

Food culture: From history to 21st century dinner table**Nachiketa Bandyopadhyay**

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Food practice is a window for viewing culture, within a cultural milieu. Food ways reflects choices about food and their status in socio-politico-religio-philosophical strata. The agricultural revolution organized 10,000 years ago in Fertile Crescent, Middle East by domesticating plants and cattle's of meat, wool, and milk. Population flourished by Asian rice, American corn and potatoes, and African sorghum. Agriculture established in Greece and Europe between 70000-50000 BC. Established agro-system with farm animals started the journey of civilization, trade, social structure of rural classes and subject, taxation, militarization, priest and law. Long before Columbus, navigating the monsoon winds mariners on the Indian Ocean sailed to and fro coasts of East Africa and India mutually exchanging crops, pests, weeds, and diseases. Sorghum, pearl millet, and finger millet became Indian. Similar monsoon exchanges between the archipelagoes of Southeast Asia and China in the thirteenth century onwards helped power of Song and Ming China. James Cook Biological exchange between Pacific Islands with Australia and Eurasia of eighteenth century had remarkable biological export to ecosystems of Australia, New Zealand, or Tahiti. Land commercial exchange by caravan took place between China and the Mediterranean around 100 BC. China gained grapes, alfalfa, donkeys, and camels.

The Columbian exchange, or interchange, was the widespread transfer of plants, animals, culture, human populations, technology, diseases, and ideas between the Americas, West Africa, and the Old World in the 15th and 16th centuries. Very much relates to European colonization and trade, Invasive species, and communicable diseases. The changes in agriculture significantly altered global populations. The most significant immediate impact of the Columbian exchange was the cultural exchanges and the transfer of people (both free and enslaved) between continents. The new contacts among the global population circulated a wide variety of crops and livestock, which supported increases in population in both hemispheres, including diseases. Rice and lots of crop and vegetables that became widely cultivated during the Columbian exchange. As the demand in the New World grew, so did the knowledge on how to cultivate it. Citrus fruits and grapes were brought to the Americas from the Mediterranean. The Columbian exchange of animals largely went in one direction, from Europe to the New World, as the Eurasian regions had domesticated many more animals. Horses, donkeys, mules, pigs, cattle, sheep, goats, chickens, large dogs, cats and bees were rapidly adopted by native peoples for transport, food, and other uses. .

The Myth of Early Globalization: The Atlantic Economy, 1500–1800" Pieter Emmer makes the point that "from 1500 onward, a 'clash of cultures' had begun in the Atlantic". This clash of culture involved the

transfer of European values to indigenous cultures along with private property concept, concepts of monogamy, the role of women and children in the social system, and the "superiority of free labor," A large part of the Columbian Exchange. Enslaved Africans helped shape an emerging African-American culture in the New World. Exchange had virtue and vices. Biological potentiality in agricultural variation has brought cultural exclusiveness and variations. It produced unique variation in culinary effect, cooking storage, preparation, eating and drinking rituals. All these with environmental degradation and natural food resource depletion bring food deformation leading to constitute a food paradox. At the same time preservation of local food habit with food resource what is called food equinox counter it. My example of paradox and equinox is street food throughout continents.

MERING (2003) commented on Crosby's analysis that in "delineating the global dispersal and exchange of the leading New World cultigens (e.g., maize, potato, sweet potato, bean, and manioc) and the characteristic Old World plant and animal food staples (e.g., rice, wheat, barley, oat, and fruit crops, cattle, pig, sheep, goat, chicken, and horse)." National, regional, and local agricultural economies were restructured on agriculture and quality, availability including basic world food sources. Amy Bentley, the editor in "A Cultural History of Food in the Modern Age" commented and analyzed "Processed food emerges as a central character, full of ambivalent meanings and compounding consequences. Pre-war advancements began the industrialization of the food supply, yielding diets that boasted new variety and improved nutritional adequacy for many eaters. Bentley demonstrates, however, that World War II "changed, accelerated, and altered the production, manufacturing, and advertising of industrialized food, setting the stage for the remainder of the century" (5). The policies, products, and technologies of the war made a uniquely American mark on food scopes of every size and locality: farm fields shaped by the Green Revolution; supermarkets full of processed items; dinner tables at which families consumed canned, bottled, and boxed foods; fast food restaurants serving quick, cheap fare."

Apart from global food system information, multidimensional Street food is mentionable as spatially contingent, which describes food safety and street vendors' issues. The street food sector located at public places marketed by itinerant merchants or by vendors offers to the street guests and tourists with various colorful continental tasty dishes, fast food of globalized choice and drinks prepared on spot for sale. An amalgamation of various culinary cultures, including Malay, Chinese, Indian, Penang street food is an important element of the rich cultural food scape and heritage of south Asia prevailed in street food of south Asian streets. People trust this gastronomic tourism. The culinary practices and corporeality are associated. Corporeality, in culinary practice shaped by symbolic, cultural systems. Women street vendors of Salvador, Bahia, Brazil, have this practice. Food truck operators depend on local products and farm. Local farmers are their associates in long-term relationships in USA Philadelphia or Atlanta Georgia. Vendors mostly remain marginalized, and stigmatized as members of the informal economy.

According to the literature, there is a wide range of intervention strategies, including actions directed at vendors, consumers, human resources in public administration, and the development of appropriate technologies. For vendors, they highlight the necessity of establishing sanitary regulations, guidelines, or codes, and food-handling training courses. The literature suggests increasing complementary interventions that target consumers through educational and awareness programs. Representatives and technical staff of public authorities, both managers and field inspectors, should be trained not just as controllers but as advisors to sellers and consumers. Finally, interventions must focus on developing appropriate technologies, either by building specialized street food trade areas (i.e. markets) or by improving equipment and supplies in the existing vending areas.

Cultural plurality is standard phenomenon in civilized states. Urban life depends on more complex societal and cultural context. Prior food crops, pattern and choice were localized. The nutrition-related problems have changed. One thing unaltered as good as philosophical that, food be homemade, with engagements of homely members. Traditional practice survived, and new tradition added as development. Palojoki (2009) concluded “The stereotypic pictures of the poor (or the rich) and the ignorant (or the knowledgeable) eating unhealthy foods (or eating healthy foods) may not represent the complexity of everyday food-related activities in the household context.”

Twentieth century had a history of hunger as evidenced by failure of food security, safety, and crises and death. Crude politics of vested interest, political anarchy and economic implications demolish state sector of the food system in spite of ability of the global food system to produce nutritious, accessible, and affordable food. Now, social and political development emerges at family dinner table. Context of food, vote, ruler consumerism market social ideas and nostalgic agrarian past.

Under nutrition, results from food scarcity and nutritive deficiency hampering physical growth of child and mother leading to reduced physical activity levels, including work levels in a society. Vicious cycle running of mortality morbidity reduced productivity earning capacity and poverty driven by under nutrition. That's why Need for a national Nutrition Policy within Development Context is necessary.

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