

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: 2026-2027	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
July	1/07/2026	4/07/2026	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.
July	6/07/2026	11/07/2026	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	13/07/2026	18/07/2026	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	20/07/2026	25/07/2026	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/August	27/07/2026	1/08/2026	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.
August	3/08/2026	08/08/2026	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	10/08/2026	15/08/2026	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	17/08/2026	22/08/2026	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	24/08/2026	29/08/2026	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.
August/ September	31/08/2026	05/09/2026	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	07/09/2026	12/09/2026	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	21/09/2026	26/09/2026	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/ october	28/09/2026	3/10/2026	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.
October	5/10/2026	10/10/2026	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.

			4				Achaya, K.T. <i>Indian Food, A Historical Companion.</i> New Delhi: Oxford university Press, 1998.
October	12/10/2026	14/10/2026		Bengal's cuisine	Present about the regional cuisine of Bengal/Goa		

*** Assessment Rubrics**

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