

## **Is Food Building the Relationship? Analysis Through Literature**

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### **Introduction**

It is not that people consume food only as fuel or to taste every flavor, everyone needs food to survive and carry out their daily tasks. In ancient times people obtained food through hunting and gathering. Now everything is changed as people obtain food through cultivation and also from animals. Although some food is obtained from oceans and fresh waters, but the great majority of food for human populations is obtained from traditional land-based agriculture of crops and livestock (October 5,2012). The food we eat affects our feeling. The food we select should make us feel good, only then it will be great and will nourish our body. When you eat too little or eat too much, then your health and quality of life will definitely be damaged, which may even result in negative feelings toward food.

### **Emotional Eating**

Emotional eating is mainly focused now-a-days. If you think that food have no emotions, then it is definitely wrong. We experience a constant and ever-changing flow of emotions the whole day. So, it is definitely applicable for eating too. Dynamic Eating Psychology says that the way we relate to our emotions can have a big impact on what we choose to eat and how our body processes our food.

If you say, I am an emotional eater, it means "I'm doing unwanted eating that's driven by unwanted feelings." So what people do is they self-diagnose and say that they are emotional eaters which means that they are doing this unwanted eating behavior that's driven by these unwanted feelings which they really don't like. If emotional is this then the opposite of emotional eating is assumed as unemotional eating. If you describe them as they will sit there like a machine and eat then also it doesn't take the point.

### **Eating for Love - "Emotional eating is eating for love"**

As humans, we are definitely emotional creatures. So emotional eating gives us a statement that if you're at a party and you're sitting down and you're eating with friends. And

you have your food because of love. Meanwhile you will have nourishment and also warmth. Then it is said to be emotional eating.

Imagine it's your birthday dinner and sure you will be in celebration mode. There emerges emotional eating. If you had a bad day at work all through the day your face will fill your mouth with food only because you are stressed."

When you need to share your emotions to whoever it might be whether she is your beloved or partner, you share your good feeling, bad feeling, embracing moments and many other things all through the day, . We put all this feeling and energy and emotion into our food, thinking it's going to make us feel good (Institute for the Psychology of Eating, Feb 4, 2016).

### **Food in *Half Girlfriend***

*Half Girlfriend* is a romance novel by Indian author Chetan Bhagat. It is about the story of a Bihari boy in quest of winning over the girl he loves.

'Listen, have you eaten anything all day?' I said. He shook his head. I looked around. A bowl of fruit and some chocolates sat next to my bed. He took a piece of dark chocolate when I offered (Bhagat, 2014)

By analyzing the conversation between Chetan Bhagat and Madhav Jha, the research says that when you need to build up your conversation food is essential.

Now Madhav Jha and Riya have a conversation after returning from the movie where they have finished two thirds of their milkshakes without talking to each other (Bhagat 2014). So it is clear that you can accompany a person even without talking but not without food where they are accompanied by Keventures milkshake.

Whenever you have a problem of initiating the conversation then step into the cafeteria and start ordering your food to make you feel better.

Now the situation is in Riya's home where she has invited Madhav for her birthday party and Madhav as usual stay silent. His only conversation was with the waiter who arrived with the tray of drinks

"I didn't know what to take so I waved a no." (Bhagat, 2014)

Even here to break the silence and show you are not a dumb, food is needed.

### **"Food kills the frustration."**

Again, now they are in the drawing room when a waiter arrived with spring rolls, Madhav says, I nodded as I ate the spring rolls. A part of my frustration came from hunger. I felt better after the snack (Bhagat, 2014).

So, food kills the frustration and makes you feel better.

Celebration is incomplete without food. Yes, a few months later it was Madhav's birthday. He and his friends are in the cafeteria. It was the best reunion for him made by that cafeteria, because he met Riya there after six months of break up. If it was not his birthday celebration, he would have not met her in the cafeteria.

Madhav was to meet Samantha and her colleagues from Bill Gates Foundation in a hotel. They entered the hotel coffee shop for their breakfast. The buffet consisted of over twenty dishes. It was time, so they have to leave the hotel. But Madhav wondered he would have eaten some more. Again, he says, "If we had started breakfast a few minutes later, I would still be eating and wouldn't have noticed her" (Bhagat, 2014).

When Madhav and Riya were at Maurya Complex in Patna, the building had no character, but the street food stalls of Patna made their day. Madhav took her to a stall where little chokas were made. When Riya took a bite expressing 'This is unbelievable'. Her expression made the stall-owner's chest swell with pride. So his food preparation made him pride that makes them more to talk about little chokas and there emerges a relationship. Even if you meet him somewhere else in your lifetime you will definitely remember him that you have met him in the food stall.

Everyone might have come across certain times when you thought food is only essential it was also a case with Steve Jobs who had founded Apple Computers. When we think of Steve Jobs, we only look him as a popular richest person. But that richest person has also suffered for food.

Riya showed Madhav the YouTube video Steve Jobs's "Stay Hungry Stay Foolish". He had mentioned in that he returned Coke bottles for five-cent deposits to buy food with, and he would walk seven miles across town every Sunday night to get one good meal a week at the Hare Krishna temple (Bhagat 2014).

He had also told that simple food made him happy. No matter how rich you grow your first priority will be to food. This shows one's importance to food.

When Riya had the meal in Madhav's home she exclaimed it was the best meal she ever had. So, food here brings the happiness and she wants to have those foods again in her lifetime. It is only because of their relationship she had the best food in his home.

### **Conclusion**

The paper identifies, "More sharing gives you more love". In this scenario, this paper brought out the idea of connection between food and relationship. This idea has been researched and proved through several events in the novel 'Half Girlfriend' by Chetan Bhagat and also how food played a role in building the relationship between Riya and Madhav, and also has brought out the values and needs for food.

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