

**Module Title: Food Culture and Society****Module Code: B3159****Level: BAICA – 7<sup>th</sup> Semester...Lesson Plan**

<b>Unit</b>	<b>Topic</b>	<b>Description</b>	<b>Detailed Activities</b>
1	Introduction to Food, Culture, and Society	Introduces food as a social and cultural phenomenon, examining why people eat what they eat and how food choices are shaped by biological, economic, socio-cultural, and environmental factors.	1. Lecture: Food and Society – Interdisciplinary Perspectives 2. Seminar: The Omnivore's Paradox and Cultural Food Choice 3. Case Discussion: Food Taboos, Norms, and Identity 4. Reflective Discussion on Personal Food Cultures
2	Food as Cultural System and Identity	Explores food as a system of meaning, symbols, and identity formation within societies.	1. Analysis of Food Norms and Taboos 2. Food and Cultural Identity Case Studies 3. Group Discussion: Food, Memory, and Belonging 4. Short Reading-Based Activity
3	Food and Gender	Examines the social construction of gender through food practices, roles, and representations across cultures.	1. Gender vs. Sex in Food Studies 2. Gendered Food Roles and Labour Division 3. Gender Inequality in Agriculture, Industry, and Households 4. Media Analysis: Body Image, Diet Culture, and Food
4	Food, Religion, and Caste	Analyses how religion, caste, and social hierarchy influence dietary practices and food rules, particularly in South Asian contexts.	1. Religious Dietary Laws and Rituals 2. Caste, Purity, Pollution, and Food Practices 3. Social Class and Consumption Patterns 4. Seminar: Food, Power, and Social Order

5	Food, Place, and Terroir	Investigates the relationship between food, geography, history, and culture, focusing on regional cuisines and culinary identity.	<ol style="list-style-type: none"> <li>1. Concept of Terroir and Taste of Place</li> <li>2. Regional Cuisines and Food Heritage</li> <li>3. Authenticity, Certification, and Protection (PDO, PGI)</li> <li>4. Case Study Analysis of Regional Foods</li> </ol>
6	Globalization and Food Culture	Examines how globalization reshapes food systems, consumption patterns, and cultural identities.	<ol style="list-style-type: none"> <li>1. Theories of Globalization (Economic, Political, Cultural)</li> <li>2. McDonaldization vs. Localization</li> <li>3. Global Food Chains and Cultural Change</li> <li>4. Debate: Homogenization vs. Hybridity</li> </ol>
7	Food, Health, and Society	Explores the relationship between food, health, nutrition, and social inequalities in contemporary societies.	<ol style="list-style-type: none"> <li>1. Food Systems and Public Health</li> <li>2. Diet-Related Diseases and Social Factors</li> <li>3. Media, Wellness Trends, and Food Myths</li> <li>4. Critical Discussion on Nutrition Narratives</li> </ol>
8	Food, Environment, and Sustainability	Focuses on environmental impacts of food production and consumption, and sustainable food practices.	<ol style="list-style-type: none"> <li>1. Environmental Footprint of Food Systems</li> <li>2. Industrial vs. Sustainable Agriculture</li> <li>3. Indigenous and Traditional Food Practices</li> <li>4. Seminar: Sustainable Food Futures</li> </ol>
9	Food, Power, and Inequality	Analyses food access, food justice, and power relations within local and global food systems.	<ol style="list-style-type: none"> <li>1. Food Security and Food Sovereignty</li> <li>2. Inequality in Food Access</li> <li>3. Global North–South Food Relations</li> </ol>

			4. Case Study: Food Justice Movements
10	Integrating Themes: Food, Identity, and Sustainability	Integrates key themes of the module, linking food to identity, sustainability, and future food trends.	<ol style="list-style-type: none"> <li>1. Food as Marker of Ethnicity, Class, Gender, and Religion</li> <li>2. Indigenous Knowledge and Sustainable Food Systems</li> <li>3. Future Trends in Food, Health, and Ecology</li> <li>4. Group Synthesis Workshop</li> </ol>