

**FOOD HABITS OF PEOPLE IN HARYANA**

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**ABSTRACT**

*It is said some people eat to live and some people live to eat. Food is an integral part of our life, culture and history. Every state in India has its own specialty in food and people have their eating habits. Haryana has a very rich cultural heritage and gastronomy. This study examines the eating habits of people in Haryana. The focus is on how many meals they prefer per day, type of food preferred, eating out habits and preferred food outlets. Not much has been done on food habits of people in Haryana. So, an attempt has been made to investigate various aspects of the eating habits of people in Haryana. Semi-structured interviews were conducted with 120 respondents (households) of Haryana using simple random sampling technique. So, there are some eating habits which have been investigated in this paper.*

**Key words:** *Food Habits, Haryanvi people, prefer, spicy food, meals, roties.*

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**INTRODUCTION**

Haryana came into existence on 1 November, 1966 as a newly created state carved out of Punjab state on the basis of language. Haryana is one of the wealthier states of India and had the third highest per capita income in country at Rs. 108859 in the year 2011-12, and Rs. 128342 in the year 2012-13 including the largest number of rural crorepatis in India. Haryana has been apprized of promoting Highway Tourism and giving a new mark to Hospitality and Tourism Industry. Haryana has a very rich cultural heritage and eating habits. Haryanvi cuisine is also like its people, simple and vigorous. Haryana has maintained simplicity in its food with its agrarian culture. Haryana is well known for its agriculture and cattle wealth, so there is abundance of milk, butter, ghee, lassi, thandai, buttermilk, vegetables which are quite similar to Punjab. Haryana is also known as 'land of roties' as people here are very fond of eating several kinds of roties like wheat, bajara, barley, gram flour etc. Haryana food is famous for its cattle wealth and claim to be the house of popular murrh buffalo and Haryana cow. This is main reason for abundance of milk as well as milk products in cuisine of Haryana. So cuisine/gastronomy of Haryana is very rich and vibrant and has a wide array of choices in it. It has its own long history and a dominant role in culture and festivals of Haryana.

Keeping the above discussion in view an attempt has been made in this research paper to investigate the eating/food habits of Haryanvi people.

**OBJECTIVES OF RESEARCH**

This research has focus on investigating the food habits of people in Haryana which includes their liking for spicy/ non spicy food, number of meals taken in a day, eating out habits, preferred eating outlets, cooking equipments preferred.

**LITERATURE REVIEW**

In a research by Ritu Anand on "Determinants impacting the consumers food choice with reference to fast food consumption in India" it was found that the key determinants impacting consumers food choice are passion for eating out, socialize, ambience and taste for school and college goers and convenience for dual-income families in urban India. In a previous study in 2007 on 'Feeding the family in India: an approach to household food consumption' by Madhu Nagla, it was found that at the household level, consumption pattern is changing, green leafy vegetable are often excluded from the diet because of time consuming process of cleaning,

washing, chopping, and then cooking. The method of preparation and cooking of food is also changing because of advancement in technology. In a survey by Vinod Joon and A. Chandra in 2007, it was found that in Haryana dung cake, firewood and crop residues are the main fuels used for cooking and LPG is also used along with it. According to the above research it was investigated that not only income but also certain socio cultural factors determine the choice of fuel for cooking. Krishna Gopal Dubey (2011) in his book entitled with "THE INDIAN CUISINE" highlighted the different aspects of Indian cuisine and the basic features. He stated that Indian History has a great influence on cuisine of India like Mughals, British, Portuguese have marked their presence by adding their own cooking styles and ingredients. There has been an impact of west but the basic meal consists of lentils, vegetables, pickles, chutneys, rice, bread, meat or fish. Sweets are usually milk based. People in India like eating food with hands even meal is completed with a sweet dish, pan or nuts. Ashish Dahiya (2012) in his book titled "FOOD OF HARYANA: THE GREAT CHUTNEYS" highlighted the features of food accompaniment 'chutney', various types of chutneys and investigated the rich food culture of Haryana. Chutneys can be highly spicy, sweet, bland, sour, pungent or a combination of tastes. In his book he has given recipes of thirty four types of chutneys. They may be raw or cooked. Chutneys are popularly eaten in Haryanvi meals. Most of the people in Haryana enjoy freshly made chutney with their meals. Most of the chutneys at home in Haryana are cooked, spicy and free from oil ghee or any fat. *Chutneys* are best eaten within 90 minutes after preparation. Majority of Haryanvi people enjoy having a glass full of butter milk (sweet or salted) along with chutney meals.

#### **Research Methodology:**

It is a qualitative as well as quantitative research. Primary and secondary data has been used. Semi structured interviews of 120 respondents (households of Haryana) were conducted on a random basis. Secondary data has been collected from books, journals, magazines.

#### **ANALYSIS AND FINDINGS:**

##### **TYPE OF FOOD PREFERRED**

<b>FOOD TYPE</b>	<b>PREFERRED BY (OUT OF 120)</b>	<b>PERCENTAGE (%)</b>
LESS SPICY	64	53.33

MODERATELY SPICY	38	31.67
HEAVILY SPICY	18	15

As per the survey out of the 120 samples from all four zones it was found that 53.33 percent preferred less spicy food in Haryana, 31.67 percent like taking moderately spicy food and only 15 percent of people prefer heavily spicy food. So, the people of Haryana prefer simple and less spicy food that is prevalent in marriages also, as now a days the lavish food of marriages is also made very less spicy.

#### MAELS PER DAY

MEALS PER DAY	PREFERED BY (out of 120)	PERCENTAGE (%)
ONE	2	1.6
TWO	104	86.67
THREE	12	10
FOUR	2	1.6

As per the study eating trend is of having two meals a day as 86.67 percent of people prefer to have two meals in a day, 10 percent three meals in a day and only 1.6 percent prefer one or four meals in a day which indicates that people of Haryana have healthy eating habits and nutrition intake.

#### PREFERED FOOD OUTLET

FOOD OUTLET	PREFERED BY (OUT OF 120)	PERCENTAGE (%)
RESTAURANT	9	7.5
DHABA	10	8.33
FAST FOOD JUNCTINS	13	10.83
HOME	88	73.33

As per the survey it is indicated that the majority of the people in Haryana prefer eating at home as the percent according to the table is 73.33 percent. Fast food junctions are also visited by the 10.83 percent and dhabas by the 8.33 percent samples. Restaurants are preferred by only 7.5 percent. So, it can be concluded that people in Haryana have good eating habits and a large percentage of people prefer eating at home only.

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**EATING OUTSIDE THE HOME IN A WEEK**

<b>EAT OUTSIDE THE HOME (IN A WEEK)</b>	<b>PREFERED BY (OUT OF 120)</b>	<b>PERCENTAGE (%)</b>
NOT AT ALL	88	73.33
ONE	15	12.5
TWO	10	8.33
THREE	5	4.17
MORE THAN THREE	2	1.67

As per the study on eating outside the home in a week, it is found that 73.33 percent of people in Haryana does not prefer to go out even once in a week for eating out. Only 12.5 percent like to eat out once in a week, 8.33 percent twice a week, 4.17 percent thrice a week and a mere percentage of 1.67 percent are very outgoing people having a preference of eating out more than three times a week. It is indicated that Haryanvi people are very simple and homely and prefer eating at home rather than going outside.

**PREFERED COOKING EQUIPMENTS**

<b>COOKING EQUIPMENT</b>	<b>PEREFERD BY (OUT OF 120)</b>	<b>PERCENTAGE (%)</b>
CHULLAH	52	43.33
GAS STOVE	62	51.67
OTHER	6	5

As per the study found, traditional cooking equipments and semi modern equipments are commonly used. Samples shows that 52.67 percent used gas stove and 43.33 percent use traditional equipment *chullah* while some other use any other equipments like oven etc.

It is found in the survey that these days trends are diverting towards the modern equipments but still there is a wide use of the traditional equipments also.

**CONCLUSION AND RECOMMENDATIONS:**

Over the decades, Haryana has emerged as an economically developed state of India. It is growing at a very fast pace yet it is deep rooted with its agrarian culture. Haryanvi cuisine has a wide variety of food in it which makes it captivating and a matter of pride for Haryanvis'. People

here are also simple and have certain food habits which has been discussed above. In reference to the above discussion, it has been investigated that people of Haryana believe in simplicity and prefer eating simple and desi food and that too at home. They don't prefer eating spicy food and believe in simple living. They are not very outgoing and do not prefer eating out frequently. Haryanvi people consume simple and healthy food so as to perform physical as well as mental work. People of Haryana don't believe in overeating, they prefer to take two meals in a day. They use traditional cooking equipments like Chula and gas stove but a small percentage is shifting towards the new technology. People of Haryana have healthy eating habits.

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