

**GOVERNMENT OF INDIA  
MINISTRY OF CULTURE  
LOK SABHA  
STARRED QUESTION NO.\*174  
TO BE ANSWERED ON 30.07.2018**

**PROMOTION OF INDIAN FOOD CULTURE**

**\*174.SHRI NALIN KUMAR KATEEL:**

**SHRI D.K. SURESH:**

Will the Minister of CULTURE be pleased to state:

- (a) whether the Government is aware that our country has a rich and most unique culinary heritage in the world;
- (b) if so, the details thereof;
- (c) whether Indian food aims to balance various requirements of health of a person according to the season in the country and if so, the details thereof; and
- (d) the steps taken/being taken by the Government to promote Indian food culture to keep away the diseases of the modern day world?

**ANSWER**

**MINISTER OF STATE (I/C) FOR CULTURE  
AND  
MINISTER OF STATE FOR ENVIRONMENT, FOREST AND CLIMATE CHANGE  
(DR. MAHESH SHARMA)**

**(a) to (d)** A Statement is laid on the Table of the House.

**STATEMENT REFERRED TO IN REPLY TO PARTS (a) to (d) OF LOK SABHA  
STARRED QUESTION NO. \*174 FOR 30<sup>TH</sup> JULY, 2018**

**(a) & (b)** Government is aware that India has a rich culinary heritage. Most of our traditional food has evolved over centuries.

Indian cuisine encompasses a wide variety of regional cuisines native to India. Given the range of diversity in soil type, climate, culture, ethnic group and occupations, these cuisines vary significantly from each other and use locally available spices, herbs, vegetables and fruits. Almost all states have their unique recipes.

**(c)** Indian foods are often based on a holistic approach to nutrition, as required by local people with a combination of carbohydrate, protein and fat. Such food is prepared with locally available ingredients and found to have its own therapeutic and nutritional benefits.

Indian food has a close association with Ayurveda and naturopathy based eating habits which helps a person to stay healthy. Some of the examples are consumption of food according to the season like chhach, lassi, shikanji, kokum sherbat, belsharbat etc. during summer and raab, shorbas, kesar milk, kahwa etc. during winter.

**(d)** The Government is committed to promote Indian food culture and to create awareness about its importance in keeping away the modern day life style related diseases. The Ministry of Tourism has recently set up an Indian Culinary Institute, Tirupati and its centre at Noida with Research and Documentation in the field of Indian cuisine is one of its primary objectives. Ministry of Tourism is also involved in this endeavour by organizing various food festivals in different parts of world to promote our food culture.

The Ministry of Tourism releases global print, electronic and online media campaigns in important and potential markets overseas and within the country under the 'Incredible India' to promote various tourism destinations of the country including the Indian cuisine.