

Lecture Plan		
Name of the college: Government College of Arts, Science and Commerce, Sanquelim, Goa		
Name of Faculty: Ms. Janeita Carvalho	Subject: History of Food Culture in India	
Paper code: HIS 211	Program: SY BA	Division: A
Academic year: 2025-2026	Semester: III	Total Lectures: 60
Course Objectives: 1: Describe the evolution of food in India. 2. Discuss the eating habits and culinary practices. 3. Analyse the different historical texts on food. 4. Learn about the regional cuisines.		
Student Learning Outcome:		
1. Understand the evolution of food history.		
2. Gain knowledge of religious and regional influences on food.		
3. Develop understanding of documenting food history.		

4. Appreciate regional cuisines and variations.							
Month	Lecture From	Lecture To	No. of lectures allotted	Topic, Subtopic to be covered	Exercise/ Assignment	ICT Tools	Reference books
June	23/06/2025	28/06/2025	4	UNIT 1 : Subsistence Systems from Harappa to Vedic Times Subsistence strategies of pre-historic times.	Read about the subsistence systems of Harappa.	Power point presentation	Achaya, K.T. <i>Indian Food, A Historical Companion</i> . New Delhi: Oxford university Press, 1998.
June/ July	30/06/2025	05/07/2025	4	Subsistence strategies of Harappa	Read about the subsistence strategies of the Harappa.	Power point presentation	Achaya, K.T. <i>Indian Food, A Historical Companion</i> . New Delhi: Oxford university Press, 1998.
July	07/07/2025	12/07/2025	4	Subsistence strategies of the Vedic age	Read about the subsistence strategies of the Vedic age.	Power point presentation	Achaya, K.T. <i>Indian Food, A Historical Companion</i> . New Delhi: Oxford university Press, 1998.

July	14/07/2025	19/07/2025	4	Therapeutic Diet	Read about the Medicinal diet.	Power point presentation	Achaya, K.T. <i>Indian Food, A Historical Companion</i> . New Delhi: Oxford university Press, 1998.
July	21/07/2025	26/07/2025	4	Unit II: Food ways Jain and Buddhist influence on Indian Cuisine	Discussion about the Jain and the Buddhist influence on Indian food	Power point presentation	Achaya, K.T. <i>Indian Food, A Historical Companion</i> . New Delhi: Oxford university Press, 1998.
July/ August	28/07/2025	02/08/2025	4	Temple and Festival foods	Discuss about the village temple feasts and the foods	Power point presentation	Achaya, K.T. <i>Indian Food, A Historical Companion</i> . New Delhi: Oxford university Press, 1998.
August	04/08/2025	09/08/2025	4	Indo-European foods	Discuss about the various Indo-European foods.	Power point presentation	Achaya, K.T. <i>Indian Food, A Historical Companion</i> . New Delhi: Oxford university Press, 1998.

August	11/08/2025	16/08/2025	4	Unit III: Historical Texts and Food Manasollasa	Read about the historical text of Manosollasa	Power point presentation	Achaya, K.T. <i>Indian Food, A Historical Companion</i> . New Delhi: Oxford university Press, 1998.
August	18/08/2025	23/08/2025	4	Manasollasa	Read about the historical text of Manosollasa	Power point presentation	Achaya, K.T. <i>Indian Food, A Historical Companion</i> . New Delhi: Oxford university Press, 1998.
August	25/08/2025	30/08/2025	4	Shivatatvaratnakara	Read about the historic text of Shivatatvaratnakara	Power point presentation	Achaya, K.T. <i>Indian Food, A Historical Companion</i> . New Delhi: Oxford university Press, 1998.
September	01/09/2025	06/09/2025	4	Shivatatvaratnakara	Read about the historic text of Shivatatvaratnakara	Power point presentation	Achaya, K.T. <i>Indian Food, A Historical Companion</i> . New Delhi: Oxford university Press, 1998.

September	08/09/2025	13/09/2025	4	Bhojanakutuhala	Read about the historic text of Bhojanakutuhala	Power point presentation	Achaya, K.T. <i>Indian Food, A Historical Companion</i> . New Delhi: Oxford university Press, 1998.
September	15/09/2025	20/09/2025	4	Bhojanakutuhala	Read about the historic text of Bhojanakutuhala	Power point presentation	Achaya, K.T. <i>Indian Food, A Historical Companion</i> . New Delhi: Oxford university Press, 1998.
September	22/09/2025	27/09/2025	4	Unit IV: Regional cuisines	Discuss the various cuisines of India	Power point presentation	Achaya, K.T. <i>Indian Food, A Historical Companion</i> . New Delhi: Oxford university Press, 1998.
Setember/ October	29/09/2025	04/10/2025	4	Tamil Nadu's cuisine	Present about the dishes of Tamil Nadu	Power point presentation	Achaya, K.T. <i>Indian Food, A Historical Companion</i> . New Delhi: Oxford university Press, 1998.

October	06/10/2025	11/10/2025	4	Bengal's cuisine	Present about the regional cuisine of Bengal	Achaya, K.T. <i>Indian Food, A Historical Companion</i> . New Delhi: Oxford university Press, 1998.
October	13/10/2025	18/10/24	4	Goa's cuisine/ Revision	Present about the cuisine of Goa	Achaya, K.T. <i>Indian Food, A Historical Companion</i> . New Delhi: Oxford university Press, 1998.

*** Assessment Rubrics**

Component	Max Marks
ISA 1	10
ISA 2	10
ISA 3	10
Project	-
Semester End Exam	80