



Shrimathi Devkunvar Nanalal Bhatt Vaishnav College For Women (Autonomous)

Owned and Managed by Cork Industries Charities Trust
Affiliated to University of Madras - Re-Accredited with 'A+' Grade by NAAC - 4th Cycle

COURSE DATA SHEET

SEMESTER	I	BATCH	2026
COURSE NAME	SOCIOLOGY OF FOODS	COURSE CODE	26UNDGE1001
COURSE UNITS	5	COURSE TYPE	Generic Elective(GE) - I
CONTACT HOURS (L-T-P)	4-0-0	CREDITS	4
OFFERED BY	Department of Clinical Nutrition and Dietetics	SHIFT (I / II) Shift I - 8:15 am - 12:50 pm Shift II - 1:00 pm - 5:30 pm	SHIFT 1

COURSE OBJECTIVES

1	To understand the concepts, scope, and significance of the sociology of food and its interdisciplinary nature
2	To evaluate the impact of socio-economic and cultural factors on food choices and consumption
3	To assess the effects of globalization, media, technology, and changing lifestyles on contemporary food habits and consumption patterns.

COURSE OUTCOMES: On completion of the course the students will be able to...

	CO Statement	Cognitive Level
CO1	Explain the concepts, scope, significance, and historical development of the Sociology of Food and describe the role of food as a biological, psychological, and social phenomenon	K1, K2 (Remember, Understand)



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CO2	Analyze the relationship between food, social status, family, community, and social interactions through practices such as commensality, feasts, fasting, and festival foods	K4 – Analyze
CO3	Examine the influence of culture, religion, caste, ethnicity, region, and traditional knowledge systems on food habits, beliefs, and dietary practices.	K4 – Analyze
CO4	Evaluate the socio-economic determinants of food and nutrition, including food insecurity, poverty, malnutrition, social disparities, and government welfare programmes.	K5 – Evaluate
CO5	Assess the impact of globalization, media, digital food environments, and sustainability issues on food choices, eating behaviours, and contemporary food systems.	K5 – Evaluate

SYLLABUS

UNIT	TOPICS	HOURS
1	Introduction to the Sociology of Food Meaning, scope and importance of Sociology of Food. Historical Development of Food Studies. Food and Society -An Overview .The Sociological Imagination and Food identity, Food as a Biological, Psychological and Social Need. Classification of Foods and Emerging Trends.	12
2	Food and Social Status The social significance of commensality, feasts and fasting. The transition of food from a survival need to a social experience. The sociology of festival foods and community gatherings. Family meals and social bonding	12
3	Cultural Dimensions of Eating Food habits and cultural diversity, Influence of religion, caste, ethnicity and	12



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	region on food practices.Traditional Indian food systems and indigenous knowledge. Food taboos, beliefs and myths	
4	Unit IV: Economic Dimensions of Eating Socio-economic determinants of food and nutrition, Poverty, food insecurity and hunger.Malnutrition and social disparities, Food access, affordability and availability Government nutrition programmes and food welfare schemes in India	<u>12</u>
5	Food, Globalisation and Media Globalization and changing food habits,culinary exchanges.Fast food culture and nutrition transition. Media, advertising and consumer food choices. Social media influence on eating behaviour, authenticity of social media information, Digital foodscape- Impact of food delivery apps. Sustainable food systems, food waste and ethical consumption	<u>12</u>
Note (if any)	-	

TEXT/REFERENCE BOOKS/E - RESOURCES:

Text Books	1.Germov, J., & Williams, L. (Eds.). (2017). A sociology of food and nutrition: The social appetite (5th ed.). Oxford University Press. 2.Atkins, P., & Bowler, I. (2001). Food in society: Economy, culture, geography. Arnold Publishers. 3.Nagla, M. (2020). Sociology of Food. Rawat Publications
Books For Reference	1.Guptill, A. E., Copelton, D. A., & Lucal, B. (2020). Food and society: Principles and paradoxes (3rd ed.). Polity Press. 2.Counihan, C., & Van Esterik, P. (Eds.). (2022). Food and culture: A reader (4th ed.). Routledge 3.Anderson, E. N. (2014). <i>Everyone eats: Understanding food and</i>



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	culture (2nd ed.). New York University Press. 4. Carolan, M. (2016). The sociology of food and agriculture (2nd ed.). Routledge
E-Learning Resources	1. https://epgp.inflibnet.ac.in/ 2. https://swayam.gov.in/ 3. https://elearning.fao.org/ 4. https://www.coursera.org/

PEDAGOGY (TEACHING METHODOLOGY):

- Lecture
- Powerpoint
- Charts
- E content
- YouTube videos

CO-PO AND CO-PSO MAPPING:

	PO1	PO2	PO3	PO4	PO5	PO6		PSO1	PSO2	PSO3
CO1	3	2	-	2	2	1		3	2	1
CO2	2	3	1	1	2	3		2	1	3
CO3	2	3	1	1	2	3		3	2	2
CO4	3	3	3	2	2	2		3	3	2
CO5	3	2	3	2	3	2		2	2	3
Average (Use only filled in cells for calculation)	2.6	2.6	2.2	1.6	2.2	2.2		2.6	2	2.2

Correlation Level: 1-Low 2-Moderate 3-Strong



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JUSTIFICATION OF CO-PO/PSO MAPPING			
CO	PO/PSO	Level of correlation	Justification
CO1	PO1	3	Establishes foundational domain knowledge of food as a social construct, allowing students to assertively discuss core concepts.
	PO2	2	Understanding the social/psychological role of food helps students appraise life and draw logical conclusions about human behavior.
	PO3	-	Explaining basic concepts and the historical development of the sociology of food focuses on foundational knowledge rather than designing and developing solutions for challenging societal problems.
	PO4	2	Provides the historical and conceptual background necessary for further studies in the sociology domain.
	PO5	2	Prepares students to understand food as a dynamic human need, facilitating adaptation to changing social environments.
	PO6	1	Introduces food as a basic human need, fostering an initial awareness of human commonality.
	PSO1	3	Develops essential knowledge of food habits, forming the basis for interdisciplinary expertise in food science and dietetics
	PSO2	2	Enhances skills in understanding diverse food interactions, useful for competence in healthcare communication.
	PSO3	1	Provides an introductory view of societal food systems, sparking interest in addressing health needs
CO2	PO1	2	Applies domain knowledge to analyze the social significance of commensality and community food practices.
	PO2	3	Deeply evaluates social interactions (feasts/fasts), enabling students to draw logical conclusions about family and social structure.
	PO3	1	Identifies the role of food in community gatherings, a small step toward understanding societal challenges
	PO4	1	Facilitates a sociological thought process regarding rituals, supporting further study in social dynamics.
	PO5	2	Analyzes how food transitions from survival to social experience, aiding preparation for field specialization.



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	PO6	3	Focuses on community, fasting, and shared meals, which are central to building compassionate and inclusive human values
	PSO1	2	Connects cultural practices to nutrition/dietetics, building interdisciplinary expertise.
	PSO2	1	Encourages understanding of diverse social settings, foundational for healthcare competence.
	PSO3	3	Promotes engagement with community food practices, driving interest in societal health needs and innovation.
CO3	PO1	2	Applies domain knowledge regarding cultural/religious influences to understand contemporary food habits.
	PO2	3	Critically appraises how culture and caste influence eating, fostering logical conclusions about social disparities.
	PO3	1	Examines traditional knowledge systems, a basis for understanding societal structures.
	PO4	1	Acquires a thought process focused on cultural diversity, relevant for advanced social studies.
	PO5	2	Investigates traditional systems, preparing students to adapt to diverse, dynamic environments.
	PO6	3	Fosters compassion by analyzing food taboos and beliefs, encouraging respect for diverse cultural identities.
	PSO1	3	Deepens understanding of traditional Indian food systems and knowledge, crucial for meeting national health demands.
	PSO2	2	Enhances understanding of diverse nutritional settings by examining cultural food practices
	PSO3	2	Encourages research into indigenous knowledge systems and societal health needs.
CO4	PO1	3	Develops a sharp cognizance of socio-economic determinants of food insecurity and government welfare.
	PO2	3	Evaluates social disparities and poverty, enabling students to draw logical, evidence-based conclusions.
	PO3	3	Directly addresses societal challenges (hunger/malnutrition), encouraging the design of conceptual solutions.
	PO4	2	Facilitates a thought process geared toward analyzing economic barriers to nutrition.
	PO5	2	Analyzes welfare programs, preparing students for field specialization in public health/social work.



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	PO6	2	Discusses malnutrition and disparities, fostering compassion for vulnerable populations.
	PSO1	3	Links food security and nutrition, essential for addressing national health demands
	PSO2	3	Develops competence in identifying social determinants of health within nutritional sciences.
	PSO3	2	Addresses societal health needs through the study of government interventions and food access.
CO5	PO1	3	Demonstrates strong understanding of globalization and digital foodscapes in modern society.
	PO2	2	Appraises the impact of media on food choices, facilitating logical conclusions about consumer behavior.
	PO3	3	Examines sustainable food systems and food waste, challenging students to develop solutions for modern societal issues.
	PO4	2	Supports a thought process focused on contemporary and future food trends.
	PO5	3	Assesses digital food environments, ensuring preparedness for a rapidly changing, technology-driven field.
	PO6	2	Discusses ethical consumption and food waste, promoting moral responsibility.
	PSO1	2	Connects digital consumption patterns to nutritional outcomes.
	PSO2	2	Builds competence in navigating modern, tech-driven healthcare/nutritional environments.
	PSO3	3	Drives innovation by exploring sustainable, ethical food systems and digital health initiatives.