

B.A (Prog.) with Nutrition and Health Education (NHE)
Category-V

DISCIPLINE SPECIFIC ELECTIVE COURSE

DSE-NHE 4: Indigenous Indian Foods

CREDIT DISTRIBUTION, ELIGIBILITY AND PREREQUISITES OF THE COURSE

Course Title & Code	Credits	Credit distribution of the course			Eligibility Criteria	Prerequisite of the course
		Lecture	Tutorial	Practical/ Practice		
Indigenous Indian Foods	4	3	1	0	XII Pass	NIL

Learning Objectives

- To impart knowledge about history of indigenous Indian foods
- To provide overview of the traditional foods evolved from indigenous foods
- To equip students with knowledge of traditional Indian functional foods
- To familiarize students with utilization of indigenous and traditional food as medicines

Learning Outcomes

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

- Understand the history of indigenous Indian foods.
- Explain concept of traditional food evolving from indigenous foods.
- Learn about the health benefits of traditional foods as functional food.
- Understand the concept of utilization of indigenous and traditional food as medicines.

SYLLABUS FOR DSE-NHE-4

THEORY
(Credits 3; Hours 45)

UNIT I: Indian Food Culture, Indigenous Foods and Traditional Foods **8 Hours**

The unit presents students with an introduction about Indian cookery, indigenous Indian foods, traditional Indian foods and history of evolution of food culture in India.

- History of Indian cookery.
- Overview of evolution of Indian food culture from ancient era to present time.
- Introduction to concept of indigenous Indian foods and traditional Indian foods.

UNIT II Indigenous foods of India

7 Hours

The unit will focus on different indigenous foods of indigenous Indian communities and also help the students to learn through case studies of select indigenous communities.

- Ancestral legacies (pre-ancient history, Indus valley and Harrapan spreads)
- Indigenous foods of indigenous communities
- Case study of select indigenous communities

UNIT III Traditional Functional Foods of India

15 Hours

The unit acquaints the students with an understanding about traditional Indian functional foods.

- Evolution of traditional functional foods
- Traditional Indian functional foods based on:
 - Whole grains
 - Legumes and legume adjuncts (*wadi, papad* etc.)
 - Milk and its products (*dahi, ghee* etc.)
 - Spices, salt, and condiments
 - Oils and oilseeds
 - Fruits and vegetables
 - Betel leaf
 - Herbs
 - Traditional Indian food as provider of abundant fibre
 - Traditional Indian food as provider of abundant polyphenols

UNIT IV Traditional Food as Medicine

15 Hours

The unit will focus on various aspects of ayurveda and traditional foods which can be utilized as medicine.

- Introduction to vedic nutrition (ayurvedic nutrition) concept incorporating indigenous and traditional foods as medicine.
- Ayurvedic triad (*sushruta, charaka, aryabhatta*)
- Tridosha (*vata, pitta, kapha*)
- Rasas (sweet, salty, sour, bitter, pungent, astringent)
- Hot and cold foods
- Kacha and pucca food
- Gunas of food (*rajsik, tamsik, satvik*)
- Incompatible foods (*virudh ahaar*): *pathya, apathya, viprit*
- Ayurvedic rules of food consumption

TUTORIALS **(Credits 1; Hours 15)**

Tutorial classes will involve:

1. Q&A sessions/ Group Discussions/ Problem Solving exercises with the Students
2. Presentation of project/ research activity by students
3. Any other scholastic work related to application of conceptual understanding of the subject
4. Evaluation and feedback by the teacher

ESSENTIAL/ RECOMMENDED READINGS

- Achaya, K. T. (1994). *Indian Food: A Historical Companion*. Oxford University Press
- Srinivasan, K. (2010). Traditional Indian functional foods. In *Functional foods of the east* (pp. 51–84). <https://doi.org/10.1201/b10264-4>.
- Wickramasinghe, P. (2007). *The Food of India*. Om Books Service.
- Rastogi, S. (Ed.). (2014). *Ayurvedic science of Food and Nutrition*. Springer Nature.
- Sen, C. T. (2016). *Feast and Fasts: A History of Food in India*. Reaktion Books Ltd.
- FAO and Alliance of Bioversity International and CIAT. (2021). *Indigenous Peoples' food systems: Insights on sustainability and resilience in the front line of climate change*. <https://www.fao.org/3/cb5131en/cb5131en.pdf>
- Ghosh-Jerath, S., Kapoor, R., Barman, S., Singh, G., Singh, A., Downs, S., & Fanzo, J. (2021). Traditional Food Environment and Factors Affecting Indigenous Food Consumption in Munda Tribal Community of Jharkhand, India. *Frontiers in nutrition*, 7, Article 600470. <https://doi.org/10.3389/fnut.2020.600470>

SUGGESTED READINGS

- Gosh-Jerath, S., Kapoor, R., & Sabharwal, M. (2022). Indigenous Foods of India: A Comprehensive Narrative Review of Nutritive Values, Antinutrient Content and Mineral Bioavailability of Traditional Foods Consumed by Indigenous Communities of India. *Frontiers in sustainable food systems*, 6, <https://www.frontiersin.org/articles/10.3389/fsufs.2022.696228/full>
- BHM 401T, *Introduction to Indian Cooking*, Uttarakhand Open University India (2005). <https://www.uou.ac.in/sites/default/files/slm/BHM-401T.pdf>
- Rai, R., & Nath, V. (2003). *The role of ethnic and indigenous people of india and their culture in the conservation of biodiversity*. ICFRE India. <https://www.fao.org/3/xii/0186-a1.htm>
- Negi, V. S., Pathak, R., Thakur, S., Joshi, R. K., Bhatt, I. D., & Rawal, R. S. (2021). Scoping the Need of Mainstreaming Indigenous Knowledge for Sustainable Use of Bioresources in the Indian Himalayan Region. *Environmental Management*. <https://doi.org/10.1007/s00267-021-01510-w>
- FAO. The role of ethnic and indigenous people of India and their culture in the conservation of biodiversity. <https://www.fao.org/3/xii/0186-a1.htm>.

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