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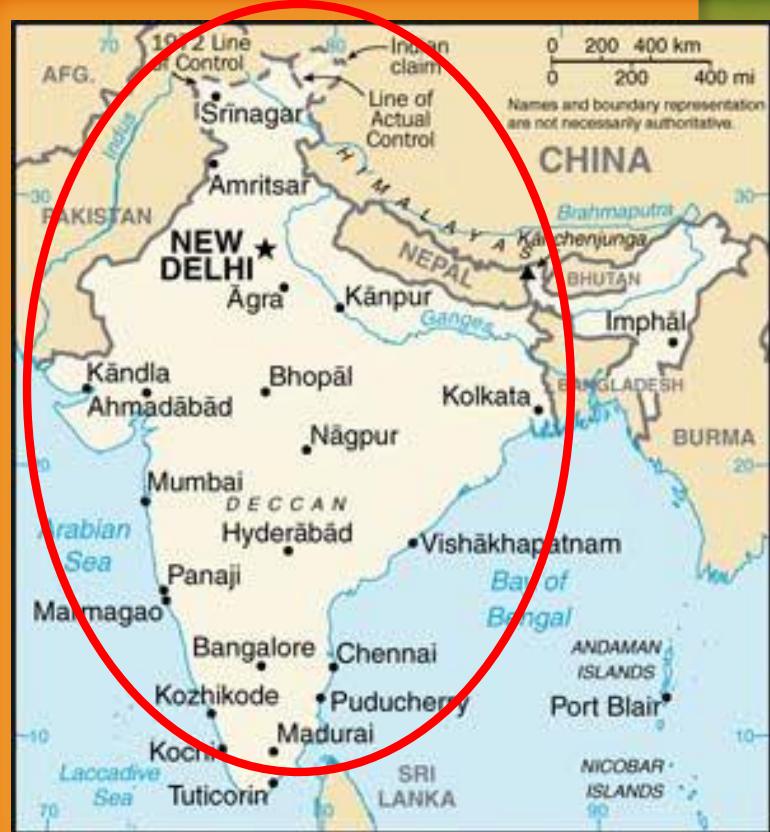
By Emily Tholson

Geography:

Size- 1.27 million sq. mi. about one-third the size of the U.S.

Capital--New Delhi

Other major cities—Mumbai, formerly Bombay (16.4 million); Kolkata, formerly Calcutta (13.2 million); Chennai, formerly Madras (6.4 million); Bangalore (5.7 million); Hyderabad (5.5 million); Ahmedabad (5 million); Pune (4 million).



- Climate: ranges from mountainous to moderate in temperature to subtropical monsoon-heavy rain and wind
 - Terrain: Varies from Himalayas to flat river valleys and deserts in the west.

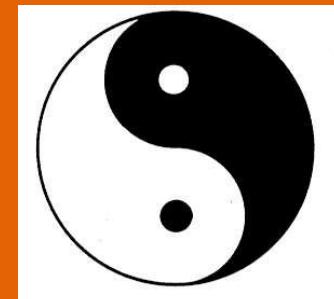


POPULATION

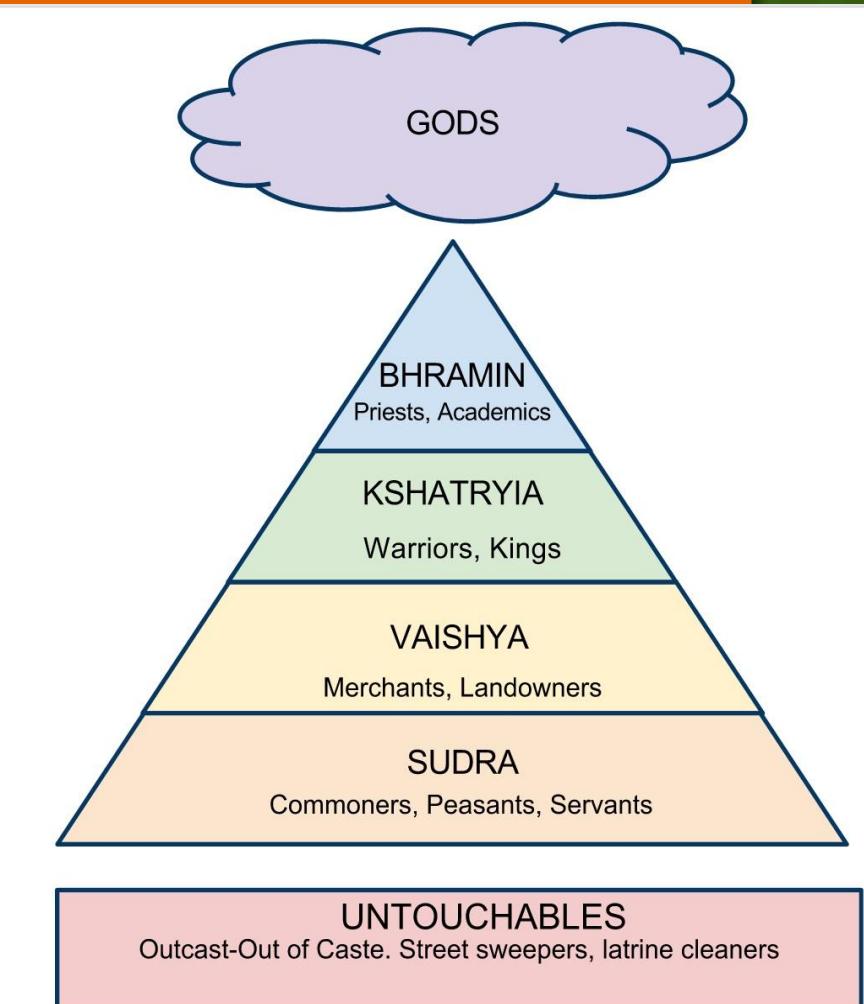
- 2010: 1.17 billion (urban 29 %.)
- 1.376% growth/ year
- Ethnic groups: Indo-Aryan 72%, Dravidian 25%, others 3%.

MAJOR RELIGIONS:

- Hindu 80.5%; Muslim 13.4%; Christian 2.3%; Sikh 1.9%; other groups including Buddhist, Jain, Parsi within 1.8%; unspecified 0.1%.



- Religion, caste, and language are major determinants of social and political organization in India. Today the constitution forbids the practice of untouchability but the caste system is still influential in education, public service, and legislation.



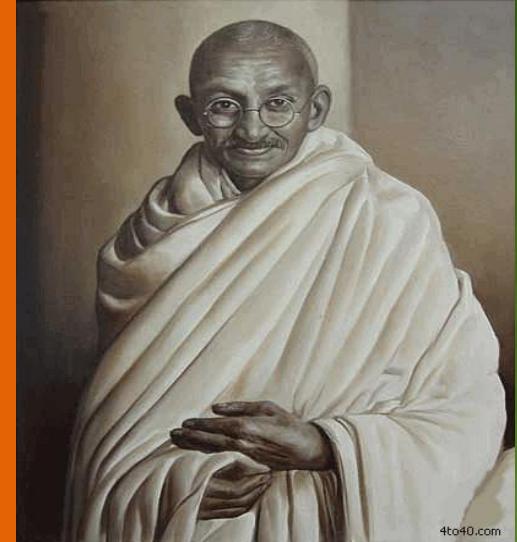
CELEBRATIONS AND TRADITIONS:

- Religious holidays celebrated by Hindus is Diwali, Holi, Pongal, and Dussehra
- Diwali- “Festival of Lights.” This is a day to celebrate the victory of good over evil and it signifies the renewal of life, the approach of winter, and the beginning of the sowing season
 - Includes the exchange of sweets and explosion of fireworks



GANDHI JAYANTI

- is a day to honor Mahatma Gandhi, considered the “Father of the Nation,”
 - It is celebrated on his birthday, October 2nd.
 - Popular celebration includes prayer meetings, honorary ceremonies as well as educating the young on Gandhi and his life.
 - It is held all over India, especially in Raj Ghat, which is where Gandhi’s memorial is in New Delhi.



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FOOD AVAILABILITY AND CHOICES

- Staple crops:
 - wheat and rice as well as coarse grains, oilseeds, sugar, cotton, jute, and tea.
- the Green Revolution in 1970s
 - Has brought Improved irrigation, the introduction of chemical fertilizers, and the use of high-yield strains of rice and wheat that have led to record harvests.
- government agricultural modernization effort have led to less Indian villages being threatened by drought, flood, famine, and disease
- Large portion are vegetarian and do not consume meats
 - Hindu prohibition against their slaughter
- Food purity- Milk and ghee
 - Food prepared in the home

NORTH INDIAN FOOD

- A typical meal consist of:
 - chapatis or rotis (unleavened bread baked on a griddle) or paranthas (unleavened bread fried on a griddle)
 - rice
 - Dals (dried lentils, peas or beans), friend vegetables, and curries
 - dessert:
 - sweetmeats from Bengal like rasagulla, sandesh, rasamalai and gulab-jamuns are similar in taste because they are all derived from a milk pudding or rice base, and are soaked in syrup.
 - Kheer is a form of rice pudding
 - shahi tukra or bread pudding
 - Kulfi is a nutty ice cream

SOUTH INDIAN FOOD

- South Indian food non-greasy, roasted and steamed.
 - Their staple food is Rice and forms the basis of every meal. It is usually served with sambhar, rasam (a thin soup), dry and curried vegetables and a curd preparation called pachadi.
- Coconut is an important ingredient in all South Indian food.
- dosa (rice pancakes)
- idli (steamed rice cakes)
- *vada*, which is made of fermented rice and dal
- Desserts from the south include the Mysore *pak* and the creamy *payasum*.

TECHNOLOGY

- Products:
 - textiles, jute, processed food, steel, machinery, transport equipment, cement, aluminum, fertilizers, mining, petroleum, chemicals, and computer software.
- Mumbai and Ahmadabad have a large textile industries
- Rourkela, Bhilainagar, Durgapur, and Bokaro have steel plants
- Bangalore has electronics and armaments industries.
- Transportation
 - towns are connected by state-owned railroad systems, one of the most extensive networks in the world, and transportation by road is increasing, with the improvement of highways
 - in rural India the bullock cart is still an important means of transportation.
- There are international airports at New Delhi, Kolkata, Mumbai, and Chennai.

FOOD PREPARATION AND PRESERVATION

- There are various Indian spices, herbs, vegetables, and fruits used to prepare meals.
 - Correct mixture of spices are important to Indian cuisine for proper preparation and to enhance flavor of dishes.
- Pot in pot refrigeration method is a way to cool food with out electricity
 - A earthen pot placed in another with a layer of wet sand in between and as moisture evaporates which cool inner pot preserving fruits and veggies for a lot longer.

DURING PREGNANCY

- hot foods are harmful and cold foods beneficial during pregnancy because pregnancy generates a state of “hotness,” it is thought to be desirable to attain balance by eating cold food. Cold foods are recommended during early pregnancy to avoid miscarriage and hot foods are encouraged during the last stages of pregnancy to facilitate the expulsion of the fetus.
- Hot - Meat, eggs, fish, ghee (clarified butter), beans, pulses/lentils, eggplant, onion, garlic
- Cold - Milk, yogurt, buttermilk, coconut, wheat, green leafy vegetables, rice, banana

Guest Speaker: Abigail Roche



- What cities did you visit?
- How long did you stay in India?
- How was food different?
- Favorite food?
- Why did you choose India?
- What food did you dislike?

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