Abstracts

A study of traditional food recipes of Sri Lanka

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Traditional food items are all food forms in a particular culture available from local resources and are culturally accepted. A study was conducted to identify traditional food recipes and their characteristics. Two hundred different traditional food recipes were identified by using a questionnaire. 147 different plant species and 7 animal species were used to prepare the recipes. Leaves (45%) and fruits (26%) were commonly used plant parts in the recipes. Knowledge about 87% of these recipes of local preparations had been obtained from relatives of the present and past generations. Special local preparations such as Kurukkal, Hathmaliwa, Kayan hodde (medicinal spicy soup), Panie gruel, Kiri gruel and Thambum curry* (medicinal spicy soup) were also identified. The study also compared the cost of a typical traditional meal and that of a modern meal as per Recommended Dietary Allowances (RDA). The cost of a typical traditional meal to suit RDA energy, protein, Ca and P was Rs. 87.23, Rs. 16.63, Rs. 109.25 and Rs. 28.53 whereas for a modern meal it was Rs. 109.58, Rs. 103.24, Rs. 101.88 and Rs. 54.58 per person respectively. The popularization of traditional food ensures food security and a low cost balance diet.

Key words: Natural resources, Indigenous knowledge, Traditional food items, Nutrition

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