

**DISCIPLINE SPECIFIC ELECTIVE**  
**DSE HH 5B2: Social and Cultural Aspects of Nutrition**

**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		
Social and Cultural Aspects of Nutrition	4	2	0	2	XII Pass	Appeared in Food Science and Nutrition

**Learning Objectives**

- To understand the relationship between socio-cultural aspects of food and nutrition in the historical and current context.
- To gain an insight of the social and cultural influences on food choices and diet-related behaviour.
- To recognize and appreciate the importance of cultural knowledge in nutrition.

**Learning Outcomes**

- Understand the social and cultural significance of food and its integration with the biological aspects.
- Comprehend the historical perspective and current dietary practices and food consumption patterns across cultures.
- Appreciate the social and cultural influences on food choices and diet-related behaviour.
- Recognize the importance of culture-sensitive dietary advice and guidance.

**SYLLABUS OF HH 5B2**

**THEORY**  
**(Credits 2; Hours 30)**

**UNIT I: Food, Nutrition and Culture**

**12 Hours**

This unit deals with social and cultural significance of food and its integration with biological aspects of food and nutrition, and the historical perspective and current dietary practices, concerns and food consumption patterns. It also includes the cross-cultural differences and acculturation in food behaviour.

- Ethnological Perspectives on Role of Food - Social and cultural significance of food
- Integrating Biological and Socio-Cultural Aspects of Food and Nutrition
- Indian Perspective on Anthropology of Food: An Overview
- Dietary Practices and Food Consumption Pattern

- Historical perspective
- Current dietary practices, concerns and health-related issues
- Cross-cultural differences and eating behaviour
- Cultural Integrity and Acculturation in relation to Food Choices

## **UNIT II: Social and Cultural Influences on Food Choices and Diet-Related Behaviour**

**12 Hours**

This unit deals with the role of food environment, especially socio-cultural practices, as well as demographic and other factors in determining food behaviour. It also includes culture-specific food taboos for vulnerable groups and socio-cultural influences on sustainable healthy diets.

- Relation of Food Environment with Food Choices and Dietary Practices
- Significance of Social Structures, Socio-demographic factors, Cultural practices, Religious structures and Policy
- Culture-specific foods and taboos for feeding children, adolescents, pregnant and nursing mothers
- Socio-cultural influences on sustainable healthy diets

## **UNIT III: Importance of Cultural Knowledge in Nutrition**

**6 Hours**

This unit deals with the importance of cultural knowledge in influencing food behaviour and culture-specific dietary advice.

- Influencing change in Food Choices and Dietary Patterns
- Cultural Interpretation of Malnutrition
- Culture-sensitive dietary advice and guidance

### **PRACTICAL (Credits 2; Hours 60)**

#### **Activities/Project on:**

- Staple foods/ethnic cuisines in different regions of India/across the Globe
- Traditional foods for special occasions in different cultures
- Food habits and dietary patterns of individuals following different religions
- Food habits and dietary patterns of migrants in comparison with their traditional eating behaviour
- Food waste behaviour in different cultures
- Infant and young child feeding and nutrition - Regional diets during pregnancy and variations in feeding during infancy and childhood
- Globalization and its effect on food environment and dietary practices

#### **Essential Readings:**

- Dufour, D.L., Goodman, A.H. and Pelto, Gretel H. (2012). *Nutritional Anthropology: Biocultural Perspectives on Food and Nutrition*. 2<sup>nd</sup> Edition. Oxford University Press.
- Gibney, M.J., Margetts, B.M., Kearney, J.K., & Arab, L. (Eds.) (2004). *Public Health Nutrition*. Wiley-Blackwell.
- Nambiar, V. (2021). *Indian Food Anthropology and the Eat Right Movement*. Volume I & II. Selective & Scientific Books, New Delhi.

### **Suggested Readings:**

- Achaya, K.T. (1998). *Indian Food*. Oxford.
- Antani, V., Mahapatra, S. (2022). Evolution of Indian cuisine: a socio-historical review. *J. Ethn. Food*, 9, 15. <https://doi.org/10.1186/s42779-022-00129-4>
- Farb, P. and G. Armelagos. (1980). *Consuming Passions: The Anthropology of Eating*. Houghton Mifflin Harcourt.
- Germov, J. & Williams, L. (Eds.). (2009). *A Sociology of Food and Nutrition: The Social Appetite*. 3<sup>rd</sup> Edition. Oxford University Press.
- Harris, M. (1987). Foodways: historical overview and theoretical prolegomenon. In: Harris, M. and E. B. Ross (eds.) *Food and Evolution: Toward a Theory of Human Food Habits*. Philadelphia: Temple University Press.
- Higman, B.W. (2011). *How Food Made History*. 1<sup>st</sup> Edition. Wiley-Blackwell.
- Le, S. (2018). *100 Million Years of Food: What Our Ancestors Ate and Why It Matters Today*. Reprint Edition. Picador.
- McIntosh, Wm. A. (1996). *Sociologies of Food and Nutrition*. Springer New York.
- McWilliams, M. (2010). *Food Around the World: A Cultural Perspective*. Second Edition. Pearson Education.
- Seal, PP. (2023). *Food Anthropology in India*. Routledge India.
- Sidney, C.H.C. & Tan, C. (2007). *Food and Foodways in Asia: Resource, Tradition and Cooking*. 1<sup>st</sup> Edition. Routledge.

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