

# **SUMMARY OF INDIAN SOUL FOOD ARTICLE**

I read article about Indian soul food. I found it in Spotlight (October, 1995). I like it because I'm interested in knowing new countries, cultures and their habitudes.

Around the world, food is eaten to fill stomachs and to keep bodies strong and healthy, but in India they often change emphasis.

In their nutrition they use a lot of herbs, spices, and they drink a lot of tea (Indian tea). Also, herbs have medical properties. For example, garlic is good for circulatory problems and black pepper for giving energy to new mothers.

Most of Hindus are vegetarian, but in their history, they were meat eaters. Approximately year 0 started cult of vegetarianism. But Hindu vegetarianism today seems to have less to do with not hurting animals than with their spirit.

On holy days they can eat potatoes and rice, because on ordinary days they can't eat it. How is it decided that one vegetarian product is better than another? The answer is that all things have their own force: some are negative, some positive. This applies to everything they eat. How do they know which foods are positive and which are negative? For most of Indians, tradition is enough. Salt, onions, sugar, tomatoes, and red chillies are negative. Honey, apples, limes, almonds, ginger and green chillies are positive.

Most Indians don't have enough food, but they don't eat only to stay alive also they find spirituality in food.