

Course/Semester III

HIS3MN208 : EVOLUTION OF KERALA FOOD CULTURE

Course Overview: course examines the historical dimensions of food in Kerala, highlighting the intricate relationship between regional cuisine and the socio-cultural fabric of the region. It analyses the evolution of gastronomic practices over time in response to environmental factors, trade networks, and historical developments. The course further explores the influence of cultural interactions and social structures on dietary patterns and culinary traditions. Emphasis is placed on understanding food as both a cultural expression and a historical source. Overall, the course situates Kerala's food culture within broader historical processes and transformations.

Course Outcome :

CO1 : Understand the historical evolution of Kerala's food culture and the role of geography and early traditions.

CO2: Analyse the influence of social, cultural, and religious factors on dietary practices in Kerala.

CO3: Evaluate the impact of foreign trade and colonial encounters on Kerala's culinary diversity.

CO4: Examine the relationship between food and society in modern Kerala, including caste, resistance, and public food spaces.

CO5: Critically assess contemporary trends such as globalization, street food culture, and changing food habits in Kerala.

Module I - TRADITIONAL FOOD CULTURE OF KERALA

Unit I : Sources

Unit II - Kerala Geography and its influence on Food Habits.

Unit III - Influence of Social and Cultural Factors – Religion and Migration.

Unit IV - Dietary practices in ancient Tamizhakam.

Unit V - Traditional Food – Dietary practices during Karkkidakam.

Unit VI - Syncretism in Food Culture.

Readings

Sivadas, S., &Gopalakrishnan, D. (2021). Kerala BhakshanaCharitram. DC Books.

Radhakrishna, S. (2022). Paachakam: Heritage Cuisine of Kerala. PramodKapoor.

Bhaskaranunni, P. (2019). PathompathamNoottantileKeralam (Malayalam). Kerala Sahitya Academy Thrissur.

[www.goya.in/blog/karkidakam culinarypractices%3fformat=amp](http://www.goya.in/blog/karkidakam%20culinarypractices%3fformat=amp).

<https://know-your-heritage.blogspot.com/2017/06/food-in-sangam-literature-2.html?m=1>

Module II - FOREIGN INFLUENCE ON KERALA FOOD

Unit VII - Impact of Indian Ocean Space trade –Greeko- Roman, Arab and Chinese Merchants.

Unit VIII - Portuguese and Changes in Food Culture.

Unit – IX - Influence of British colonialism – Vegetables, Fruits and Sweets.

Unit X - Overseas Migration on Food Culture.

Unit XI - Food and Malayalam Language.

Readings:

Dias., Charles.. (2013). The Portuguese in Malabar. Manohar. Publishers and Distributors .

Riley, K.C. & Paugh, A. L. (2018). Food and Language: Discourse and Foodways across cultures. Rutledge.

Makhdoom, S. Z (213) FatulMueen (Malayalam Edition),Educare Printing and Publishing.

Abraham, T. (2020). Eating with History: Ancient Trade influenced cuisines of Kerala. Niyogi Books.

Ray, U. (2015). Culinary culture in colonial India: A cosmopolitan platter and the middle class. Cambridge University Press.

Zachariah.K. C., &IrudayaRajann, S. (2012). Kerala 'Gulf Connections, 1998-2011: Economic and Social impact of Migration. Orient Blackswan.

Module III - FOOD IN MODERN KERALA

Unit XII - Food as a tool of resistance – Panthibhojanam an Hunger Strike.

Unit XIII - Caste & Untouchability in Food.

Unit XIV - Indian Coffee Houses.

Unit XV - Food and Religious Rituals.

XVI - Food in Public Spaces – Gatherings and Marriages.

Readings

Suresh, P. (2017). Matham Venda Manushyanu- Sahidaran Ayyappan. Insight Publica.

Anderson, E.N. (2014), Everyone Eats: Understanding Food and Culture. NYU Press.

Panikkar, K. N. (2020), Caste in Kerala, Primus Books.

Freedman, S. (2017). The Palaces of Memory: Tales from the Indian Coffee House.

Tasveer/Daube.

Module IV - FOOD AS CULTURE IN CONTEMPORARY KERALA

XVII - Breakfast – Iddali, Dosa and Pathiri.

XVIII - Popular Dishes - Sadhya – Biryani –Poratta - Kerala Desserts – Payasam- Halwa.

XIX - Globalization and Kerala food.

XX - New Trend – Eating Out - Growth of Street Food Culture.

Readings

The Indian Street Food: A Cultural and Gastronomic Exploration of Indian's Street Food – Jagadeesh Pillai.

Sivadas, S., &Gopalakrishnan, D. (2021). Kerala BhakshanaCharitram. DC Books.

Radhakrishna, S. (2022). Paachakam: Heritage Page 517 of 820 Page 516 of 820 Page 516 of 820 515 Cuisine of Kerala. Pramod Kapoor.

Abdulla, U. (2018), A Kitchen Full of Stories.Ummi Abdulla.

<https://www.sahapedia.org/malabar-cuisine>

<http://journals.rajagiri.edu/index.php/rssJ/article/view/96/86>.

Module V – Open Ended

- Prepare a Kerala food fest.
- Collect oral records on Kerala food culture from different communities.
- Prepare a report on new trends in Kerala food culture.

Note: The course is divided into five modules, with four having total 20 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 20 units from the fixed modules.

Mapping of COs with PSOs and POs:

	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO10
CO 1	3	2	3	3	3	3	2	3	2	3	2	3	2	3	3
CO 2	2	2	3	2	3	3	2	3	3	3	1	2	1	3	3
CO 3	3	3	1	2	2	3	1	3	2	3	2	2	1	3	3
CO 4	3	1	2	2	1	3	3	3	2	3	3	3	2	3	3
CO 5	3	2	2	3	2	3	3	3	2	3	3	3	3	3	3

Correlation Levels:

Level	Corelation
1	Low
2	Medium
3	High

Assessment Rubrics:

- Quiz / Assignment/ Quiz/ Discussion / Seminar
- Midterm Exam

- Final Exam (70%).

Model Question Paper

Third Semester UG Degree Examination

(FYUGP)

CC24UHis3MN208 : EVOLUTION OF KERALA FOOD CULTURE

Time : 2.00 Hrs.

Max.marks : 70

Credit :04

Part A (Short Answer questions ,Answer All questions ,Mark 3)

1. What are the major sources for studying Kerala's food history?
2. Mention two features of dietary practices in ancient Tamilakam.
3. What is Karkkidakam diet?
4. What is meant by Indian Ocean spice trade?
5. Name any two food items introduced by the Portuguese.
6. How is food reflected in the Malayalam language?
7. What is "Panthibhojanam"?
8. What is Sadya?
9. What is street food culture?
10. Give examples of Kerala desserts.

Ceiling = 24 marks

Part B (Paragraph questions)

Answer all questions. Each question carries 6 marks.

11. Explain the role of geography in shaping Kerala's food culture.
12. Examine the impact of Greeko-Roman, Arab, and Chinese traders on Kerala food.
13. Explain how overseas migration has transformed Kerala food culture.
14. Explain caste and untouchability in relation to food practices.
15. Describe the role of food in religious rituals and public gatherings.
16. Evaluate the influence of British colonialism on food habits in Kerala.
17. Discuss food as a tool of resistance with reference to Panthibhojanam.

18. Trace the evolution of Biryani? How did it adapt to the local tastes and preferences in Kerala?

Ceiling marks = 36

Part C (Essay questions)

Answer any one question. The question carries 10 marks

19. Discuss the various sources for reconstructing the history of Kerala's food culture, evaluating the role of literary texts, inscriptions, travel accounts, and archaeological evidence.

20. Discuss food as a cultural in contemporary Kerala with reference to breakfast traditions (idli, dosa, pathiri), and desserts (payasam, halwa).

1x10 = 10