

SKILL ENHANCEMENT ELECTIVE COURSE

NAGA INDIGENOUS TRADITIONAL CUISINE

Credits: 2

TOTAL MARKS: 50

Course objective:

To equip students with the essential knowledge and skill in Naga Indigenous Traditional Cuisines while also providing them vocational opportunities and training vis-à-vis the prospect of Cultural Tourism seen in the *Act East Policy* of the Country.

COURSE CONTENT

UNIT I: Food Source, Recipe and Preparation Method of any Tribe's Main Course

- a. Angami Traditional Cuisine/ Chakhesang Traditional Cuisine
- b. Lotha Traditional Cuisine/ / Pochury Traditional Cuisine/ Khamniungan Traditional Cuisine

UNIT II: Food Source, Recipe and Preparation Method of any Tribe's Main Course

- a. Sumi Traditional Cuisine/ Tikhir Traditional Cuisine/ Yimkhiung Traditional Cuisine
- b. Konyak Traditional Cuisine/ Zeliang Traditional Cuisine

UNIT III: Food Source, Recipe and Preparation Method of any Tribe's Main Course

- a. Ao Traditional Cuisine/ Rengma Traditional Cuisine
- b. Sangtam Traditional Cuisine/ Chang Traditional Cuisine/ Phom Traditional Cuisine

NB: Grass root visit/ Internship of at least one Naga Indigenous Tribal village and subsequent recipe & report writing will be required for Internal Assessment Marks.