

JUNE 7, 2021

# World Food Safety Day



A Digital Magazine by Department of Anthropology  
4th Semester (Honours)



Edit with WPS Office



# Food Variation In Culture



**Pork kappa ( Garo tribe's food)**



**Bhil tribe's food**



**Brahmkhass chakri ( Gondi tribe's food)**



**Bamboo shoot curry (Kork tribes's food)**



# Food Tradition

*Traditional foods are foods and dishes that are passed on through generations or which have been consumed for many generations.*





# Food Technique

Dum cooking is that technique, where ingredients of the dish partially pre cooked and whole dish slow cooked on "dum".



Dum Murga Kali  
Mirch



Smoked  
Tandoori

A popular cooking technique across in India is tandoori. Tandoor means a clay oven, and lit with charcoal on the inside. So also tandoor also known as a clay oven.

Talna technique or deep frying is by far the most favourite of all Indians.



Medu Vadaa  
Recipe



Tawa Amritsari Kulcha  
Recipe

Tawa cooking is that where quick stir fry dishes are made on the essential tool in all Indian households called the tawa or a griddle.

Cooking dishes on the traditional cast iron tawa lend the dish a unique taste.

A super healthy cooking technique is this where the dishes are steamed. This technique uses absolutely no grease like that of oil or ghee required for the other cooking techniques.

Steaming vegetables is also a good idea, as it keeps the nutrition intact.



Classsic South  
Indian Rava Idli





# Food Taboos



For women tribal members in Papua New Guinea in the middle of their menstrual cycles, women are not allowed fresh meat, juicy bananas or any red coloured fruits.



Seafood is a staple of the Brazilian diet. but not all fish are enjoyed by all Brazilians. predatory fish, like piranhas and bottom feeders are considered taboo for all ill to eat.

## Jamaican Food Taboos

- Revolve around children.
  - if children eat chicken before they learn to speak, they will never talk.
  - Eating half an egg will make the child grow into a thief.
  - If children drink a drunkard.
- Many animal meats
  - frogs
  - snails
  - iguana
  - cats
  - dogs



when it come to child rearing, there are some definite food-related taboos Jamaican people believe in. It is believed that if children eat chicken before they learn to speak, they will never talk.



Food taboos in India vary according to religion for those that practice Hinduism, eating a cow is prohibited, as it is thought of as God's useful gift to mankind since it provides dairy products and is the basis for other products.



Ikizukuri sashimi is all about eating raw seafood. The flesh is sliced from living, moving creatures including fish, octopus and Shrimps.



Much like the Jamaican taboos, many Nigerians taboos revolve around children. if children drink coconut milk it will make them unintelligent.





# Food Evolution!!

Cooking Had profound evolutionary effect because it increased food efficiency, which allowed human ancestors to spend less time foraging, chewing and digestion.

During the paleolithic age, hominins group together in small societies and subsisted by gathering plants, fishing and hunting animal.

## HUNTING & GATHERING



Pastoralism is a form of animal husbandary where domesticated animals known as livestock are released

Onto large vegetative outdoor lands for grazing.



## AGRICULTURE & PASTORALISM

Today in our diet, traditional foods are being replaced by fast foods. primitive men collected their food from wild animals and plants. they depended upon fruits, nuts, roots and other plant foods: etc.

# Food In Anthropology



While Anthropologists focus on the study of humans, past and present, Food Anthropologists specialize in the role that food plays in communities and society as a whole.



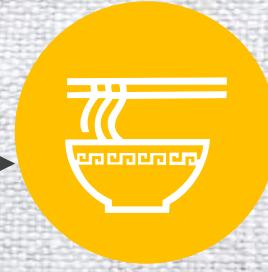


## Nutrients

A nutrient is a source of the nourishment in a food.



ESSENTIAL FOOD  
PYRAMID



# NOURISH YOUR BODY

## Carbohydrates Protein and Fat

Energy source of body.  
helps in growth and  
repair tissues.

## Minerals and Vitamins

This micronutrients  
required relatively small  
extent.

K, Na, Mg, Zn, etc.  
Vit- A, D, E, K, B12, C etc.



## Macronutrients

## Micronutrients





# Vegans



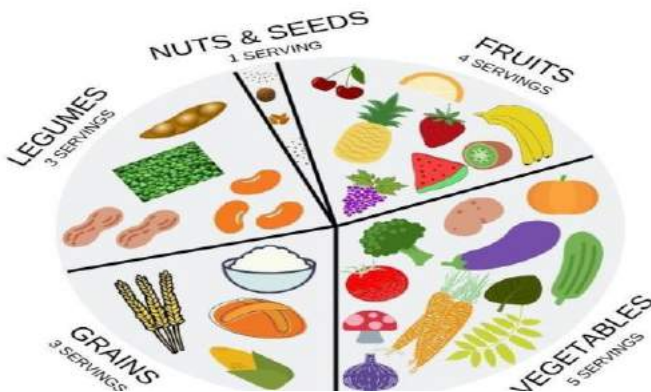
VEGANISM IS THE PRACTICE OF ABSTAINING FROM THE USE OF ANIMAL PRODUCTS, PARTICULARLY IN DIET AND AN ASSOCIATED PHILOSOPHY THAT REJECTS THE COMMODITY STATUS OF ANIMALS.

THE TERM FIRST  
COINED BY MORGAN  
AND DONALD WATSON  
(NOVEMBER, 1994).



**“1<sup>ST</sup> NOVEMBER WORLD VEGAN DAY”**

## THE VEGAN PLATE METHOD



Vegans diets are based on –

- ✓ Grains
- ✓ seeds,
- ✓ legumes
- ✓ fruits
- ✓ vegetables

✓ edible mushroom

MY FOOD  
IS GROWN,  
NOT BORN.