

**Course 2**  
**HIS2MN108 History of Indian Food Culture**

Course Description: This course explores the rich and diverse culinary history of India. From the ancient harappan civilization to the modern era, we will look into how food practices have evolved, shaped society, and been influenced by various factors such as trade, invasions, colonialism, and globalization

Programme	BA History Honours				
Course Code	HIS2MN108				
Course Title	History of Indian Food Culture				
Type of Course	Minor				
Semester	II				
Academic Level	100-199				
Course Details	Credit	Lecture per week	Tutorial per week	Practical per week	Total Hours
	4	4	-	-	60

**Course Outcomes (CO):**

CO	CO Statement	Cognitive Level*	Knowledge Category#	Evaluation Tools used
CO1	Students will be able to recall and describe the food practices of ancient Indian cultures, including the Harappan civilization, Vedic age, and Ayurveda traditions.	R	F	Multiple choice or short answer questions
CO2	Students will be able to explain the influence of Islam on Indian food during the medieval period, including the dietary practices under the Delhi Sultanate and the culinary traditions of the Mughal Empire.	U	F	Essay or discussion questions
CO3	Students will be able to apply their knowledge of colonial influence on Indian food to understand the introduction of new world crops,	AP	P	Group presentation

	the impact of British influence on Indian cuisine, and the evolution of Anglo-Indian cuisine.			
CO4	Students will be able to analyse the impact of post-independence food policies, the Green Revolution, and street food culture in shaping the modern food culture of India.	An	P	Case study
CO5	Students will be able to evaluate the role of regional cuisines in modern India, including the diversity of ingredients, cooking techniques, and cultural significance.	E	P	Evaluation exercise
CO6	Students will be able to create a traditional Indian recipe that incorporates historical influences, modern ingredients, and their own culinary creativity.	C	M	Recipe development project
<p>* - Remember (R), Understand (U), Apply (Ap), Analyse (An), Evaluate (E), Create (C)  # - Factual Knowledge(F) Conceptual Knowledge (C) Procedural Knowledge (P) Metacognitive Knowledge (M)</p>				

Module	Unit	CONTENT	Hrs 60	Marks 70
1	<b>EARLY INDIAN FOOD CULTURE</b>		<b>13</b>	<b>19</b>
	1	Sources	2	
	2	Food Practices in Prehistoric India	2	
	3	The Harappan Diet	2	
	4	Ritual Food Practices in Vedic Age	2	
	5	The emergence of vegetarianism	2	
	6	Food and Ayurveda	1	
	7	Food in Ancient South India	2	
		<b>Readings</b> <ol style="list-style-type: none"> <li>Prakash, O. (1961). <i>Food and drinks in ancient India: From earliest times to B.C. 1200</i> A.D.Munshi Ram Manohar Lal.</li> <li>Achaya, K. T. (1994). <i>Indian food: A historical companion</i>. Oxford University Press.</li> <li>Achaya, K. T. (2000). <i>The story of our food</i>. Universities Press.</li> <li>Sen, C. T. (2014). <i>Feast and fasts: A history of food in India</i>. Reaktion Books.</li> </ol>		

		5. <i>Shabkar. (2008), Food of Bodhisattvas ( Buddhist Teachings on Abstaining from Meat), Shechen Publication</i>		
<b>II</b>	<b>FOOD AND LITERATURE IN INDIA. CE 12<sup>TH</sup> TO 16<sup>TH</sup></b>		<b>12</b>	<b>17</b>
	<b>8</b>	Emergence of Regional Cuisines – Manasolassa and Lokopakara	<b>3</b>	
	<b>9</b>	Dietary Practices under Delhi Sultanate – Ni’matnama	<b>2</b>	
	<b>10</b>	Mughal Culinary Traditions – Ain-i- Akbari	<b>3</b>	
	<b>11</b>	Food in the Vijayanagara Empire - Supa Shastra	<b>2</b>	
	<b>12</b>	Culinary Equipments–Ksemakutuhalam	<b>2</b>	
		<b>Readings</b> <ol style="list-style-type: none"> <li>1. Banerji, C. (2007). <i>Eating India: An odyssey into the food and culture of the land of spices.</i> Bloomsbury.</li> <li>2. Husain, S. (2019). <i>The Mughal feast: Recipes from the kitchen of Emperor Shah Jahan.</i> Roli Books.</li> <li>3. Collingham, L. (2007). <i>Curry: A tale of cooks and conquerors.</i> Oxford University Press.</li> <li>4. Sen, C. T. (2014). <i>Feast and fasts: A history of food in India.</i> Reaktion Books.</li> <li>5. Titley, N. (2005), <i>The Nimatnama Manuscript of the Sultans of Mandu- The Sultan' s Book of Delights,</i> Routledge Curzon.</li> <li>6. Narayanan, D. (2015). <i>Cultures of food and Gastronomy in Mughal and Post- Mughal India,</i> Heidelberg</li> </ol>		
<b>III</b>	<b>COLONIAL INFLUENCE ON INDIAN FOOD</b>		<b>12</b>	<b>18</b>
	<b>13</b>	Introduction of New World Crops	<b>3</b>	
	<b>14</b>	British Influence on Indian Cuisine – Bread and Cake	<b>3</b>	
	<b>15</b>	Food during Famine in British India	<b>2</b>	
	<b>16</b>	Evolution of Anglo Indian Cuisine – Curry	<b>2</b>	
	<b>17</b>	Tea and Coffee Plantations in India	<b>2</b>	
		<b>Readings</b> <ol style="list-style-type: none"> <li>1. Burton, D. (1994). <i>The Raj at table.</i> Faber &amp; Faber.</li> <li>2. Leong-Salobir, C. (2011). <i>Food culture in colonial Asia: A taste of empire.</i> Routledge.</li> <li>3. Ray, U. (2015). <i>Culinary culture in colonial India: A cosmopolitan platter and the middle class.</i> Cambridge University Press.</li> <li>4. Mukhejee, A. (2019), <i>A Cultural History of</i></li> </ol>		

		<i>Famine: Food Security and the Environment in India and Britain</i> , Routledge		
<b>IV</b>	<b>FOOD CULTURE IN MODERN INDIA</b>		<b>11</b>	<b>16</b>
	<b>18</b>	Post-Independence Food Policies	<b>2</b>	
	<b>19</b>	Green Revolution and its Impact	<b>2</b>	
	<b>20</b>	Regional Cuisines in Modern India	<b>2</b>	
	<b>21</b>	Growth of Street Food Culture	<b>2</b>	
	<b>22</b>	Food and Indian Diaspora	<b>2</b>	
	<b>23</b>	Food at Festivals	<b>1</b>	
		<b>Readings</b> <ol style="list-style-type: none"> <li>Narain, S. (2017). <i>First food: Culture of taste</i>. Centre for Science and Environment.</li> <li>Achaya, K.T, (2002), <i>A Historical Dictionary of Indian Food</i>, Oxford University Press.</li> <li>Appadurai, A (1988), <i>Hoe to Make a National Cuisine; Cookbooks in Contemporary India</i>, In comparative Studies in Society and History, Vol.30.</li> <li>Ray, K. (2007). <i>Indian American food</i>. In A. F. Smith (Ed.), <i>The Oxford companion to American food and drink</i>, Oxford University Press.</li> <li>Vairavan, A. (2011). <i>Chettinad kitchen: Food and flavours from South India</i>. Westland.</li> <li>Vijayendra, B.R., Raviprasad, B.V., &amp; Khatua, N. (2017). <i>Anthropology of Traditional Indian Food</i>. Aayu Publications</li> </ol>		
<b>V</b>	<b>Open Ended</b> "Curating a Culinary Museum Exhibit" Students will design a virtual or physical museum exhibit that showcases the evolution of Indian food culture from ancient times to the modern era, reflecting the influences and changes highlighted in the four units of the course.		<b>12</b>	
		<b>Activity 1: Research and Curation</b> Students will work in groups to research different time periods. They will select key food items, cooking methods, and cultural practices to include in their exhibit.		
		<b>Activity 2: Exhibit Design</b> Each group will create a layout for their exhibit, deciding how to visually represent the progression of Indian food culture. They can use drawings, digital designs, or physical models to bring their exhibit to life.		

		<p><b>Activity 3: Exhibit Presentation and Walkthrough</b></p> <p>Groups will present their exhibits to the class, explaining the significance of each item and its place in the historical timeline.</p> <p>They will also provide a walkthrough of the exhibit, either virtually or using their physical models.</p> <p><b>Assessment</b></p> <p><b>Exhibit Portfolio:</b></p> <p>Students will submit a portfolio that includes their research, exhibit design, and explanations for each item.</p> <p>Assessment criteria will focus on historical accuracy, creativity, and depth of analysis.</p> <p><b>Presentation Evaluation</b></p> <p>Students will be assessed on their presentation skills, ability to engage the audience, and the clarity of their walkthrough.</p> <p><b>Peer Feedback</b></p> <p>Students will provide feedback on their peers' exhibits, focusing on the educational value and historical representation.</p> <p>This activity encourages students to synthesize information from the entire course, apply critical thinking, and engage in creative expression. It also allows for collaborative learning and peer to peer interaction.</p>	
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Note: The course is divided into five modules, with four having total 23 fixed units and one open-ended module with a variable number of units. There are total 48 instructional hours for the fixed modules and 12 hours for the open-ended one. Internal assessments (30 marks) are split between the open-ended module (10 marks) and the fixed modules (20 marks). The final exam, however, covers only the 23 units from the fixed modules.

**Mapping of COs with PSOs and POs :**

	PSO1	PSO2	PSO3	PSO4	PSO5	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO 1	3	2	2	2	2	3	2	2	2	3	1	2
CO 2	3	2	2	2	2	3	2	2	2	3	1	2
CO 3	3	3	3	3	3	3	3	2	2	3	2	2
CO 4	3	2	2	2	2	3	2	2	2	3	1	2
CO 5	3	2	2	2	2	3	2	2	2	3	1	2
CO 6	3	3	3	3	3	3	3	3	2	3	2	2

**Correlation Levels:**

Level	Correlation
-	Nil
1	Slightly / Low
2	Moderate / Medium
3	Substantial / High

### Assessment Rubrics:

- Quiz / Assignment/ Quiz/ Discussion / Seminar
- Midterm Exam
- Final Exam (70%)

### Mapping of COs to Assessment Rubrics:

	Internal Exam	Assignment	Project Evaluation	End Semester Examinations
CO 1		✓		✓
CO 2	✓			✓
CO 3		✓		✓
CO 4		✓		✓
CO 5	✓			✓
CO 6			✓	✓

### Readings

1. Prakash, O. (1961). *Food and drinks in ancient India: From earliest times to B.C. 1200 A.D.* Munshi Ram Manohar Lal.
2. Achaya, K. T. (1994). *Indian food: A historical companion*. Oxford University Press.
3. Achaya, K. T. (2000). *The story of our food*. Universities Press.
4. Sen, C. T. (2014). *Feast and fasts: A history of food in India*. Reaktion Books
5. Banerji, C. (2007). *Eating India: An odyssey into the food and culture of the land of spices*. Bloomsbury.
6. Husain, S. (2019). *The Mughal feast: Recipes from the kitchen of Emperor Shah Jahan*. Roli Books.
7. Collingham, L. (2007). *Curry: A tale of cooks and conquerors*. Oxford University Press.

**II ndSemesterBA (CUFYUGP)Degree ExaminationsOctober2024**  
**HIS2MN108History of Indian Food Culture**  
**Credits:4**

**MaximumTime: 2hoursMaximum Marks: 70**

**SectionA**

[Answer All.Each question carries 3marks]

(Ceiling:24Marks)

1. What were the primary components of the Harappan diet?
2. Describe the significance of Ayurveda on the development of early Indian food culture
3. Identify the significance of ‘Manasolassa’?
4. Discuss the role of culinary equipment as described in ‘Ksemakutuhalam’
5. Examine the evolution of Anglo Indian Cuisine
6. Trace out the impact of the introduction of New World crops on Indian food.
7. Write a paragraph on Green Revolution and its influence Indian food culture.
8. Evaluate the influence of Indian diaspora on our food culture.
9. What were the distinctive features of food culture in ancient South India?
10. Explain the growth of street food culture in modern India

**SectionB**

[Answer All.Each question carries 6marks]

(Ceiling:36Marks)

11. Describe the aspects of food practices in prehistoric India
12. Examine the circumstances that led to the growth of vegetarianism in the early India.
13. Discuss the dietary practices under the Delhi Sultanate as mentioned in ‘Ni’matnama’.
14. What is ‘Supa Shastra’ and how does it reflect the food culture in the medieval Karnataka?
15. Evaluate the food policies and its effects during the famine in British India.
16. Analyse the impact of tea and coffee plantations on the Indian economy and culture
17. How did the regional cuisines shape the food culture in modern India?
18. What were the culinary traditions during the Mughal era as per ‘Ain-i- Akbari’?