

**FOOD HABITS AND HOSPITALITY: RESEARCH BASED ON
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Abstract

Food is the prime need among the basic needs of a human in accordance with the habit of Tamil people which includes the hospitable ethos, fulfilling the hunger and caring the health. The importance of food is highly expressed in literatures. The texts considered as best is the "Eighteen Lesser Text". One of the books among these Eighteen Lesser Text is the "Aasarakovai" written by Peruwayil Mulliyar. This book mentions the ethics that people practice in life. There are many things about the best culture of the Tamils; The hospitality and food habits. The proud society whose main purpose was to quench hunger is our Tamil community. The hospitality was the main thing in the history of ancient Tamils. The research problem is, the cuisine and hospitality of our ancestors during early period are now extincting. The objectives of the research was to recognize and guide the current societies to follow the habits of foods and hospitality is the first step towards maintaining humanity in today's modern world. The primary data for the research is Aasarakovai text of the eighteen lesser texts and the secondary data sources are the journals, articles and books regarding hospitality. Moreover the descriptive analysis system has focused in order to achieve the objectives of this approach. Finally it is best for the community to realize and implement the eating habits and hospitality as described through the "Aasarakovai". In addition the conclusion of the study shows that the Tamil community who taught the hospitality culture, to the world must take the initiative to adhere to it.

Keywords: Food, hospitality, life of Tamils, guests, charity.

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