



Department of Sociology, Social Work and  
Family Sciences  
NUT 3003, Cultural Foods  
Two Units

Spring 2020

<b>Meeting days:</b> Wednesday	<b>Instructor title and name:</b> Brittany South, MS, RD
<b>Meeting times:</b> 1:30-4:00 pm	<b>E-mail:</b> bsouth@pointloma.edu
<b>Meeting location:</b> Evans 112	<b>Office location and hours:</b> Evans 112 or 102 from Tues 1:00-1:30 pm and by appointment in Evans 102
<b>Final Exam:</b> 1:30 - 4 pm; Wednesday, May 6, 2020	

**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	<p><b>1.1.1 You will compare and contrast how food choices and preparation techniques are affected by culture, including religious practices and health beliefs</b></p> <p><b>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</b></p>	<p>Assignment: Pedigree for a Personal Food</p> <p>In-class culinary activities and other class participation</p> <p>Laboratory meal sensory evaluation</p> <p>Quizzes</p> <p>Exams</p>
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	<p><b>2.1.1 You will explain and apply fundamental principles of food preparation and their scientific bases</b></p> <p><b>2.1.2 You will evaluate products for their sensory qualities and to ascertain achievement of quality standards</b></p> <p><b>2.1.3 You will identify and demonstrate safe food handling practices</b></p>	<p>In-class culinary activities and other class participation</p> <p>Laboratory meal sensory evaluation</p> <p>Quizzes</p> <p>Exams</p>
3. Students will analyze research data or original published works, and use critical thinking skills for evaluating products, research, or theories.	<p>3.1 Students will analyze, interpret and evaluate current evidence-based research related to nutrition topics</p> <p>3.2 Students will demonstrate effective written and interpersonal communication skills</p>	<p><b>3.1.1 You will compare and contrast how food choices and preparation techniques are affected by culture, including religious practices and health beliefs</b></p> <p><b>3.1.2 You will identify and apply basic principles of food selection and purchasing</b></p>	<p>Assignment: Pedigree for a Personal Food</p> <p>Assignment: Oral Presentation with Summary Handout – American Cuisine</p> <p>In-class culinary activities and other class participation</p> <p>Laboratory meal sensory evaluation</p> <p>Quizzes</p> <p>Exams</p>

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)	<p>4.1 Students will examine cultural differences in food choices and ethics when working with peoples of diverse ethnic, religious and financial backgrounds</p> <p>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</p>	<p><b>4.1.1 You will compare and contrast how food choices and preparation techniques are affected by culture, including religious practices and health beliefs</b></p> <p><b>4.1.2 You will display professional behavior: respect and consideration for classmates and instructor</b></p>	<p>Assignment: Self-Evaluation of Food Habits</p> <p>Assignment: Pedigree of a Personal Food</p> <p>Assignment: Oral Presentation with Summary Handout – American Cuisine</p> <p>In-class activities and Reflection responses, ie, class participation</p> <p>Punctual attendance and adherence to classroom policies at each class meeting</p> <p>Quizzes</p> <p>Exams</p>

**ACADEMY OF NUTRITION AND DIETETICS FOUNDATION KNOWLEDGE AND SKILLS FOR ENTRY-LEVEL DIDACTIC PROGRAM IN DIETETICS (DPD) BASED ON 2012 ERAS:**

KRD 2.1 The curriculum must include opportunities to develop a variety of communication skills sufficient for entry into pre-professional practice.

KRD 3.2 The curriculum must include the role of environment, food, nutrition and lifestyle choices in health promotion and disease prevention.

KRD 4.2. The curriculum must include content related to quality management of food and nutrition services.

KRD 5.1. The food and food systems foundation of the dietetics profession must be evident in the curriculum. Course content must include the principles of food science and food systems, techniques of food preparation and application to the development, modification and evaluation of recipes, menus and food products acceptable to diverse groups.

KRD 5.3. The behavioral and social science foundation of the dietetics profession must be evident in the curriculum. Course content must include concepts of human behavior and diversity, such as psychology, sociology or anthropology.

**ASSESSMENT AND GRADING**

**COURSE GRADING CRITERIA:**

	<i>Points</i>
How Broad is Your Palate? (2@10 pts)	20
Self-Evaluation of Personal Food Behaviors	25
Heaven on Earth: Foods of the Faithful	40
Pedigree for a Personal Food	50
Oral Presentations w/Handout: US Food Patterns	80
2 Exams: 100 pts each	200
Online quizzes: (7@10pts)	70
Participation: Lab Planning and Sampling (12@10pts)	<u>120</u>
<b>TOTAL</b>	<b>605</b>

## 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%

## INCOMPLETES AND LATE ASSIGNMENTS

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Unless otherwise noted, all assignments are to be submitted/turned in by the beginning of the class session when they are due—including assignments posted on Canvas. An assignment will not be eligible for full credit if turned in after class has started on the 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.

## FINAL EXAMINATION POLICY

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Successful completion of this class requires presenting the final (team) project on the scheduled day, which is the date and time of the course final examination. The final examination schedule is posted on the [Class Schedules](#) site. No requests for an early presentation or an alternative day will be approved.

## PLNU COPYRIGHT POLICY

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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

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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

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If you have a diagnosed disability, please contact PLNU's Disability Resource Center (DRC) within the first two weeks of class to demonstrate need and to register for accommodation by phone at 619-849-2486 or by e-mail to the [Disability Resource Center](#). See the Center's website for additional information.

## PLNU ATTENDANCE AND PARTICIPATION POLICY

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Regular and punctual attendance at all classes is considered essential to optimum academic achievement. If the student is absent from more than 10 percent of class meetings, the faculty member can file a written report which may result in 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. See [Academic Policies](#) in the Undergraduate Academic Catalog.

## ADDITIONAL CLASSROOM PROCEDURES

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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. 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. There are no make-up labs. 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.
  - Assignments can be submitted electronically or as a hard copy. You are responsible for ensuring any item submitted arrives on time and intact. Don't wait until the last minute.
  - 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](mailto: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: 1/15	Introduction to the topic; course goals and expectations Review of safe food handling <i>Due today by end of class: A Well-Traveled Palate?</i>	FAW Ch 1-2; Canvas/online materials
Week 2: 1/22	Food Habits of Northern/Southern Europe <i>Due today by class start: Self-Eval. of Personal Food Behaviors</i> Lab activity 1: planning for food lab <i>Closes today, 1 pm: Quiz 1 - Northern/Southern Europe</i>	FAW Ch 4, 8-10; Canvas/online materials
Week 3: 1/29	Laboratory Activity 2: Foods of Northern/Southern Europe	
Week 4: 2/5	Central/Eastern Europe and Scandinavia Lab Activity 3: planning for food lab <i>Closes today, 1 pm: Quiz 2-Central/Eastern Europe and Scandinavia</i>	FAW Ch 5-7; Canvas/online materials
Week 5: 2/12	Lab Activity 4: Foods of Central/Eastern Europe and Scandinavia	
Week 6: 2/19	Food Habits of Greece, Turkey, the Levant and North Africa In the Americas: Peppers and Tomatoes Food for All: Flatbreads Lab activity 5: sampling <i>Closes today, 1 pm: Quizzes 3–Greece, Turkey, the Levant, &amp; N Africa</i> <i>Due today by class start: Heaven on Earth - Foods of the Faithful</i>	FAW Ch 11-12; Canvas/online materials
Week 7: 2/26	Food Habits of West, East and Southern Africa In the Americas: corn and potatoes Lab Activity 6: planning for food lab <i>Closes today, 1 pm: Quizzes 4- W/E/S Africa</i>	FAW Ch 13-14; Canvas/online materials
Week 8: 3/4	Lab Activity 7: Foods of West, East and Southern Africa	
3/11	<b>Spring Break – no class</b>	
Week 9: 3/18	Exam 1	
Week 10: 3/25	Food Habits of India & Neighbors; Pacific Islands; Southeast Asia Food for All: noodles Lab Activity 8: sampling <i>Closes today, 1 pm: Quiz 5- India &amp; Neighbors, PI, SE Asia</i> <i>Due today by class start: Pedigree for a Personal Food</i>	FAW Ch 15-16; Canvas/online materials
Week 11: 4/1	Food Habits of China, Japan, Korea Lab Activity 9: planning for food lab <i>Closes today, 1 pm: Quiz 6– Asia and the Pacific Islands</i>	FAW Ch 17-19; Canvas/online materials
Week 12: 4/8	Food Habits of Asia and the Pacific Islands, continued Lab Activity 10: Foods of Asia and the Pacific Island	

DATE PRESENTED	CLASS CONTENT/ASSIGNMENT	REVIEW FOR PREPARATION
Week 13: 4/15	Food Habits of Mexico, Central & South America Lab activity 11: planning for food lab <i>Closes today, 1 pm: Quiz 7– Mexico, Central &amp; South America</i>	FAW Ch 21-23; Canvas/online materials
Week 14: 4/22	Lab activity 12: Foods of Mexico, Central & South America <i>Due today, by 5:30 pm: A Well-Traveled Palate? (in class)</i>	
Week 15: 4/29	Exam 2	
Week 16: 5/6	Team Oral Presentations: US food patterns	FAW Ch 25; Canvas/online materials

### 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 25 points

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

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: US 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 18-20 minute oral report, using Power Point materials; compile and distribute report summary as class handout

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. Review: Safe Food Handling

- A. HACCP review for consumers
- B. Food lab/kitchen safety

III. Food Habits in Europe, Africa and Asia: Core Foods, Flavoring Principles, Meal Patterns, Celebratory Items

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