

---

## THE INFLUENCE OF A WIDE RANGE OF FOOD CULTURES

Upasana\*

\*Assistant Professor,  
Department of Agriculture Science,  
Teerthanker Mahaveer University,  
Moradabad, Uttar Pradesh, INDIA  
Email Id-upasana.agriculture@tmu.ac.in

**DOI: 10.5958/2249-7315.2021.00333.6**

---

### ABSTRACT

*In the framework of food culture, societal and national culture plays an important role that is reflected and implemented in the food business. Food culture discusses tradition, taboos, beliefs, rituals, interiors, and the impact of globalization, followed by a service provider whose quality, quantity, variety, taste, neatness, and conduct contribute to customer pleasure at paid rates. Every social group's traditions and attitudes may be revealed by the way food is produced, distributed, chosen, acquired, supplied, stored, prepared, arranged, served, eaten, promoted, and learnt. There are many different culinary cultures throughout the world, some of which are more distinctive and well-known than others, and others which seldom leave their geographic area but are just as important to the local population. Many variables affect diverse food cultures across the world, but one of the most noticeable is how different culinary cultures use certain foods and spices to elicit distinct taste profiles that characterize their culture.*

**KEYWORDS:** Culture, Food, Geographical India, Worldwide.

---

### 1. INTRODUCTION

One of India's most important players in the travel and hotel sectors. It contributes 6.23 percent to the national gross domestic product and employs 8.78 percent of the total workforce in the country. A food culture is one of the important factors that has contributed to the success of this business. As a consequence of the food culture being practiced by the concerned resource provider, it will be simpler to satisfy the customer, resulting in revenue. Meat plays an essential role in the history of every kind of cuisine. We have a tremendous variety of food to choose from in the local cuisine. A taste of society, as it illuminates the region's history and culinary skills. As well as the regions indigenous crops. Food has become an intangible heritage that is now entrenched as an important component of this. Gastronomy is also included as part of UNESCO's list of Intangible Cultural Heritage [1].

History, taboos, beliefs, rituals, decor, and inspirations are all part of food culture. Globalization comes with a transparent service provider in terms of price, quantity, variety, flavor, neatness, and taste. Customer loyalty for paid pricing is influenced by the behavior of service employees. Food is processed, transported, picked, received, given, held, prepared, ordered, eaten, swallowed, promoted, and researched in a variety of ways. Each person's traditions and attitudes Social group of people[2].Individuals are affected by their community, which may be seen as a collective memory. A number of variables affect behavior and social power. One element is the environment, which includes geography, the atmosphere, and the number of diverse plant and animal species. The structure of religious and non-religious behavior and belief is another aspect. Mechanization and experimentation in culture are influenced by community and family connections, as well as the degree of creativity. The degree of social mobility is also important, as is commerce with and

importation from other communities or groups of consumers who influence culinary culture [3][4].

Food culture refers to the behaviors, attitudes, and beliefs, as well as the networks and institutions that surround the production, distribution, and consumption of food (by definition). That's a mouthful, so let's break it down: food culture refers to our relationship with food and our food system, as well as our views and experiences with it. It includes, but is not limited to, our cultural background and ethnicity. Our culinary culture is as much about our ethnic cultural history as it is about our environmental culture, and how the foods we consume and how we perceive them are influenced by our surroundings.

There are many diverse culinary cultures throughout the globe, some more unique and well-known internationally than others, and others that seldom leave their regional context but are nonetheless important to the communities they affect. Many variables affect various food cultures throughout the globe, but perhaps the most apparent is how different food cultures use particular foods and spices to create distinct taste profiles that characterize their cuisine culture. This is why, even within a single nation, culinary cultures may differ based on the terrain, weather, and history that each area has experienced. While the United States is not renowned for having a particularly favorable culinary culture, this is evident in the fact that local cuisines in the United States differ greatly depending on where you reside. The same may be said of Italian cuisine, which differs greatly from north to south. But, regardless of what ingredients, tastes, or customs exist among the many culinary cultures across the globe, there are two common threads that run through them all: community and enjoyment.

Even while these two aspects of human eating experience are often neglected and devalued in the American understanding of food culture, there isn't a culinary culture in the world that doesn't contain both. This implies that we were created to love our food (which is why we feel good when we eat it), and we were created to enjoy it with friends and family. Food cultures arose through the usage of food to commemorate religious festivals, community activities, and family get-togethers. In other words, eating was seen as an important component of what made people human. Figure 1 shows the different types of food culture[5].



**Figure 1: The Different Types of Food Culture[6].**

Food is the great unifier that brings people together across generations and across communities. We've all had those memories of smelling something that brought back memories of our childhood, or recreating a meal from a trip overseas that immediately transported us back to that exotic place. Without leaving your dinner table, food can transport you to another period, another

nation, and another culture, which is why food culture is such an essential method for us to interact and relate to one another [7].

### **1.1 Different Food Cultures Across the World:**

There are many distinct culinary cultures throughout the globe, some of which are more unique and well-known than others, and others of which seldom leave their geographical location but are as significant to the local community they affect. Many factors influence various food cultures across the globe, but one of the most apparent is how different culinary cultures utilize certain foods and spices to elicit unique flavor profiles that define their culture. This is why, even within a same location, culinary cultures vary according to the topography, weather, and history that each region has experienced. However, regardless of the ingredients, flavors, or customs that exist among the many culinary cultures throughout the globe, there are two common threads that run through them all: community and enjoyment. Even while these two aspects of human eating experience are often ignored and devalued in the American understanding of food culture, there is no culinary culture in the world that does not contain both. This implies that we were intended to love our food (which is why we get pleasure from eating it) and that we were meant to enjoy it with friends and family. The way food was utilized to commemorate religious festivals in the community formed the basis of culinary cultures [8].

### **1.2 Importance of Food and Culture For Global Well – Being:**

To break down even further food communities, they all have the same basic components, no matter where they are in the world:

1.2.1 It entails sharing meals with the rest of the group as well as family.

1.2.2 They prioritize the requirements of the land above the comfort of humans.

1.2.3 They celebrate religious and cultural events with their cuisine.

1.2.4 They utilize locally sourced and seasonal ingredients to create unique and distinctive Flavors.

1.2.5 They enjoy their meal and then go about their business.

1.2.6 Food is not meant to be exploited; rather, it should be savored and appreciated.

Food patterns are among the oldest and most deeply established aspects of many cultures, and they cannot be easily changed or, if forced, may result in a cascade of unfavorable responses. As a basic element of society, food and food preferences serve as a focal point for emotional connection, a conduit of love, discrimination, and rejection, and usually serve as symbolic references. Food sharing denotes a high degree of mutual acceptance and closeness. In many civilizations, food serves a social or ceremonial function. Some meals are highly valued, while others are only offered on rare occasions or religious events, and yet others are a status symbol.

## **2. LITERATURE REVIEW**

There are many distinct culinary cultures throughout the globe, some of which are more unique and well-known than others, and others of which seldom leave their geographical location but are as significant to the local community they affect. Many factors influence various food cultures across the globe, but one of the most apparent is how different culinary cultures utilize certain foods and spices to elicit unique flavor profiles that define their culture [9]. For most individuals, food is spiritual rather than nutritional. In one culture, a plant or animal may be considered nourishing whereas in another, it is regarded edible [10]. One of the most essential things to

remember when considering the cultural effects on eating habits is that there are many different meals that may provide the same healthy outcomes. Culture is made up of ideas, behaviors, traditions, and practices that are acquired via education beginning with early childhood experiences, many of which are not consciously taught and have been so profoundly internalized that people are unconscious yet 'go deep'.

### **3. DISCUSSION**

In the travel and hotel industries, it is one of India's most significant players. It generates 6.23 percent of the country's gross domestic output and employs 8.78 percent of the country's overall workforce. One of the key elements that has contributed to the success of this company is its culinary culture. It will be easier to please the consumer as a result of the culinary culture adopted by the relevant resource supplier, resulting in income. Meat has a long and illustrious history in the culinary world. In terms of local cuisine, we have a huge selection to pick from. It's a taste of society, as it elucidates the region's culinary prowess and history. In addition to the region's native crops. Food has evolved into an intangible legacy that is now firmly established as an integral part of this. Gastronomy is included on the list of Intangible Cultural Heritage of UNESCO.

Food culture includes history, taboos, beliefs, rituals, décor, and inspirations. In terms of pricing, quantity, diversity, flavor, neatness, and taste, globalization brings with it a transparent service provider. The conduct of service workers has an impact on customer loyalty for paid prices. In a number of ways, food is processed, delivered, picked, provided, held, prepared, ordered, consumed, swallowed, promoted, and studied. Traditions and views differ from individual to person. People in a social group. Individuals are influenced by their surroundings, which may be thought of as a collective memory. Behavior and social power are influenced by a variety of factors. The environment, which includes geography, the climate, and the diversity of plant and animal species, is one factor. Another element is the structure of religious and non-religious behavior and belief. In culture, community and familial ties, as well as the degree of inventiveness, affect mechanization and innovation. The degree of social mobility, as well as trade with and importation from other communities or groups of consumers who affect culinary culture, are all significant considerations. Food is a wonderful unifier, bringing people together from different generations and cultures. We've all had the experience of smelling something that instantly took us back to our youth, or recreating a meal from a vacation abroad that sent us back to that exotic location. Food can take you to another time, another country, and another culture without ever leaving your dinner table, which is why food culture is such an important way for us to connect and relate to one another.

### **4. CONCLUSION**

There are many different culinary cultures throughout the world, some of which are more distinctive and well-known than others, and others which seldom leave their geographic area but are just as important to the local population. Many variables affect diverse food cultures across the world, but one of the most noticeable is how different culinary cultures use certain foods and spices to elicit distinct taste profiles that characterize their culture. This is why, even within the same area, culinary traditions differ according to terrain, weather, and history. Changes in eating habits and patterns have been significant. Please include the increase in e, changing lifestyles, women's employment, per capita income, and other environmental factors. The majority of Indians like their native bread, yet youngsters are exposed to foreign foods that contribute to food security. Pasta with Indian spices, for example, is an example of a fusion kitchen. Tourism is a rapidly expanding business throughout the globe, driven by the ongoing globalization of corporations and countries, which may be contributed to a wide range of aspects of global culture via cuisine.

**REFERENCES**

1. R. D. Lewis, *When Cultures Collide: Leading Across Cultures*. 2006.
2. D. Shah, "Automatic Vehicle Accident Detection System Based on ARM &GPS," 2013.
3. E. Christopher, "Communication across cultures," *World Englishes*, 2018, doi: 10.1111/weng.12332.
4. E. B. Harper, "Cultural factors in food consumption: An example from India," *Econ. Bot.*, 1961, doi: 10.1007/BF02907849.
5. A. K. Mohan, T. R. Coté, J. A. Block, A. M. Manadan, J. N. Siegel, and M. M. Braun, "Tuberculosis following the use of etanercept, a tumor necrosis factor inhibitor," *Clinical Infectious Diseases*. 2004, doi: 10.1086/421494.
6. D. Ni, Z. Xiao, B. Zhong, and X. Feng, "Multiple Human-Behaviour Indicators for Predicting Lung Cancer Mortality with Support Vector Machine," *Sci. Rep.*, 2018, doi: 10.1038/s41598-018-34945-z.
7. A. T. Mintu, "Cultures and Organizations: Software of the Mind," *J. Int. Bus. Stud.*, 1992, doi: 10.1057/jibs.1992.23.
8. D. Straub, M. Keil, and W. Brenner, "Testing the technology acceptance model across cultures: A three country study," *Inf. Manag.*, 1997, doi: 10.1016/S0378-7206(97)00026-8.
9. "What Is Food Culture And How Does It Impact Health?" .
10. S. Reddy and M. Anitha, "Culture and its influence on nutrition and oral health," *Biomed. Pharmacol. J.*, 2015, doi: 10.13005/bpj/757.