

# Culture and Food Security: A Review Paper

Ritika Kapoor

Department of Commerce, Vivekananda Global University, Jaipur, India

Email Id-ritika.kapoor@vgu.ac.in

## ABSTRACT

Food is intimately connected to human civilization. This article analyzes the extant cross-disciplinary data on how culture affects food security. Researchers investigate how culture influences each of the four dimensions: accessibility, choice, usage, and stability. The amount and variety of data accessible varies widely, as research is frequently slanted toward high-income countries. In terms of dynamics, scale, and relative importance, cultural implications on food security still are little known. Notwithstanding these study gaps, it is clear that culture has an impact on how and why we obtain, process, prepare, as well as consume food in a number of ways. Gender, family, as well as judgement power are all essential aspects when it comes to interacting with culture and its influence on food security. There is still a lot of room to improve food security policy by paying more attention to culture.

## Keywords

Culture, Food Security, Hunger, Nutrition.

## 1. INTRODUCTION

Food is intrinsically related to human culture. As a consequence, increasing our understanding of cultural component of food security is becoming more widely acknowledged as a key component of establishing long-term, healthier diets for all. In conceptual frameworks, cultures is now commonly listed as one of the "deep determinants" of food security, indicating this evolution [1].

Despite this increasing awareness, culture has too frequently remained on the periphery of policymakers' and academics' debates on the battle against hunger [2]. Many well-intentioned food security projects have failed owing to an inability to incorporate cultural contexts, varying from the refusal of culturally inappropriate food aid to the dismissal of nutritional advice that contradicts the traditional value of specific foods. One common flaw is that frameworks that recognize culture as a key driver seldom specify how it impacts food security or how significant it is in comparison to other variables [3]. To put it differently, while it is widely acknowledged that culture is significant, the questions of how and to what extent it is significant remain largely unanswered.

This void might be expected, to some extent, to the trouble in operationalizing and evaluating such a wide idea. Regardless, various fields have gained extensive headway in making speculations, models, and devices to subjectively and quantitatively study and measure culture. Besides, there is an enormous and expanding group of examination that inspects numerous components of culture in association with different aspects and drivers of food security. Therefore, the issue isn't one of an absence of examination [4]. It's conceivable that the issue is that exploration is scattered over an expansive

assortment of disciplines, research subjects, and examination sorts. As a result of this scattering, surveying the current degree of information on the impact of culture on food security is testing [5].

As far as anyone is concerned, this is the main article to unite these divergent sorts of examination from an assortment of disciplines to give an outline of the current information on the impact of culture on food security. The main stage in this system is to characterize the extent of our assessment, since the corpus of important writing is colossal. The impact of culture on the determinants of food utilization at the family and individual level<sup>2</sup> is the focal point of our audit, as well as how the current situation with examination might direct policymaking. Notwithstanding our endeavors to take a wide, multidisciplinary way to deal with represent the intricate and shifted character of both culture and food security, as business analysts, we depend vigorously on phrasing and thoughts that are common in our calling.

## 1.1. Classifications of Cultures as well as Food Security

### 1.1.1. Cultures

There is no generally recognized definition, and this complicated concept has been characterized in a variety of ways by many professions. While some views concentrate on fundamental ideas such as values, beliefs, and conventions, others consider culture to include all socially transmitted knowledge. The principal strategy is generally utilized in financial aspects, as Gorodnichenko and Roland characterize it as the assortment of values and thoughts people have concerning how the world (both nature and society) works, as well as the norms of lead coming about because of that arrangement of values. The significance of culture in impacting human conduct is regularly accentuated in mental writing. For instance, Kashima portray culture as an unmistakable importance and data framework shared by a local area and went down through ages that empowers the group to satisfy crucial endurance necessities, look for joy and prosperity, and draw significance from life [6]. Other study strands, such as bio-cultural evolutionary studies, emphasize culture's informational component. For instance, Boyd and Richerson depict culture as information procured from others through guidance, impersonation, and different sorts of social learning [7].

### 1.1.2. Food Security

Food security, similar to culture, is a diverse and versatile term that has been depicted in an assortment of ways. We use one of the most often utilized definitions, which was endorsed by the FAO in 1996 and changed in 2001. Food security is characterized as a condition wherein all individuals have

physical, social, and financial admittance to sufficient, safe, and nutritious food that satisfies their dietary prerequisites and food inclinations for a functioning and sound life consistently. Accessibility, access, utilization, and solidness were depicted as the four 'mainstays' of food security [8], [9].

Food accessibility alludes to how much wellsprings of sustenance are genuinely open through (neighborhood) food creation and deals, and it focuses on the stock side. Food access alludes to the limit of a family or an individual to get the food that is accessible. Inside the setting of food access, we really focus on food decision since the ability to get food doesn't constantly suggest genuine obtaining. Food utilization alludes to the planning, handling, and cooking of food sources for the reasons for this survey [10]. At long last, food security's transient part is solidness, which envelops both the likelihood of enduring shocks and the ability to recuperate from them [11].

It is basic to perceive that, when found in this light, individual food security is a vital yet not adequate condition for legitimate nourishment [12]. Nourishment status is the result of the cooperation among food and supplement utilization and wellbeing, as per the UNICEF ailing health system. We limit the focal point of our audit to the impact of culture on the determinants of food utilization alone, since the effects of culture on wellbeing have been tended to somewhere else [13].

We focus on direct drivers in this review, leaving to the side roundabout effects of culture by means of fundamental more profound factors like political establishments or financial turn of events - whose relationship with culture has as of now been inspected. Since cash is a particularly significant indicator of food accessibility, we inspect the current information on the impact of culture on pay development momentarily.

## 2. DISCUSSION

### 2.1. Culture disturbs food security in several methods

The impact of culture on food security is coordinated in accordance with the four "support points" of food security depicted in the first segment. As a general rule, there may not be a reasonable differentiation between these support points since the many courses of impact cooperate and cover.

#### 2.1.1. Availability

To start with, the accessibility of food is impacted by individuals' perspectives on what food is [14]. The incorporation of forthcoming food sources in the customary eating not set in stone by socially sent characterizations of available wellsprings of sustenance as food and non-food, which impacts the cosmetics of neighborhood food creation, deals, and exchange. It's worth focusing on that classifications like these are basic for the adequacy of food-based medicines. For instance, as indicated by Englberger, an administration drive in Micronesia pointed toward diminishing vitamin A deficiencies fizzled on the grounds that it supported the eating of green verdant vegetables, which were viewed as grub rather than human food [15].

Second, how food is delivered is affected by culture. The impact of customary food production frameworks and the information held inside on food accessibility is the subject of an expanding corpus of study [16]. An eminent outcome is that some conventional yield blends give agrarian complementarities, for example, asset sharing or ecological pressure relief, and that various customary harvest determination and vermin control

strategies are appropriate to neighborhood conditions and risks [17].

#### 2.1.2. Access and Choice

Food might be truly open, yet its utilization and resulting nourishing assimilation are reliant upon a family's and person's ability to obtain it. Financial and social admittance to food, are two significant parts of food access.

Food availability is mainly influenced by one's financial situation. The relationship between culture and economic development has already been discussed. In general, these studies indicate that persistent characteristics passed down through generations within populations play an important role in explaining long-term development outcomes [18]. However, separating the impacts of cultural features from the effects of other human population, geography, and society factors on long-run economic growth remains challenging [19]. The miniature level effects of culture on pay have not been methodically inspected as far as anyone is concerned. As indicated by the information, the relationship is incredibly assorted over a wide scope of settings, social attributes, and impact pathways. Church participation and different signs of legalism, for instance, particularly affect pay for high-and low-pay families inside countries, as per Bettendorf and Dijkgraaf. Accordingly, the current information base doesn't appear to let us to make any wide ends with respect to the impact of culture on family and individual food accessibility through pay impacts.

Culture influences social admittance to food through influencing social consideration. Vilification and separation might emerge through the social transmission of thoughts regarding gatherings and individuals, and in outrageous occurrences, minimization by means of primary rejection from social and financial life. The rejection of gatherings and individuals from food help programs, for instance, has been seen in a few investigations. Food access may likewise be hurt assuming individuals are barred from normal food securing techniques like shopping for food or food creation, albeit this effect has not been examined top to bottom. Rather than an immense and expanding writing on the ramifications for wellbeing, social prohibition's suggestions for food security have gotten less consideration. Indigenous peoples' plight deserves special attention in this regard. In spite of the absence of measurements, native people groups appear to be in a difficult spot as far as food security in any country. Native youngsters in Guatemala, El Salvador, and Ecuador, for instance, were viewed as two times as probable as non-native kids to be hindered. Indigenous peoples' disadvantaged position is often mentioned as one of the reasons of the nutrition gap, although there is currently no comprehensive data to verify this theory experimentally.

#### 2.1.3. Utilization

Culture impacts how we cook food. Food arrangement incorporates joining different individual food sources into suppers as well as the handling of these things [20]. Both have significant consequences for food digestibility, palatability, and safety, as well as nutritional intake and absorption.

In traditional meal preparation, there has been a rising interest in the characteristics of food pairings, with different studies showing that some combinations provide nutritional advantages. Milburn uses the example of grain-legumes combos having much better protein quality than the total of the individual meals owing to protein complementarity.

In the present food readiness, customary food handling keeps on assuming a fundamental part. Aging, drenching, and malting have all been perceived as financially savvy and energy-proficient strategies for expanding the healthful substance, security, acceptability, and absorbability of food in an assortment of circumstances. Compromises should be made since one method might affect dietary parts in different ways. A few strategies (for instance, expanded warming and sun drying) may upgrade sanitation at the expense of nourishing substance. Moreover, there are huge varieties in the presentation of different customary food handling strategies among populaces. Given the huge effect of food handling, stockpiling, and readiness on food security, specialists have asked for additional review into the benefits and risks of a more extensive scope of customary strategies.

#### 2.1.4. Stability

Dietary guidelines passed down through the generations have been shown to have an impact on resource efficiency and sustainability [21]. The meaning of restrictions, as well as more extensively social or strict convictions, as systems for directing normal asset double-dealing is turning out to be generally perceived. Restrictions that limit the utilization or creation of specific food sources across time or spot, for instance, may assist with advancing species preservation and economical asset usage, and in this manner add to food supply steadiness. The preservation worth of restrictions, then again, is by all accounts limited in specific cases, for example, when the gathering keeping up with the no-no is too little to even consider having a significant impact. Besides, when socially communicated dietary solutions bring about (neighborhood) overexploitation of the designated species - especially when wild species become financially exchanged - adverse results might follow.

### 2.2. Family, Gender as well as Decision-Making Supremacy

Orientation, family, and dynamic authority are significant cross-cutting elements at the individual and family level, connecting with the overwhelming majority, pathways through which culture impacts food security.

#### 2.2.1. Gender

Each human advancement is described by an arrangement of perceived and express principles that are acquired from youth and tell the individual the best way to see, think, feel, and go about as a male or female person from that society. While tending with the impact of culture on food security, these social orientation models are basic. For starters, one's gender may influence the preferences, attitudes, customs, and behaviors one is expected to exhibit or follow. Women, for example, are often subjected to more dietary restrictions and prohibitions as a result of their reproductive function. Other orientation explicit accepted practices that aren't straightforwardly connected to food may likewise affect food security [19]. For instance, Ravindran clarifies how social imperatives on adolescent young ladies' capacity to leave their families limit their actual admittance to significant wellsprings of nourishing assortment in Haryana, India [22]. Due to these distinctions in sexual orientation, extrapolating information because of culture from

guys to ladies as well as the other way around ought to be finished with care [23].

#### 2.2.2. Decision-making power

Obviously, dynamic authority is personally associated with orientation models and family connections. Across social gatherings, the essential locus of force in dynamic cycles fluctuates, going from exceptionally individualistic models to profoundly collectivist models in which the locus of force is basically with the local area. Individual dynamic capacities inside bunches are affected by various factors, including orientation, age, and social position. Older folks play a huge part in keeping up with, moving, and adjusting society qualities in numerous social gatherings. They are urgent chiefs in the family and local area [24].

### 2.3. Dynamic Aspects of Culture-Food Relative as well as Drivers of variations:

As recently said, culture is dynamic and growing, regularly adjusting in response to evolving conditions. Food and non-food classifications, for instance, may move during seasons of shortage. Culture, then again, might be an intense and sincerely held preserver of security and consistency, limiting change. Indeed, even with serious craving, for instance, networks might stick to food restrictions [25]. The duality of Malagasy dietary limitations is plainly shown: albeit certain prohibitions are viewed as debatable, and individuals might ask their predecessors to deliver them in the midst of hardship, disregarding other exceptionally rigid restrictions is expected 100% of the time to bring about disorder or disaster.

#### 2.3.1. Changes as well as Persistence in The Traditional Drivers of Food Security

We observe both cultural alteration as well as persistence in the context of food security. Modernization and economic growth have been linked to the loss of traditional knowledge and the degradation of adherence to specific food-related cultural characteristics, according to research. Following the industrialization of food systems, indigenous peoples have frequently undergone especially severe nutritional shifts, but the extent to which traditional food structures have vanished varies greatly.

### 3. CONCLUSION

This investigation discovered that culture affects what we eat, as well as how and why we get, process, store, plan, share, and devour food. Some impact channels, like food restrictions, have gotten a ton of consideration, while others, for example, the social reasons for food squander, are as yet in their outset. In many occurrences, the examination that is available is basically intended for big league salary countries. By and large, exact information on the impact of social variables on food security is by all accounts conflicting and varies across different social gatherings and financial circumstances for most channels of effect, making general ends tricky. In spite of this, we endeavor to think of certain discoveries and ideas for how policymakers

might use current data about the impact of culture on food security to upgrade it, as well as subjects for future review.

Beside social acknowledgment, a few customary suppers have been displayed to have at least one of the accompanying benefits: significant degrees of micronutrients, (regular) accessibility, moderateness, better strength, and diminished consideration prerequisites. Thus, while creating food-based procedures, it's critical to investigate customary weight control plans and accumulate data on the sustenance, hostile to healthful, and harmful substance of conventional food varieties, while additionally thinking about the effect of food creation, handling, and arrangement strategies, as well as (in)organic pollution, to distinguish and advance the utilization of customary food varieties that can assist with trend slims down. The possible financial, social, and biological outcomes of these medicines ought to likewise be investigated, since they might shift enormously relying upon the wholesome, social, or monetary significance of the food.

### ACKNOWLEDGEMENTS

Authors acknowledge the immense help received from the scholars whose articles are cited and included in references to this manuscript. The authors are also grateful to authors/ editors / publishers of all those articles, journals and books from where the literature for this article has been reviewed and discussed.

### REFERENCES

[1] C. Helman, *Culture, Health and Illness, Fifth edition*. 2007.  
 [2] A. Alesina and P. Giuliano, "Culture and institutions," *Vopr. Ekon.*, 2016, doi: 10.32609/0042-8736-2016-10-82-111.  
 [3] J. K. Virk, A. N. Kalia, V. K. Gauttam, M. Mukhija, and G. Rath, "Development and characterization of spheroidal antidiabetic polyherbal formulation from fresh vegetable juice: A novel approach," *J. Food Biochem.*, 2021, doi: 10.1111/jfbc.13290.  
 [4] S. K. Mangla *et al.*, "A framework to assess the challenges to food safety initiatives in an emerging economy," *J. Clean. Prod.*, 2021, doi: 10.1016/j.jclepro.2020.124709.  
 [5] N. Kumar and O. Jangir, "Multiantibiotic-resistant pattern against pathogenic bacteria isolated from ready to eat food in Ludhiana," *Asian J. Pharm.*, 2018.  
 [6] Y. Kashima, "Culture and Psychology in the 21st Century: Conceptions of Culture and Person for Psychology Revisited," *J. Cross. Cult. Psychol.*, 2016, doi: 10.1177/0022022115599445.  
 [7] Y. Gorodnichenko and G. Roland, "Culture, institutions, and the wealth of nations," *Rev. Econ. Stat.*, 2017, doi: 10.1162/REST\_a\_00599.  
 [8] FAO, "Declaration of the World Summit on Food Security," *World Food Summit*, 2009.  
 [9] E. M. Berry, S. Dernini, B. Burlingame, A. Meybeck, and P. Conforti, "Food security and sustainability: Can one exist without the other?," *Public Health Nutrition*. 2015, doi: 10.1017/S136898001500021X.  
 [10] T. Neelanchal *et al.*, "Nutritional care and support for patients with tuberculosis: A review on guidelines issued by WHO," *Pharma Res.*, 2013.

[11] D. W. Wilson *et al.*, "Perspectives of Human development: Time, Space, and Chrononutrition," *Open Nutraceuticals J.*, 2012, doi: 10.2174/1876396001205010066.  
 [12] P. Bhardwaj, D. V. Rai, and M. L. Garg, "Zinc inhibits ovariectomy induced microarchitectural changes in the bone tissue," *J. Nutr. Intermed. Metab.*, 2016, doi: 10.1016/j.jnim.2015.12.333.  
 [13] P. Bhardwaj, D. V. Rai, and M. L. Garg, "Zinc as a nutritional approach to bone loss prevention in an ovariectomized rat model.," *Menopause*, 2013, doi: 10.1097/gme.0b013e31828a7f4e.  
 [14] A. Agarwal, Y. D. S. Arya, G. Agarwal, S. Agarwal, and K. K. Gola, "A fuzzy based decision support system for irrigation process in precision Agriculture," 2020, doi: 10.1109/SMART50582.2020.9337080.  
 [15] L. Englberger, "Revisiting the vitamin A fiasco: going local in Micronesia.," *Sustain. Diets Biodivers. Dir. Solut. Policy, Res. Action. Int. Sci. Symp. Biodivers. Sustain. Diets United Against Hunger. FAO Headquarters, Rome, Italy, 3-5 Novemb. 2010*, 2012.  
 [16] P. Chaudhary *et al.*, "Impact of nanophos in agriculture to improve functional bacterial community and crop productivity," *BMC Plant Biol.*, 2021, doi: 10.1186/s12870-021-03298-7.  
 [17] N. Jain and Y. Awasthi, "WSN-AI based Cloud computing architectures for energy efficient climate smart agriculture with big data analysis," *Int. J. Adv. Trends Comput. Sci. Eng.*, 2019, doi: 10.30534/ijatcse/2019/1581.22019.  
 [18] S. Iyer, "The new economics of religion," *Journal of Economic Literature*. 2016, doi: 10.1257/jel.54.2.395.  
 [19] S. Ghosh and S. K. Rai, "Dimorphic modulation of immunity: From gender to hormones," *Asian Journal of Pharmaceutics*. 2018.  
 [20] M. Carolan, "Food And Culture," in *The Sociology of Food and Agriculture*, 2018.  
 [21] C. D. Golden and J. Comaroff, "The human health and conservation relevance of food taboos in northeastern Madagascar," *Ecol. Soc.*, 2015, doi: 10.5751/ES-07590-200242.  
 [22] C. S. Yadav, M. Yadav, P. S. S. Yadav, R. Kumar, S. Yadav, and K. S. Yadav, "Effect of Normalisation for Gender Identification," 2021, doi: 10.1007/978-981-16-0336-5\_13.  
 [23] A. R. Morla, B. S. Ilayaraja, and U. Praveen, "What determines gender preference at birth? A review based on available literature," *Indian J. Public Heal. Res. Dev.*, 2019, doi: 10.5958/0976-5506.2019.01924.7.  
 [24] R. Srivastava, B. Jyoti, P. Jha, M. Gupta, P. Devi, and R. Jayaram, "Gender determination from the mesiodistal dimension of permanent maxillary incisors and canines: An odontometric study," *J. Indian Acad. Oral Med. Radiol.*, 2014, doi: 10.4103/0972-1363.145007.  
 [25] H. Singh, A. D. Aggarwal, V. Kushwaha, P. K. Agarwal, R. Chawla, and S. S. Sandhu, "Study of fatal injuries sustained by car drivers in road traffic accidents," *J. Punjab Acad. Forensic Med. Toxicol.*, 2016.