



**LOOKING BACK,
WITHIN AND AHEAD**
Celebrating Indigenous Wisdom

OE2301

WE ARE WHAT WE EAT



INSTRUCTOR

SHWETA MAHAPATRA

Shweta Mohapatra is a creative director and food writer. The kitchen is just an extension of her studio practice; Through her cooking, she wants to advocate eating in a sustainable manner that is healthy but also good for the environment.

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OVERVIEW

Food is political. To reclaim our indigenous food wisdom and rediscover our food systems, we need to go back to nature, document surviving practices and rethink our relationship with food. In this workshop, the participants will first explore the concepts of food and address the question- 'What is indigenous food?'. They will understand their position in the food ecosystem through an enquiry into their food system. This learning experience will then lead the participants to express their ideas and research in a zine format.

METHODOLOGY

Students will be exploring the concept of Indigenous food and understand how caste systems, colonization, urbanization and industrial revolution have had an effect on what people ate. Explore local and tribal markets/ farms and understand food systems while simultaneously documenting it. Students will use their agency to structure their learnings in the format of a zine.

KEY WORDS

Sustainability, Food, Foraging, Ecology, Identity

AVAILABILITY

12 Seats