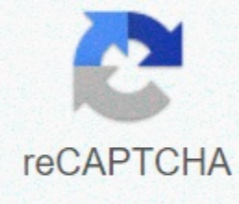




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Indian food culture ppt

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1 A taste of India: Food Customs, Religion, Festivals and Traditions 2 The role of food in Indian life food is said to affect an individual's well-being, behavior and attitude. It provides nutrition for both the mind and the body. Indians believe that food has specific qualities that are transmitted to individuals who consume food. For example, some believe: -Cereals, lentils, nuts, fruits and fresh vegetables, and dairy products soothe the body and sharpen the mind. -Highly fermented foods, meat and alcohol are considered by some to create greed and laziness in a person. -Royal foods are considered to be wealthy and oily with high sugar or spices and are trusted by some to create a love for elegance and a quick temperament. 3 Traditional Indian meals A popular Indian meal may include: lentils (called dhal in India), vegetables, fish or meat, yogurt and cereals (wheat bread or rice). Food is usually served on banana leaves instead of plates. 4 Indian eating customs In rural houses and villages, people often eat meals sitting on the floor. Preparation for this type of meal may involve washing your face, hands and feet. People often eat by hand. A Western influence on eating can be found in urban homes, where food is eaten at a dining table with silverware. Wasting food is considered a sin. In villages, leftovers are fed to animals, and, in urban areas, they are given to street beg beg begies and servants. 5 Indian customs eating area differences can be found in relation to eating time. For example, -In some areas of India, dinner is not eaten until 10:00 or 11:00 at night. -Breakfast may not be eaten by South Indians because it is common to have an early brum meal. Fasting and abstinence are a common part of many Indians' lives. This may vary by religion. It is common to give food to the gods before eating a meal. 6 Food and Religion in India Many different religions can be found in India. The most common religion is Hinduism. Other religious groups include: Buddhists, Christians, Muslims, Jews, Zoroastrians, and Jains. Food plays a role in Indian religions. For example: -In hindu religion, is considered sacred. As a result, beef is not eaten by members of this religion. Hindus are often vegetarian because many animals are associated with Hindu gods. -Pork is forbidden to eat in the Islamic religion. 7 Real and Religion in India Many vegetarian dishes are served in India due to religious beliefs regarding meat. Some vegetarian dishes include: Punjabi Kadi with Pakora, Egg Curry with Tomato, Palak Paneer Paneer Curry with cheese), Chana (Spicy Chickpeas). Spiritual life for many people in India involves a structured diet. 8 Food, festivals and holidays in India Festivals are extremely popular in India. Many are related to religion. However, they can also represent things like the celebration of the seasons of the year, the beginning of the new year, the harvest, etc. Every day, there is a festival somewhere in the country of India. Eating and fasting are part of most festivals in India. Hindu religion affects many festivals in India. Some festivals are held in most areas of India while others can only be found in specific areas or local areas. 9 Food, festivals and holidays in India Many festivals serve unique dishes for that particular festival. Here are a few Indian festivals/holiday celebrations and commonly served foods: -Dussehra: This holiday celebrates the triumph of good over evil. The festival is held over a ten-day period with a party held on the last day. A special dish is prepared every day and all are served at the party on the last day of the festival. Some of the popular dishes served at this festival are: Badam Halwa, Besan Burfi and Boondi Raita. 10 Food, Festivals, and Holidays in India -The Festival of Lights or Diwali is a four-day festival. Diwali can have different meanings depending on the region. Often, it is related to the innovation of life. It also marks the beginning of the planting season and the coming of winter. Fireworks are common. Food during this festival involves the exchange of sweets. A popular sweet treat is kheer royal vermicelli - a pudding consisting of ingredients such as sugar, ice cream and vermicelli. Other sweets served are ladoos - sweets with nuts and dried fruits rolled into balls - and rice kheer. 11 Food, festivals and holidays in India Many festivals are regional: -In Kerala, the Onam festival is held. This is a ten-day celebration that includes preparation of thirty to forty dishes. These dishes cover everything from hot curry to sweets made from sugar, medg and milk. - A rice festival held in Pongal. The festival lasts three days and involves the ritual of feeding local cows freshly harvested rice. Participants also enjoyed special rice dishes. - In the Goa region, the Goa Festival is held. This is a Christian celebration similar to Mardi Gras. This celebration is celebrated before Lent and is the last chance to eat meat until Easter. Celebrations are also known as the joys of meat. 12 New Year's traditions in India New Year celebrations in India are all very unique and celebrated in different ways throughout the country. Here are just two examples of many New Year celebrations happening in India. -In Assam, a northeastern state, rice and pitha marks New Year's celebrations. Sweets and other gifts are also part of this celebration. -Vishu is held in southern India. This New Year's celebration involves a sadya that is a big lunch with friends and family. A variety of different curries are eaten, such as vegetarian dishes, fruits, coconut and meat curry. Two unique puddings can also be found at this celebration. 13 Cultural development of India The traditions of the past are still very much part of Indian culture and its food. More than 70 percent of people in India live in rural areas where families continue centuries-old traditions. Urban areas contain a blend of past, present and future - new technologies intertwined with old traditions. Academia.edu uses cookies to personalize content, tailor ads, and improve the user experience. By using our website, you consent to our collection of information through the use of cookies. To learn more, see our Privacy Policy. ×

Publishing: Arts & Crafts Design 4,549 views Qualifications: Mechanical Engineering Teach: Science, Mathematics, History, Geography, Mechanics. Contact this tutor You are reading a free preview page 6-12 that is not displayed in this preview. India – Culture, Food, & Nutrition Brittany Corey & Nicole Wirth Cultural Aspects of Nutrition Professor Philip Skaff, MSU Denver Fall 2013 Allows us to present... The great Gauravi • Moved to the United States in 2000 to complete a Master's degree in Civil Engineering. Lived and worked in Colorado since 2001. 13 Gaurav's Sister, Mother, and Gaurav at His Wedding Party, March 2012 Gaurav Being GauravGaurav Hails From Mumbai, IndiaDowntown Mumbai Mumbai population as of 2011 = about 18.41 million 5Asian Indian immigrant population of U.S. District, 2002Religion in Hinduism: 82% Muslim: 12% Christian: 2.5% Other: 3.5% 4Hinduism • Polytheism • Orthopraxy • Rebirth • Reincarnation and Karma • Vedas 4Deities Vish Hannuuman Rama Shiva Ganesha 4, 7Religious Influence on Food • Food Offerings • Feast and Fast • Vegetarian • Tamasic, Rajasic, Sattvic7Family • System Caste: Brahmans, Kshatriyas, Vaishyas, Sudras • Common Family System • Arranged Marriage 1, 7 Traditional Food Habits Vary greatly by region, religious practice and population Diet Mainly • Cereals & Beans • Rice • Dal (beans) dried, peas & lentils) • Milk supplements • Yogurt • Ghee (avocado clarification) 8Distinctive SeasoningsMasalas are a mixture of spices and herbs Prepare freshly wet or dry & flour • Coriander • Cumin • Turmeric • Black & Cayenne Pepper • Cloves • Capers • Cinnamon • Chili • Garlic • Mint • Tamarind • Saffron 8 Powder samples • Usually all meals at home • Hot meals, three times a day including about three or four dishes • Heavy meals on rice, lentils, lentils, and traditional spices 10Health Outcomes Acculturation has been shown to increase the following risk factors compared to the indigenous Asian population of India • Coronary heart disease • Diabetes • Breast cancer in women • Colon cancer • Hypertension 6Ngunian Immigrants StudyState College, PA Changing college students' eating habits since immigration: • Convenience foods • Increased meat consumption • More dairy/cheese products • Soda and alcohol • Consumption of bread, pasta, muffins, & bagels • Skip breakfast, only one hot meal per day • Size for a large portion greater than 10Indian immigrants StudyState College, PA Eating habits affected by: • Age of participants • Marital status 10 • Gaurav: My eating habits have changed quite a bit since I got married, and as I've getting older for sure. I used to eat a lot of pizza and pasta, and drank a lot of soda. Now Maria is mostly the chef for us. We eat a lot of traditional Indian vegetarian food, and a lot of traditional Spanish vegetarian dishes. I can still drink too much coffee though! 13 Gaurav, Surya, & Maria Vasisht, 2013 Asian Indians tend to see better health on the following factors • Greater cognitive support of friends • Family closeness and social support • Near 6Samosas place of worship: Indian Fried Vegetable Pastries • Recipe by Emeril Lagasse, for Food Network Serving Size = 1 Piece • Calorie Fat: 511 • Carbohydrates: 60 g • Fiber: 0 g • Fat: 56 g • Saturated fat: 6 g • Protein: 1 g Nutritional review from : Fried Indian vegetable pastries Nutrition rating from Sweet Potato Cereal & Samosa Green Beans • Serving size = 1 piece • Calories : 209 • Carbohydrates: 40.8 g • Fiber: 5.5 g • Fat: 3.5 g • Saturated fats: 0.43 g • Polyunsaturated fats: 1.79 g • Monounsaturated fats: 0.83 g • Protein: 5.9 g Formulas from Grain Sweet Potato & Green Pea Samosa Diet Analysis by Fitday.comIngredient Spotlight:Ginger Root Traditional Ayurvedic Uses • Lower blood pressure • Help circulation • Control nausea • Digest aid • Pain relief • Enhance immune system 11Counseling Tips • Ayurvedic Medicine Practices may be important in addressing health issues Body, & Soul is seen as a system • Imbalance causes disease 12 • Identity for Asian Indian women is primarily based on family relationships • Social support leads to better health outcomes • Economic & language barriers can prevent finding 12References • Anderson CA. 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