PREFACE AND ACKNOWLEDGEMENTS

Food intake is an inevitable physiological activity that sustains life. But, unlike lower animals, in fulfilling the need to satisfy hunger and thirst, human beings form foodways, patterned ways of food production, distribution, and consumption. Foodways are always in a flux like any other aspect of socio-cultural world. They change along with the changing socio-cultural world. Though I belong to Goa, I started to stay in Goa only after my marriage. Before marriage I was only an occasional visitor, for I was staying in Mumbai. During those visits I had some impressions of Goa’s food. After my arrival to Goa for residence in 1970s and thirty-five years thereafter I noticed changes in the foodways of my people. My interest in the present qualitative research stems from this observation. Dr. Ganesha Somayaji, my research guide, suggested me that this observation needs systematic exploration and may constitute a subject for a full-length exploration. I thank Dr. Somayaji for his inspiring guidance and encouragement in completing this thesis.

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