

## Cultural Heritage and Tourism

Fatih Türkmen (ed.)

# **Cultural Heritage and Tourism**



**PETER LANG**

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# Book Abstract

Dear readers,

This book contains valuable studies that evaluate cultural heritage and tourism research academically. There are 22 different chapters in this book. Each of these chapters has been prepared by academicians who are professional in tourism and cultural heritage. All departments contain qualitative or quantitative research data and provide up-to-date statistical data.

In addition, as the book synthesizes cultural heritage values and studies on tourism, it will be useful for those who want to have academic knowledge on this subject and those who will do academic work.

I would like to thank my academician friends and colleagues who contributed to the preparation process of this book and present this book to researchers who conduct research on cultural heritage and tourism.

*Associate Prof. Dr. FATİH TÜRKMEN*

**Key words:** Culture, Tourism Research, Cultural Heritage, New Academic Studies

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## 9 Intangible Cultural Heritage: Local Food and Tourism

### Introduction

The natural and cultural attractions that form the basis of tourism can be seen in many areas such as history, crafts, and food and beverage (Sánchez-Cañizares & López-Guzmán, 2012). Heldke (2001) stated that food and beverages are closely related to culture and that the local foods of a region reflect the identity of that region. For this reason, consuming the local foods of the visited destination also means getting to know and experiencing the local culture (Lee, 2014). Food means a society itself and a lifestyle. Learning the cultural characteristics of the host region through food reveals the concept of food tourism, and at the same time, food turns the tourist into a cultural tourist (Yüncü, 2010).

Food culture is shaped by many factors such as resources, beliefs, ethnicity, health conditions and technology in the lands where people who lived in the past and may not be alive today (Wahlqvist & Lee, 2007). Besides, the culture of a society, it also occurs in many different forms such as art, literature, language, food, music and religious rituals. Food not only connects people and cultures to a place or piece of land, but also gives us information about where we belong to and who we are (Delind, 2006). Therefore, eating and drinking, which is seen as a concrete part of intangible cultural heritage, is also considered an integral part of tourism today (Bessi re, 1998).

In this study, UNESCO Turkey will be mentioned that the intangible cultural heritage of what local food in place the elements in the list of cultural heritage relations with regional foods that will be discussed and finally referred to the importance of tourism regional food.

### The Concept and Types of Cultural Heritage

Culture is a concept that is considered broadly and can be interpreted differently for each discipline (Çeçen, 1996). There are many definitions in the literature regarding the concept of culture, which comes from the Latin word “cultura” (Arslan, 2019). Some of these definitions can be listed as follows;

Culture is “an interdisciplinary study that brings together many phenomena from fine arts to folklore, from literature to music, from archeology to history”