Processing of Cultural Food*. First edition. Woodhead Publishing House (Elsevier).

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