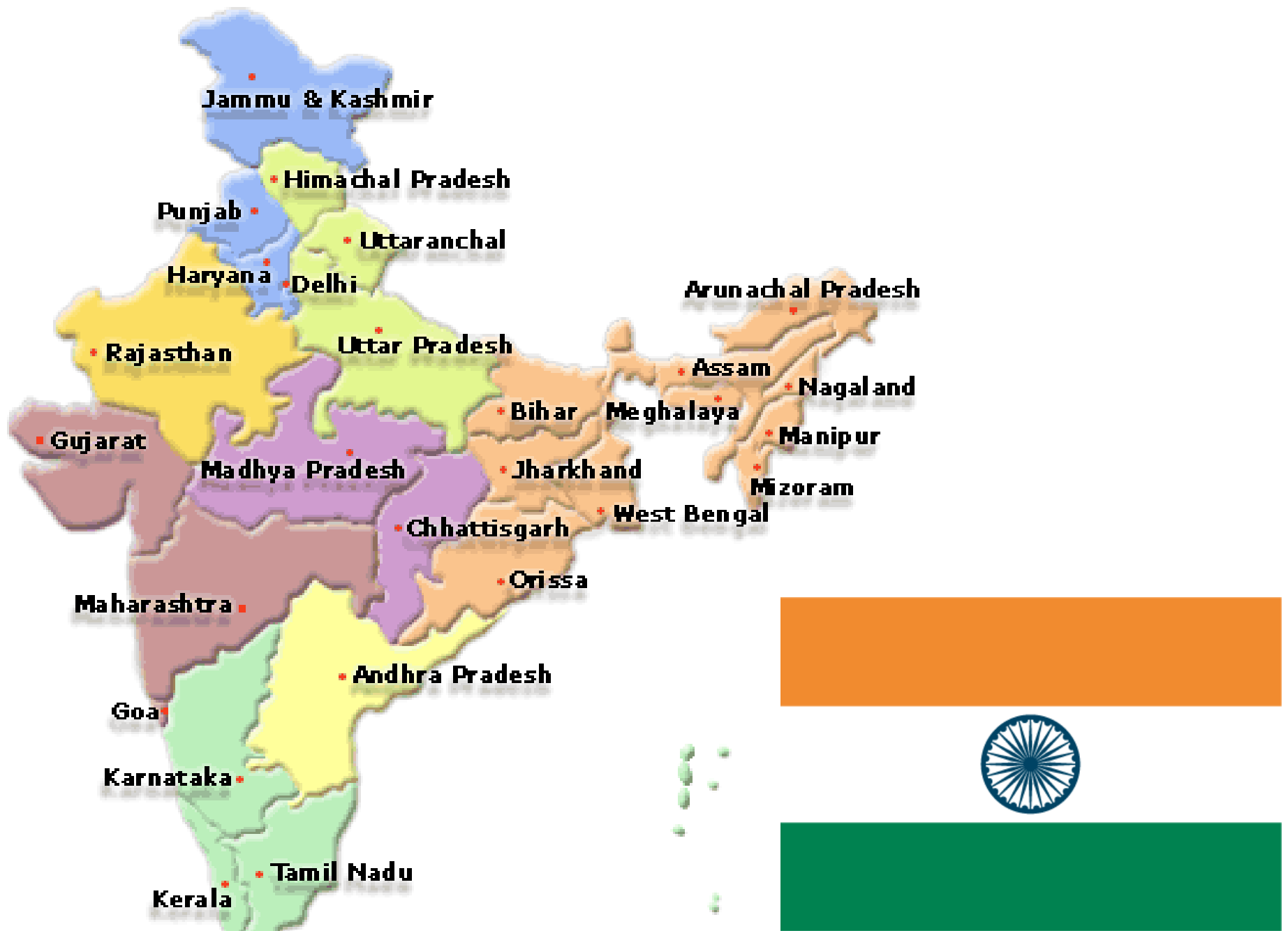


India



Emily McMillen





Jammu & Kashmir

Himachal Pradesh

Punjab

Uttaranchal

Haryana

Delhi

Arunachal Pradesh

Rajasthan

Uttar Pradesh

Assam

Nagaland

Gujarat

Bihar

Meghalaya

Manipur

Madhya Pradesh

Jharkhand

Mizoram

Chhattisgarh

West Bengal

Maharashtra

Orissa

Andhra Pradesh

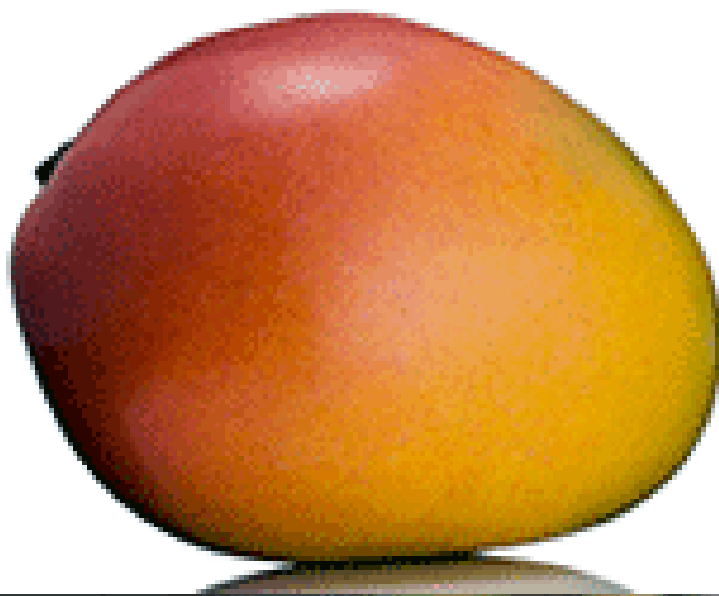
Goa

Karnataka

Kerala

Tamil Nadu





Environment

- Largest area of South Asian subcontinent.
- Climate: varies from tropical monsoon in south to temperate in north.
- Terrain: the northwest plains contain deserts, the northeast is suitable for rice fields, the coast is tropical, and the north is mountainous with snowfall.



Major Religions

- Hindu: 80.5%
- Muslim: 13.4% (138 million-one of the world's largest Muslim populations).
- Christian: 2.3%
- Sikh: 1.9%
- Other: 1.8%



Origins of people/ History

- During 2000 B.C.E. pastoral tribes migrated into the Ganges River Valley from the northwest.
- During 400-500 C.E. India experienced it's Golden Age where Hindu culture and politics prospered.
- Islam spread throughout India over the course of 700 years.
- The Mughal Dynasty established by Babur lasted about 200 years and resulted in Indian culture being a mix of Hindu and Muslim traditions.
- The British founded the East India Company in Surat in 1612.
- British influence/invasion resulted in the control of India in the 1850s.

- The British continued to rule until 1858 when administration of India was formally given to the Sepoy Mutiny of native troops.
- India gained full independence on August 15, 1947.
- Due to tension between Hindus and Muslims India was split into two separate regions: India and Pakistan.
- Made a sovereign republic in 1949.



Historical events that influenced economy

- The caste system: A social structure in which classes are determined by heredity.
- Included priests, warriors/landowners, merchants, artisans/agriculturalists, and tribal people/outsiders once known as the “untouchables”.
- Discrimination based on caste is now illegal.
- However, the remains of the system still cause certain regions either to prosper or suffer.

Economical factors that influence food and choices

- Currently developing into open-market economy.
- 700 million Indians live on \$2/day or less.
- More than half of the population depends on agriculture.
- Important agricultural products include: anise, fresh fruit, fennel, coriander, spices, castor oil seed, millet, safflower and sesame seeds, cashew nuts, chickpeas, ginger, okra, mangoes, and turmeric.

Transportation

- Has one of the largest road networks in the world.
- Railways: freight & passengers
- Shipping: 90% of country's trade volume is moved by sea.
- Ports (12 major & 200 non-major)
- Most common way to travel/transport items is by bicycle, truck, car, or cart.





Celebrations and Traditions

- Three National Holidays:
 - Independence Day
 - Republic Day
 - Gandhi Jayanti
- Hindu Celebrations:
 - Diwali: Festival of Lights
 - Holi: Festival of Colors
 - Pongal
 - Dussehra

Diwali: Festival of Lights

- Diwali means “A row of lamps”
- Celebrated for 5 consecutive days.
- Lights represent driving away darkness and awakening inner light.
- Ritual: Lights are lit in the evening to drive away shadows of evil spirits.



Holi: Festival of Colors

- A spring festival
- Celebrates the end of winter with a very colorful celebration.
- A “celebration of the triumph of good over evil.”





Traditional Diwali & Holi Foods

- Mainly dessert dishes.
- Gujia: a fried pasty filled with spices and nuts.



- Malpua: A pancake-like sweet.



- Soan Papdi:



Pongal

- A 4 day long harvest festival celebrated mainly in Tamil Nadu in Southern India.
- Held during from January to February which is the season that rice, sugar can, and turmeric are harvested.
- 1st day: Bhogi festival to honor Lord Indra (ruler of clouds & rain).
- 2nd day: Ceremonial worship with traditional dress and markings.
- 3rd day: A day for worshiping cows. Arati is performed to ward off evil eye.
- 4th day: Ritual performed where left overs are placed on a turmeric leaf and Arati is performed with turmeric water.

Pongal Foods

- Two main dishes: Sweet Pongal and Salt Pongal.
- Many dishes cooked with newly harvested rice (coconut rice, lemon rice, puli rice).
- Avial: a wide variety of vegetables.
- Sarkkarai Pongal: prepared in earthen pot.



Dussehra

- A festival at on the 10th day of 10 day ceremony (Navratri) that includes a fast, rituals, celebrations, and a feast.
- A celebration of good over evil.
- Held at the end of summer.



Dussehra Foods

- Fruity Shrikhand
- Khaman Dhokla
- Kaju Katli
- Tamarind rice
- Nava Dhaanya (a nine bean dish)
- Papad
- Paanagam



Meal Time

- Men traditionally eat before
- women.
- The elderly are usually seated
- first.
- Important to wash well before meal.
- Right hand is used exclusively for eating and passing food. Left hand is usually used for hygiene purposes.
- Paan: offered after a meal (and also after ceremonies such as weddings). Believed to aid in digestion and is also used to refresh the mouth. Usually consist of spices such as cardamom, anise, lime paste, and grated coconut wrapped in a betel leaf.



Meal Patterns

- 9-11 a.m.: Breakfast that may consist of rice, bread, pickled fruits/vegetables, sambal (cooked vegetables and lentils mixed with oil, onion, garlic, turmeric, ground sweet peppers, and salt).
- 4-5 p.m.: sweet & spicy foods eaten with coffee or tea.
- 7-9 p.m.: The main meal is served. May consist of at least 1 rice dish, vegetables, meat/legume, raita (a yogurt based vegetable dish).

Common Food Items

- North Indian Food:
 - Reflect Central Asian influences.
 - Main course is rice.
 - Chapatis: a baked good that can be made with wheat, rice, and a variety of other ingredients.
 - Saag: made with green leafy vegetables.
- South Indian Food:
 - Coastal cuisines
 - Great use of spices, fish, coconut, and chilies.
 - Some dishes include: lamb stew, malabar fried prawns, Idlis, Dosas, and Puttu.



- **West Indian Food:**
 - Pickles/ preserves are common due to lack of fresh fruits/vegetables.
 - Rice, Wheat.
 - Fish: Bombay prawn and Pomfret.
 - Portuguese influence towards south.
 - Sweet and Sour dishes.

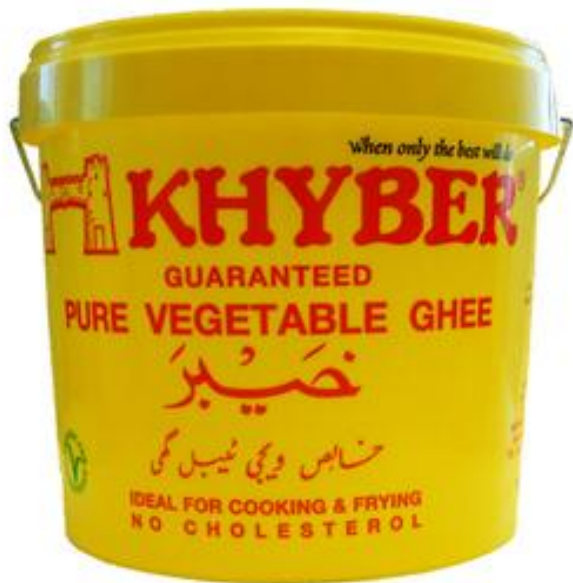


- **East Indian Food:**
 - Combination of rice and fish.
 - Common to prepare fish by wrapping in pumpkin leaves and cooking it (known as Hilsa).
 - Bamboo shoot is a common ingredient



Food preparation and preservation methods

- Depends on region, religion, and weather.
- Both vegetarian and non-vegetarian options.
- Lack of fresh fruits and vegetables in West India results in wide variety of preserves and pickled products.
- Spices are used generously
- Cooking methods include frying at high temperatures and using onion, garlic, spices, vegetables, yogurt, and using fresh leafy herbs at the end.



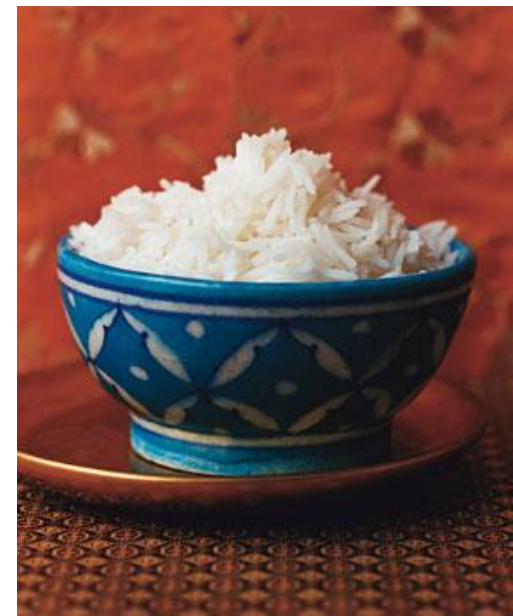
Rogan Josh
(lamb)



Chicken Tikka
Masala



Jalebis



Therapeutic Uses of Food

- Spiritual balance is highly regarded and can be aided in having balance in food consumption.
- Hot versus Cold
- Hot
 - Sour, salty, pungent
- Cold
 - Sweet, bitter, astringent



Food Consumption and Pregnancy

- It is advised to eat a variety of vegetables.
- Reduce consumption of celery, onion, chili, garlic, ginger, mustard, and carom seeds especially if they have a history of abortion.
- To reduce pregnancy symptoms such as bloating/constipation it is advised to avoid peas, potatoes, and some cereals.
- Rice, Black grapes, bananas, mangoes, dates, cashews, and apricots are considered to be very beneficial.
- Sugar should be consumed in small quantities.

- Advised not to eat left over or frozen foods.
- Avoid cold drinks, cocoa, chicken, eggs.
- Tea and coffee can be consumed in small quantities.



Other Facts

- Curry is a term used to describe a food cooked with a sauce.
 - No predetermined mixture of spices. Mixture is based on which dish is being cooked.
- It is believed that hot and spicy curry is the best way to fight the flu.
- It is also believed that food taste better when eaten with one's hands.



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