

Spring 2022

Meeting days: Thursday	Instructor title and name: Brittany South, MS, RD
Meeting times: 12:30-3:15 pm	E-mail: bsouth@pointloma.edu
Meeting location: Evans 112	Office location and hours: Evans 102 Thurs 12:30-3:15 pm and by appointment
Final Exam: 1:30 – 4:00 PM; Thursday, May 5, 2021	Additional info: Office hours via Zoom

**PLNU Mission
To Teach ~ To Shape ~ To Send**

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service is an expression of faith. Being of Wesleyan heritage, we strive to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

COURSE DESCRIPTION

A study of foods and food practices from cultures around the world. Topics include the history and present-day use of food ingredients in ethnic cuisines and their nutritional implications, religion and food choices, cultural health beliefs and culinary preparations. Lecture and laboratory activities. Two (2) units. Prerequisite: NUT 1010.

A large part of this course is familiarizing yourself with different foods that you may not be familiar with. You are expected to help in the planning and preparation of all dishes and are encouraged to taste everything. If you have a food allergy/intolerance/sensitivity that prevents your consumption or handling of a food please notify the instructor ASAP. Medical clearance may be required from the Disability Resource Center.

REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES

McWilliams M, Heller H. **Food Around the World – A Cultural Perspective, 4th Ed.** (2014). Upper Saddle River, NJ: Pearson Education, Inc./Prentice Hall.

Selected Recipes for Ethnic Cuisines Under Study, PLNU Department of Family and Consumer Sciences (posted on Canvas for course).

COURSE LEARNING OUTCOMES

SSWFS Department > Nutrition/Health/FSM and Dietetics > **NUT3003 Cultural Foods**

DEPARTMENT	PROGRAM	COURSE	ASSESSMENT
1. Students will demonstrate an understanding of the multiple factors that influence the development and quality of life of individuals, families, and communities throughout the lifespan. (Learning)	1.1 Students will demonstrate basic skills in food preparation, sanitation and safety in working with a variety of food products	1.1.1 You will compare and contrast how food choices and preparation techniques are affected by culture, including religious practices and health beliefs 1.1.2 You will demonstrate increased skill in the planning and preparation of a broad spectrum of foods using a variety of preparation techniques and equipment, under a range of cultural food patterns	Assignment: Pedigree for a Personal Food In-class culinary activities and other class participation Laboratory meal sensory evaluation Quizzes Exams
2. Students will identify appropriate resources to use in application for problem solving. (Learning)	2.1 Students will apply foundation knowledge about food, food systems and food preparation techniques to the development, modification and evaluation of recipes, menus and food products acceptable to diverse groups	2.1.1 You will explain and apply fundamental principles of food preparation and their scientific bases 2.1.2 You will evaluate products for their sensory qualities and to ascertain achievement of quality standards 2.1.3 You will identify and demonstrate safe food handling practices	In-class culinary activities and other class participation Laboratory meal sensory evaluation Quizzes Exams
3. Students will analyze research data or original published works, and use critical thinking skills for evaluating products, research, or theories.	3.1 Students will analyze, interpret and evaluate current evidence-based research related to nutrition topics 3.2 Students will demonstrate effective written and interpersonal communication skills	3.1.1 You will compare and contrast how food choices and preparation techniques are affected by culture, including religious practices and health beliefs 3.1.2 You will identify and apply basic principles of food selection and purchasing	Assignment: Pedigree for a Personal Food Assignment: Oral Presentation with Summary Handout – American Cuisine In-class culinary activities and other class participation Laboratory meal sensory evaluation Quizzes Exams

DEPARTMENT	PROGRAM	COURSE	ASSESSMENT
4. Students will examine the value of societal diversity and ethical treatment of others as a result of their Christian faith. (Growing)	4.1 Students will examine cultural differences in food choices and ethics when working with peoples of diverse ethnic, religious and financial backgrounds 4.2 Students will evaluate the effects of societal, cultural and financial dynamics upon diet trends, dietary choices and food preparation methods among families and societies	4.1.1 You will compare and contrast how food choices and preparation techniques are affected by culture, including religious practices and health beliefs 4.1.2 You will display professional behavior: respect and consideration for classmates and instructor	Assignment: Self-Evaluation of Food Habits Assignment: Pedigree of a Personal Food Assignment: Oral Presentation with Summary Handout – American Cuisine In-class activities and Reflection responses, ie, class participation Punctual attendance and adherence to classroom policies at each class meeting Quizzes Exams

ACADEMY OF NUTRITION AND DIETETICS FOUNDATION KNOWLEDGE AND SKILLS FOR ENTRY-LEVEL DIDACTIC PROGRAM IN DIETETICS (DPD) BASED ON 2017 ERAS:

KRDN 2.1: Demonstrate effective and professional oral and written communication and documentation.

KRDN 2.6: Demonstrate an understanding of cultural competence/sensitivity.

KRDN 3.4: Explain the processes involved in delivering quality food and nutrition services.

KRDN 4.5: Describe safety principles related to food, personnel and consumers.

ASSESSMENT AND GRADING

COURSE CREDIT HOUR INFORMATION:

In the interest of providing sufficient time to accomplish the stated Course Learning Outcomes, this class meets the PLNU credit hour policy for a 2 unit class delivered over 14 weeks. It is anticipated that students will spend a minimum of 37.5 participation hours per credit hour on their coursework. For this course, students will spend an estimated 75 total hours meeting the course learning outcomes.

COURSE GRADING CRITERIA:

	<i>Points</i>
How Broad is Your Palate? (2@10 pts)	20
Self-Evaluation of Personal Food Behaviors	20
Heaven on Earth: Foods of the Faithful	40
Restaurant Experience	20
Pedigree for a Personal Food	50
Oral Presentations: Regional Food Patterns	80
2 Exams: 100 pts each	200
Online quizzes: (7@10pts)	70
Participation: Lab Planning, Prep, and Sampling (6 @15pts)	90
Final lab	25
TOTAL	615

Grade Distribution:

GRADE	PERCENTAGE RANGE	GRADE	PERCENTAGE RANGE
A	≥ 93%	C	73-76%
A-	90-92%	C-	70-72%
B+	87-89%	D+	67-69%
B	83-86%	D	63-66%
B-	80-82%	D-	60-62%
C+	77-79%	F	≤ 59%

STATE AUTHORIZATION

State authorization is a formal determination by a state that Point Loma Nazarene University is approved to conduct activities regulated by that state. In certain states outside California, Point Loma Nazarene University is not authorized to enroll online (distance education) students. If a student moves to another state after admission to the program and/or enrollment in an online course, continuation within the program and/or course will depend on whether Point Loma Nazarene University is authorized to offer distance education courses in that state. It is the student's responsibility to notify the institution of any change in his or her physical location. Refer to the map on [State Authorization](#) to view which states allow online (distance education) outside of California.

INCOMPLETES AND LATE ASSIGNMENTS

Unless otherwise noted, all assignments are to be submitted by midnight on the assigned due date. An assignment will not be eligible for full credit if turned after due date and is subject to a penalty deduction of 20% per day (not class session) late. Incompletes will be assigned only in extremely unusual circumstances. Grades for written work will be based on the guidelines for content and due dates discussed in class and posted on Canvas.

PLNU COPYRIGHT POLICY

Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law.

PLNU ACADEMIC HONESTY POLICY

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. Academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for that assignment or examination, or, depending on the seriousness of the offense, for the course. Faculty should follow and students may appeal using the procedure in the university Catalog. See [Academic Policies](#) for definitions of kinds of academic dishonesty and for further policy information.

PLNU ACADEMIC ACCOMMODATIONS POLICY

PLNU is committed to providing equal opportunity for participation in all its programs, services, and activities. Students with disabilities may request course-related accommodations by contacting the Educational Access Center (EAC), located in the Bond Academic Center (EAC@pointloma.edu or 619-849-2486). Once a student's eligibility for an accommodation has been determined, the EAC will issue an academic accommodation plan ("AP") to all faculty who teach courses in which the student is enrolled each semester.

PLNU highly recommends that students speak with their professors during the first two weeks of each semester/term about the implementation of their AP in that particular course and/or if they do not wish to utilize some or all of the elements of their AP in that course.

Students who need accommodations for a disability should contact the EAC as early as possible (i.e., ideally before the beginning of the semester) to assure appropriate accommodations can be provided. It is the student's responsibility to make the first contact with the EAC.

PLNU ATTENDANCE AND PARTICIPATION POLICY

Regular and punctual attendance at all class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions, the faculty member will issue a written warning of de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university drop date or, after that date, receive the appropriate grade for their work and participation.

ADDITIONAL CLASSROOM PROCEDURES

1. **PROMPTNESS:** Class will begin on time. *Class attendance is essential for success in this lab class.* Students are expected to work efficiently and respectfully. Unless otherwise noted, assignments are due at start of class on the day due.
2. **COMPUTERS IN CLASSROOM:** Computer use in class must be related to this course. Inappropriate use will result in requiring the computer to be turned off; personal devices may be moved to the front of the classroom and returned only after the class meeting concludes.
3. **OTHER ELECTRONICS IN CLASSROOM:** Cell phones, iPods and other similar electronic devices should be turned off or silenced. NO texting nor phoning during class---these are inappropriate. Repeat offenders will lose participation points.
4. **EMAIL:** Check PLNU email regularly---at least twice weekly---for any new postings or communications from the instructor.
5. **EXAMS, ONLINE QUIZZES and IN-CLASS ACTIVITIES:** Typically, no make-up exams nor make-up quizzes are given. Urgencies and emergencies will be considered on a case-by-case basis. If they happen to you, communicate promptly, privately and honestly; please don't take advantage of the instructor's goodwill! Documentation may be requested.
6. **CANVAS:**
 - Regularly check the course site and utilize the information and announcements posted. "Regularly"= at least twice a week and should include the day before a class meeting.
 - If you are unsure how to use any given feature in Canvas you will find the [Canvas Guides](#) to be a very helpful resource. If you cannot access something in my Canvas course or it appears that some part of the course is not working properly, please contact the Office of Instructional Technology for support at oit@pointloma.edu. Include specific information in the request (course ID, section, assignment or module name, etc.) to expedite the troubleshooting process. Screenshots are super helpful!

7. SAFETY: Student safety is the priority in the food laboratory.

- The following is expected: closed-toe shoes, minimal dangling jewelry, no long sleeves (especially around machinery), and tied-back long hair to protect you against injury and accidents. Disregard for the safety of yourself and your classmates will result in loss of participation points. Laboratory countertops should NOT be used for sitting.
- To maintain food safety and injury prevention, stovetops and other surfaces should be cleaned well for adequate removal of food debris and residues. Additionally, equipment should be washed and dried thoroughly before storing in cabinets and drawers. Lab partners are expected to work cooperatively to maintain high standards of cleanliness; it is the students' responsibility to clean up after themselves. Disregard of this procedure will result in loss of participation points. **If you encounter unsafe/unusable equipment or other hazard in the lab, notify the instructor immediately.**

COURSE SCHEDULE AND ASSIGNMENTS

DATE PRESENTED	CLASS CONTENT/ASSIGNMENTS DUE	REVIEW FOR PREPARATION
Week 1: 1/13	Syllabus, course goals and expectations Introduction to the topic/Cultural Foods Foundation/Philosophies Review of safe food handling	FAW Ch 1-2; Canvas/online materials
Week 2: 1/20	US Culture Sign up for presentations <i>Due today by 3:15PM: A Well-Traveled Palate?</i>	FAW Ch 25
Week 3: 1/27	Food Habits of Northern/Southern Europe <i>Quiz 1 - Northern/Southern Europe: Due by 12:30PM</i> Guest Speaker: Elena Costa	FAW Ch 4, 8-10; Canvas/online materials
Week 4: 2/3	Lab Activity 1: Foods of Europe Part 1 <i>Due today by 11:59PM: Self-Eval. of Personal Food Behaviors</i>	
Week 5: 2/10	Central/Eastern Europe and Scandinavia (grp 1 presents) <i>Quiz 2-Central/Eastern Europe and Scandinavia: Due by 12:30PM</i>	FAW Ch 5-7; Canvas/online materials
Week 6: 2/17	Lab Activity 2: Foods of Europe Part 2	
Week 7: 2/24	Food Habits of Greece, Turkey, the Levant and North Africa (grp 2 presents) <i>Quiz 3–Greece, Turkey, the Levant, & N Africa: Due by 12:30PM</i> Guest speaker – Dua	FAW Ch 11-12; Canvas/online materials
Week 8: 3/3	Lab Activity 3: Foods of Greece, Turkey, the Levant & N Africa <i>Due by 11:59PM: Heaven on Earth - Foods of the Faithful</i>	
Week 9: 3/10	SPRING BREAK	
Week 10: 3/17	Food Habits of West, East and Southern Africa In the Americas: corn and potatoes <i>Quiz 4- W/E/S Africa: Due by 12:30PM</i> Lab Activity 4: Foods of West, East and Southern Africa	FAW Ch 13-14; Canvas/online materials
Week 11: 3/24	<i>Exam 1</i>	
Week 12: 3/31	Food Habits of India & Neighbors; Pacific Islands; Southeast Asia (grp 3 presents) <i>Quiz 5- India & Neighbors, PI, SE Asia: Due by 12:30PM</i> Guest Speaker – Manju	FAW Ch 15-16; Canvas/online materials
Week 13: 4/7	Lab Activity 5: India & Neighbors; Pacific Islands; Southeast Asia <i>Due by 11:59PM: Restaurant Experience</i>	
Week 14: 4/14	Food Habits of China, Japan, Korea (grp 4 presents) <i>Quiz 6– China, Japan, Korea: Due by 12:30PM</i> Guest speaker – Margaret	FAW Ch 17-19; Canvas/online materials
Week 15: 4/21	Lab Activity 6: China, Japan, Korea <i>Due by 11:59PM: Pedigree for a Personal Food</i>	
Week 16: 4/28	Food Habits of Mexico, Central & South America <i>Quiz 7– Mexico, Central & South America: Due by 2:45PM</i> <i>Due by 3:15PM: A Well-Traveled Palate?</i> Lab Activity 7: Final cooking lab	FAW Ch 21-23; Canvas/online materials
Finals Week: 5/5	Exam 2 @ 1:30PM	

COURSE ASSIGNMENTS

See guidelines, necessary forms and other related documents posted on Canvas.

A Well-Traveled Palate? 20 points

Goal: to identify foods along a continuum of personal familiarity

Procedure: Complete specified check list of food items to establish baseline. Survey will be repeated at the end of the course, to ascertain changes

Evaluation criteria: degree of completion of the survey

Self-Evaluation of Personal Food Behaviors 20 points

Goal: to consider one's own eating patterns, including definitions of "edible" foods and the processes which are the "norms" for yourself

Procedure: respond to questions/prompts in survey form

Evaluation criteria: degree of completion and insight apparent from responses

Heaven on Earth: Foods of the Faithful 40 points

Goal: to explore commonalities and differences in the dietary practices of three of the world's major religions, as practitioners strive to follow God's directives for a faith-filled life.

Procedure: Read Chapter 3 in class text and review online materials regarding faith and food choices, then complete responses to the prompts/questions

Evaluation criteria: see rubric posted on Canvas

Pedigree for a Personal Food 50 points

Goal: to examine and discuss the cultural history or "fabric" of personal food patterns, focusing on the ethnic or national origin(s) of a food item and its adoption/adaptation as a component of a special event observed by an American (you and your family)

Procedure: Research a specific prepared dish that is included in a special family event; it may be used for celebratory, funerary or other life "landmarks." Examine and discuss its origins, in terms of its nationality/ethnicity and prepare a written report based on your findings.

Evaluation criteria: see rubric posted on Canvas

Team Oral Presentations: Regional Foods 80 points

Goal: to demonstrate integration and understanding of food patterns in world regions highlighted in semester's coursework and their effects on American regional eating patterns

Procedure: With team members, prepare and present 20 minute oral report, using Power Point materials for visual

Evaluation criteria: see rubric posted on Canvas

COURSE OUTLINE
NUT 3003 – CULTURAL FOODS

I. Introduction to Cultural Foods

- A. Why do peoples choose the foods they eat?
- B. Assimilation and acculturation of diets between cultures
- C. Common themes in food selection among cultures

II. Food Habits Across The World: Core Foods, Flavoring Principles, Meal Patterns, Celebratory Items

- A. US Food Patterns
- B. Northern and Southern Europe
- C. Central and Eastern Europe and Scandinavia
- D. Greece, Turkey, the Levant and North Africa
- E. West, East and South Africa
- F. India & Neighbors, Pacific Islands, Southeast Asia; China, Japan, Korea
- G. Mexico, Central & South America