

## GENERIC ELECTIVE – GE-5-FT: TRADITIONAL INDIAN FOODS

### 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		
Traditional Indian Foods	4	3	0	1	Class XII	NIL

### LEARNING OBJECTIVES:

1. Impart knowledge about the background and benefits of traditional foods of India.
2. Prepare traditional regional Indian dishes using basic principles of cooking.

### COURSE OUTCOMES:

After successful completion of the course, the students will:

1. Get appraised to the basic concepts of indigenous Indian foods by ancestors.
2. Have theoretical and practical knowledge about the rich food heritage of India.
3. Based on available resources judiciously adopt cooking healthier traditional foods of India.
4. Be able to work/contribute/ promote the food industry catering to traditional Indian foods.

### SYLLABUS OF GE-5-FT

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

#### UNIT I: Traditional foods of India – An Introduction (5 Hours)

- *Unit Description:* This unit would help students learn about the rich food culture/ background of traditional foods, the concepts of common food beliefs and the journey of traditional foods over the years.
- *Subtopics:*
  - Ancestral food legacy
  - Historical Background (Aryans, Vedic and Harappans)
  - Common food beliefs
  - Roots to routes – future prospects

#### UNIT II: Traditional Cooking Methods and Equipment (10 Hours)

- *Unit Description:* This unit will help students understand the traditional Indian equipments and methods used to cook food; their advantages and disadvantages.
- *Subtopics:*
  - Common traditional equipments and utensils
  - Common traditional cooking methods

### **UNIT III: Traditional Regional Cuisines (20 Hours)**

- *Unit Description:* The unit is based on the diverse traditional regional cuisines/ foods. It will help student understand that the traditional food as available today has evolved over the year as a result of various socio-demographic, political and other factors.
- *Subtopics:*  
Traditional menus, meals, snacks and desserts of following:
  - Northern India
  - Southern India
  - Central India
  - Eastern India
  - Western India

### **UNIT IV: Traditional Foods – Health and Disease (10 Hours)**

- *Unit Description:* The unit will discuss about the health-promotive properties of salient indigenous foods of India as well as the concepts of traditional dietary regimes.
- *Subtopics:*
  - Spices, herbs and condiments
  - Hot and cold foods
  - Satvik, Rajsik, Tamsik
  - Fasting and feasting.

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

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

5. Weights, measures and common food hygiene practices.
6. Basic cooking terminologies and market order preparation.
7. Visit to state houses/bhawans/dilli haat
8. Northern Region:
  - 2 snacks: kathi kebab/galouti kebab/moong daal kachori/samosa/palak pakoras
  - 1 main dish: sarso ka saag, makka ki roti/ bajre ki khichdi singhri ki sabzi/Jammu rajma/bedmi poori
  - 1 dessert: kheer/laddoo/pinni/phirni/ halwa

9. Eastern region:
  - 2 snacks: bhujia/puchka/pitthas/dhuska
  - 1 main dish: littichokha/macher jhol/luchi/potala rasa/
  - 1 dessert: rajbhog/tekua/sandesh/khaja/pitha/kakara.
10. North-Eastern region:
  - 2 snacks: pitha/sanpiau/momos/zan/sha phaley/koatpitha
  - 1 main dish: steamed fish/gyathuk/chamthong/panchphoran tarkari
  - 1 dessert: pukhleim/kabok/guroorpayash/xutulipitha/sel roti
11. Central region:
  - 2 snacks: bafauri/faraa/moong-bara/muthia/indori poha
  - 1 main dish: dubki-kadhi/suran/dal-bafla
  - 1 dessert: tilgur/indori jalebi/khurma/pooran-poli
12. Western region:
  - 2 snacks: fafda/batata vada/vada pav/mirchivada/bonda
  - 1 main dish: Gujrati kadhi/khaman with curry/dal bati
  - 1 dessert: basundi/shrikhand/kulkul/choorma laddoo
13. Southern region:
  - 2 snacks: murukku/idli/elaada/ribbon sev
  - 1 main dish: idiyappam/dosa/avial/rasam/uttapam/ Hyderabad  
biryani/bisibele bath
  - 1 dessert: moong dal payasam/sweet pongal/boorelu/ khubani- ka-meetha

### ESSENTIAL READINGS (Theory and Practical):

- Acharya, K.T. (2000). Indian Food: A Historical Comparison. Oxford Press.
- Nandrajog, H. & Suri, S. (2021). The Saga of Food: Reflections on Technology and Culture. International Book House.
- Khanna K, Gupta S, Seth R, Mahna R, Rekhi T. (2004). *The Art and Science of Cooking: A Practical Manual*, Revised Edition. New Delhi: Elite Publishing House Pvt Ltd.
- Raina, U., Kashyap, S., Narula, V., Thomas, S., Suvira, Vir, S., & Chopra, S. (2005). Basic Food Preparation – A Complete Manual. Delhi: OrientLongman.

### SUGGESTED READINGS:

- Sen, C.T. (2005). Food Culture in India. Greenwood Press.
- Davidar, R.N. (2001). Indian Food Science: A Health and Nutrition Guide to Traditional Recipes. East West Books.
- Sanghvi, V. (2019). The Indian Pantry: The Very Best of Rude Food. Penguin Publishers.
- Ayushman Systems of Medicine. Traditional Food Recipes. Ayushman Bharat. Ministry of Ayush. Government of India.  
Website: [https://ayushportal.nic.in/pdf/Food\\_Recipes\\_From\\_AYUSH.pdf](https://ayushportal.nic.in/pdf/Food_Recipes_From_AYUSH.pdf).
- Garg, A.K., Chouhan, P. & Adlakha, M.K. (2018). Traditional Dietary Pattern of Indian Food & it's Scientific Basis: Diversity in Indian Cuisine and its Health Benefits. LAP Lambert Academic Publishing.
- Food Safety and Standards Authority of India (FSSAI). (2020). The Eat Right India Handbook. First Edition.

Website: <http://www.indiaenvironmentportal.org.in/files/file/The-Eat-Right-India-Handbook.pdf>.

- Spencer, S. (2018). Totally Indian: Quick and Easy Traditional Indian Food Recipes (Flavors of the World). The Cookbook Publisher.
- Sen, CT. (2016). Feast and Fasts: A History of Food in India. Speaking Tiger.
- Basic Food Preparation – A Complete Manual. Delhi: Orient Longman.

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



**REGISTRAR**