

Cedar Crest College
The Allen Center for Nutrition
Summer 1 -2010
Tuesday and Thursday 6PM – 9:30 PM

Course Plan

Course #: NTR 130

Course Title: Food and Culture

Course Description:

In this course we will identify the meanings of food among different cultures, and explore the ways in which geography, cultural, political and economic forces interact to influence our food choices, health and nutritional status. We will look critically at the following questions:

- a. How can food have different meanings and uses for different people?
- b. How do such factors as gender, ethnicity, class, and religious beliefs, the media, art and corporate capitalism affect the foods we choose to eat (and those we choose to avoid) and the manner in which we consume them?
- c. How does food function both to foster community feeling and drive wedges among people?
- d. What are some prevailing academic theories that help us identify and understand more eclectic meaning of foods?

We will accomplish all of the above through readings (scholarly articles, personal essays, newspaper articles, book chapters), lecture material, class discussion, viewing of film and documentaries and whatever opportunities may present themselves.

Credits: 3 credit hours

Clock hours: 3 hours total, 3 hours didactic

Instructor: Martine Scannavino, DHSc RD LDN
610 – 606-4666 ext. 3486
miscanna@cedarcrest.edu
Office Hours By Appointment

Prerequisites: None

Course Objectives:

The student will have knowledge of:

- Economics of nutrition
 - Explain how societal and personal economics affect food intake and nutritional adequacy of diets.

- Socio-cultural and ethnic food consumption issues of various consumers.
 - Identify and discuss common foods and meal composition of various cultural/ethnic groups.

- Role of food in promotion of a healthy lifestyle.
 - Explain how food and eating habits influence the health of a community

- Promotion of pleasurable eating.
 - Discuss the impact practice and facilitation of pleasurable eating in a variety of cultural/ethnic groups.

- Influence of socioeconomic, cultural and psychological factors on food and nutrition behaviors.
 - Identify and discuss factors affecting food and nutrition on various cultural groups.

The student will demonstrate the ability to determine nutrient requirements across the lifespan and recognize adequacy (and diversity of people, culture and religions).

Required text: *Food and Culture* 5th ed. Pamela Goyan Kittler and Kathryn P. Sucher, 2008, Wadsworth Publishing Belmont, CA

Required Readings: Additional readings and websites assigned in class

****** All assigned readings are due on the day they appear on the syllabus. You are expected to read all of the material, and be prepared to discuss them critically.**

Date	Topic	Assignment
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Tues. 5/25	Introduction to the course Food and Culture Traditional Health Beliefs and Practices <i>Personal Consumption Assessment</i> Quiz 1 (chapters 1 and 2)	Chapter 1 Chapter 2
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http://www.pbs.org/opb/meaningoffood/food_and_life/food_for_thought/p8/?score=6&q=1

Thurs. 5/27	Intercultural Communication Food and Religion	Chapter 3 Chapter 4
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Tues. 6/1	Native Americans Quiz 2 (chapters 3, 4 & 5)	Chapter 5
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Thurs. 6/8	Northern and Southern Europeans Central Europeans Film in class - Babettes' Feast	Chapter 6 Chapter 7
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Tues 6/10	Africans Quiz 3 (chapters 6, 7 and 8)	Chapter 8
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Thurs. 6/15	Mexican and Central Americans Film - Like Water for Chocolate	Chapter 9
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	Caribbean Islanders and South Americans	Chapter 10
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Ethic Market Visit Due

Tuesday 6/17	Southeast Asians and Pacific Islanders Quiz 4 (chapters 9, 10 & 12)	Chapter 12
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Thurs. 6/22	East Asians Film: Eat Drink Man Women <i>My Cultural Investigation</i> paper and presentation due to drop box	Chapter 11
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Tues. 6/24	The Balkans and the Middle East South Asians <i>My Cultural Investigation</i> in class presentation	Chapter 13 Chapter 14
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Quiz 5 (chapters 11, 13 and 14)

Tuesday 6/29	Final Exam Online	
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Assignments

My Cultural Investigation: 100 points - Paper (60 points) and Presentation (40 points)

In order to begin to understand the cultures of others it is imperative that we have a clear and accurate understanding of our own culture. Over the following weeks you are to embark upon a self study of your cultural heritage. Resources that will be necessary will include, but are not limited to interviews, cultural and historical texts.

The Paper

Your paper must include a history of your family's cultural heritage going back as many generations as necessary to map out the origins of food, and family practices. In your investigation you must begin to make the historical connections that lead (or may have lead) to the many diverse practices and customs that you and your family participate in and hold dear. Keep in mind the following, geography, ethnic and cultural interactions in new or adopted countries, food history, current regional influences, availability or lack of foods common to the food practices of your ancestors, and of course immigration or migration history.

You must also submit 2 multiple choice questions and 2 true and false questions which focus on general cultural (not personal) material from your paper which you must include in your presentation.

Your paper must be no less than 3 and no more than 5 pages - double spaced, 12 pt Times New Roman, 1" margins, **using APA citation and references (papers lacking appropriate citations and references will be penalized and a 10% deduction will be made from the assignments total available points)** and include a cover page. All papers must be submitted to the class assignment drop box – **no later than June 22nd** .

The Presentation

You will provide a comprehensive overview of your investigation to the class with a strong focus on the general cultural findings from your paper but please do not omit the important personal stories (that's often the best part) . The presentation must be no more than 10 minutes in length and be accompanied by a power point which must be submitted to the DOCsharing no later than **June 22nd**

Ethnic Market Visit: Paper: 100 points (2 page minimum) Due June 15th – online drop box

You are to choose and visit an ethnic market of **a culture different from your own**. The establishment cannot be a restaurant, although they may sell prepared foods. The primary focus of the establishment should be to meet the needs of an ethnic group in a given community by supplying unusual ingredients, produce and products from a foreign land

Make clear comprehensive observations of the items sold.

If possible interview the proprietor.

Quizzes: 125 points

There will be 5 quizzes throughout the semester each worth 25 points.

Film Review: (@ 25 points) 75pts

Babbetts Feast

Eat Drink Man Women

Like Water for Chocolate

See handouts for guidelines and details

Final Exam: Cumulative – 100 points

Ethnic Market Visit/paper	100 points
Film Review	(@ 25 points) 75 points
“My Cultural Investigation”	100 pts
Quizzes 5 @ 25pts	125 points
Final Exam	<u>100 points</u>
Total	500 points

All Assignments are due on date scheduled. No exceptions.

Grading is as follows:

Points	grade
465 +	A
450 – 464	A –
435 – 449	B+
415 – 434	B
400 – 414	B-
385 – 399	C+
365 – 384	C
350 – 364	C-
335 – 349	D+
300 – 334	D
< 300	F

Lateness and Absences:

If you are late more three or more times, or absent twice without a doctors note, your final numerical grade will be lowered 5%.

If you miss class you are still responsible for the material. If you are scheduled to present on that night you will receive a zero for that oral presentation and paper (unless prior arrangements are made with me). If you must miss class or will be late I expect an e-mail or phone call.

Teaching Methods:

1. Lecture/teacher centered discussion
2. Student Centered discussion
3. Demonstration
4. Student presentations
5. Field observation
6. Readings in textbooks, reference books, journals, periodicals, and the Internet.
7. Assignments involving; researching, organizing information and writing.
8. Reflective writing and analysis.

Work expected of the student:

1. Students are expected to have read the assignments prior to class and actively participate in class discussion
2. Students are responsible for all terms defined in the readings.
3. Written assignments must be word-processed and submitted to the designated online course location. Spelling, punctuation and grammar will constitute part of the grade for the assignment. One-inch margins, double spaced, 12-pt font and black print is required. Indent for paragraphs.
4. Class attendance is expected.
5. **Assignments are due to the electronic drop box on the date indicated. There will be no exceptions!!**

Classroom Protocol:

Appropriate classroom behavior is implicit in the Cedar Crest Honor Code. Such behavior is defined and guided by complete protection for the rights of all students and faculty to a courteous, respectful classroom environment. That environment **is free** from **distractions such as late arrivals, early departures, inappropriate conversations** and any other behavior that might disrupt instruction and / or compromise students' access to their Cedar Crest College education.

Lap top computers, cell phone use and other electronic communication devices are prohibited in my classroom.

The Cedar Crest College Honor Code will prevail at all times.

