# Course Syllabus

**Jump to Today** 





Department of Sociology, Social Work, and Family Sciences

**NUT3003** 

2 Units

#### **SPRING 2023 | 1/10 - 4/28**

Meeting Days: Wednesdays Instructor: Brittany South, MS, RD

Meeting Times: 1:30 PM - 3:45 PM Email: bsouth@pointloma.edu

**Meeting Location:** Evans Hall 112 (E 112) **Phone:** Zoom, by appointment

Final Exam: Week 16 Lab Office Location and Hours: By appointment

#### **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.

### FOUNDATIONAL EXPLORATIONS MISSION

PLNU provides a foundational course of study in the liberal arts informed by the life, death, and resurrection of Jesus Christ. In keeping with the Wesleyan tradition, the curriculum equips students with a broad range of knowledge and skills within and across disciplines to enrich major study, lifelong learning, and vocational service as Christ-like participants in the world's diverse societies and culture.

#### **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.

#### COURSE LEARNING OUTCOMES

- 1. Compare and contrast how food choices and preparation techniques are affected by culture, including religious practices and health beliefs (FELO 1a, 1d, 2c)
- 2. Plan and prepare a broad spectrum of foods using a variety of preparation techniques and equipment, under a range of cultural food patterns (FELO 2a, 2c)
- 3. Explain and apply fundamental principles of food preparation and their scientific bases (FELO 1a, 1d)
- 4. Evaluate products for their sensory qualities and to ascertain achievement of quality standards (FELO 1a, 1d)
- 5. Identify and demonstrate safe food handling practices and basic principles of food selection and purchasing (FELO 1d, 2a)

# FOUNDATIONAL EXPLORATIONS LEARNING OUTCOMES

- FELO 1a. Written: Students will be able to effectively express ideas and information to others through written communication.
- FELO 1d. Critical Thinking: Students will be able to examine, critique, and synthesize information in order to arrive at reasoned conclusions.
- FELO 2a. Students will develop an understanding of self that fosters personal well-being.
- FELO 2c. Students will demonstrate an understanding of the complex issues faced by diverse groups in global and/or cross-cultural contexts.

# 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.

# **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 15 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. The time estimations are provided in the Canvas modules.

#### ASSESSMENT AND GRADING

There are 910 points possible in this course, distributed across assignments as follows:

- Weekly Activities and Labs (630 points total)
- Food and Culture Presentation (80 points)
- Exam 1 (100 points)
- Exam 2 (100 points)

Grades will be based on the following:

A	В	С	D	F
A 93-100	B+ 87-89	C+ 77-79	D+ 67-69	F Less than 59
A- 90-92	В 83-86	C 73-76	D 63-66	
	B- 80-82	C- 70-72	D- 60-62	

#### **Presentation Schedule**

You'll be signing up for one of these presentation topics and due dates:

Week	Topic	Weekday Due
3	Scandinavia	Tuesday (1/24)
3	Central & Eastern Europe	Tuesday (1/24)

3	Northern & Southern Europe	Thursday (1/26)
5	Greece, Turkey & North Africa	Thursday (2/9)
7	West, East & South Africa	Thursday (2/23)
9	China, Japan, & Korea	Thursday (3/16)
12	India & Neighbors	Thursday (4/6)
12	Southeast Asia	Thursday (4/6)
14	Latin America	Thursday (4/20)

#### 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 <a href="State Authorization">State Authorization</a> (<a href="https://www.pointloma.edu/offices/office-institutional-effectiveness-research/disclosures)</a> to view which states allow online (distance education) outside of California.

#### **INCOMPLETES AND LATE ASSIGNMENTS**

All assignments are to be submitted/turned in by the beginning of the class session when they are due—including assignments posted in Canvas. Incompletes will only be assigned in extremely unusual circumstances.

# 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 <a href="Academic Policies">Academic Policies (https://catalog.pointloma.edu/content.php?catoid=2919#Academic Honesty)</a> 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 (mailto: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 deenrolled without notice until the university drop date or, after that date, receive the appropriate grade for their work and participation.

In some courses, a portion of the credit hour content will be delivered **asynchronously** and attendance will be determined by submitting the assignments by the posted due dates. See <u>Academic Policies</u> (<a href="https://catalog.pointloma.edu/content.php?catoid=52&navoid=2919#Academic\_Honesty">https://catalog.pointloma.edu/content.php?catoid=52&navoid=2919#Academic\_Honesty</a>) in the

Undergraduate Academic Catalog. If absences exceed these limits but are due to university excused health issues, an exception will be granted.

#### **Asynchronous Attendance/Participation Definition**

A day of attendance in asynchronous content is determined as contributing a substantive note, assignment, discussion, or submission by the posted due date. Failure to meet these standards will result in an absence for that day. Instructors will determine how many asynchronous attendance days are required each week.

#### SPIRITUAL CARE

Please be aware PLNU strives to be a place where you grow as whole persons. To this end, we provide resources for our students to encounter God and grow in their Christian faith.

If students have questions, a desire to meet with the chaplain or have prayer requests you can contact the **Office of Spiritual Development**.

#### SEXUAL MISCONDUCT AND DISCRIMINATION

Point Loma Nazarene University faculty are committed to helping create a safe learning environment for all students. If you (or someone you know) have experienced any form of sexual discrimination or misconduct, including sexual assault, dating or domestic violence, or stalking, know that help and support are available through the <u>Title IX Office (https://www.pointloma.edu/title-ix)</u>. Please be aware that under Title IX of the Education Amendments of 1972, it is required to disclose information about such misconduct to the Title IX Office.

If you wish to speak to a confidential employee who does not have this reporting responsibility, you can contact Counseling Services at <a href="mailto:counselingservices@pointloma.edu">counselingservices@pointloma.edu</a> or find a list of campus pastors at the <a href="mailto:counselingservices@pointloma.edu">Title IX Office | Get</a> Help Now (<a href="mailto:https://www.pointloma.edu/title-ix/get-help-now">https://www.pointloma.edu/title-ix/get-help-now</a>)

#### **USE OF TECHNOLOGY**

In order to be successful in the online or hybrid environment, you'll need to meet the minimum technology and system requirements; please refer to the <u>Technology and System Requirements</u> (<a href="https://help.pointloma.edu/TDClient/1808/Portal/KB/ArticleDet?ID=108349">https://help.pointloma.edu/TDClient/1808/Portal/KB/ArticleDet?ID=108349</a>) information. Additionally, students are required to have headphone speakers, microphone, or webcams compatible with their

computer available to use. Please note that any course with online proctored exams require a computer with a camera (tablets are not compatible) to complete exams online.

Problems with technology do not relieve you of the responsibility of participating, turning in your assignments, or completing your class work.

## **ASSIGNMENTS AT-A-GLANCE**

# Course Summary:

Date	Details	Due
Tue Jan 10, 2023	Academic Honesty Verification Statement (https://canvas.pointloma.edu/courses/67727/assignments/8668	due by 11:59pm
Wed Jan 11, 2023	Wk 1   Classroom Meeting (https://canvas.pointloma.edu/courses/67727/assignments/8668	due by 1:30pm
Thu Jan 12, 2023	₩k 1   Discussion: "Meal Frequencies around the World" (https://canvas.pointloma.edu/courses/67727/assignments/8668	due by 11:59pm
Fri Jan 13, 2023	Wk 1   A Well Traveled Palate (https://canvas.pointloma.edu/courses/67727/assignments/8668	due by 11:59pm
Sun Jan 15, 2023	<b>Wk 1   Self-Evaluation of</b> Personal Food Behaviors  (https://canvas.pointloma.edu/courses/67727/assignments/8668	due by 11:59pm
Mon Jan 16, 2023	₩k 2   Discussion: Response to "A Well Traveled Palate" (https://canvas.pointloma.edu/courses/67727/assignments/8668	due by 11:59pm
Wed Jan 18, 2023	Wk 2   Discussion: "A Seat at the Global Table"  (https://canvas.pointloma.edu/courses/67727/assignments/8668	due by 11:59pm

Date	Details	Due
	₩k 2   Discussion: "My Global  Table: Ukraine" due by  (https://canvas.pointloma.edu/courses/67727/assignments/866851)	11:59pm
Fri Jan 20, 2023	Wk 2   Questions for Guest Speaker due by <a href="https://canvas.pointloma.edu/courses/67727/assignments/866873">(https://canvas.pointloma.edu/courses/67727/assignments/866873)</a>	11:59pm
	Wk 3   Guest Speaker Zoom due by (https://canvas.pointloma.edu/courses/67727/assignments/866874)	/ 1:30pm
Wed Jan 25, 2023	Wk 3   Presentation Peer Review: Central and Eastern Europe (https://canvas.pointloma.edu/courses/67727/assignments/866833)	11:59pm
	Wk 3   Presentation Peer  Review: Scandinavia due by  (https://canvas.pointloma.edu/courses/67727/assignments/866849)	11:59pm
Fri Jan 27, 2023	Wk 3   Presentation Peer  Review: Northern and Southern  Europe (https://canvas.pointloma.edu/courses/67727/assignments/866850)	11:59pm
Wed Feb 1, 2023	Wk 4   Lab Planning  Worksheet (Group)  (https://canvas.pointloma.edu/courses/67727/assignments/866876)	e by 1pm
	Wk 4   Cooking Lab 1: Europe due by (https://canvas.pointloma.edu/courses/67727/assignments/866875)	/ 1:30pm
Fri Feb 3, 2023		11:59pm
	Wk 4   Sensory Evaluation due by (https://canvas.pointloma.edu/courses/67727/assignments/866877)	11:59pm
Tue Feb 7, 2023	Wk 5   Discussion: The  Mediterranean Diet due by  (https://canvas.pointloma.edu/courses/67727/assignments/866855)	11:59pm

Date	Details Due
Wed Feb 8, 2023	
Fri Feb 10, 2023	Wk 5   Presentation Peer  Review: Greece, Turkey, and North  Africa  (https://canvas.pointloma.edu/courses/67727/assignments/866848)
Wed Feb 15, 2023	Wk 6   Cooking Lab 2: Greece,  Turkey, and North Africa due by 11:59pm  (https://canvas.pointloma.edu/courses/67727/assignments/866879)
	Wk 6   Sensory Evaluation due by 11:59pm (https://canvas.pointloma.edu/courses/67727/assignments/866881)
Fri Feb 17, 2023	Wk 6   Quiz 2 due by 11:59pm (https://canvas.pointloma.edu/courses/67727/assignments/866829)
Tue Feb 21, 2023	Wk 7   Discussion: Ghana and Zimbabwe due by 11:59pm (https://canvas.pointloma.edu/courses/67727/assignments/866847)
Wed Feb 22, 2023	Wk 7   Discussion: Entomophagy due by 11:59pm (https://canvas.pointloma.edu/courses/67727/assignments/866846)
Fri Feb 24, 2023	Wk 7   Presentation Peer Review: West, East, and South Africa (https://canvas.pointloma.edu/courses/67727/assignments/866845)
Wed Mar 1, 2023	

Date	Details Due
Fri Mar 3, 2023	Wk 8   Quiz 3 due by 11:59pm (https://canvas.pointloma.edu/courses/67727/assignments/866831)
	Wk 8   Sensory Evaluation due by 11:59pm (https://canvas.pointloma.edu/courses/67727/assignments/866884)
Mon Mar 13, 2023	ঢ়েন Wk 9   Study Guide due by 11:59pm (https://canvas.pointloma.edu/courses/67727/assignments/866844)
Wed Mar 15, 2023	Wk 9   Exam 1 due by 3:45pm (https://canvas.pointloma.edu/courses/67727/assignments/866825)
Fri Mar 17, 2023	Wk 9   Presentation Peer  Review: China due by 11:59pm  (https://canvas.pointloma.edu/courses/67727/assignments/866843)
	Wk 9   Presentation Peer  Review: Japan and Korea due by 11:59pm (https://canvas.pointloma.edu/courses/67727/assignments/872731)
	Wk 10   Lab Planning Worksheet (Group) due by 1pm (https://canvas.pointloma.edu/courses/67727/assignments/866861)
Wed Mar 22, 2023	Wk 10   Cooking Lab 4: China,  Japan, and Korea due by 11:59pm  (https://canvas.pointloma.edu/courses/67727/assignments/866860)
Fri Mar 24, 2023	Wk 10   Quiz 4 due by 11:59pm (https://canvas.pointloma.edu/courses/67727/assignments/866823)
Mon Mar 27, 2023	Wk 11   Discussion: "My Global Table: Japan" due by 11:59pm (https://canvas.pointloma.edu/courses/67727/assignments/866842)

Date	Details Du
	Wk 11   Discussion: Pedigree         of Personal Food       due by 11:59pm         (https://canvas.pointloma.edu/courses/67727/assignments/866841)
Wed Mar 29, 2023	Wk 11   Pedigree for a  Personal Food due by 11:59pi (https://canvas.pointloma.edu/courses/67727/assignments/866863)
Fri Mar 31, 2023	Wk 11   Questions for Guest Speaker due by 11:59pt (https://canvas.pointloma.edu/courses/67727/assignments/866864)
Mon Apr 3, 2023	Wk 12   Discussion: "My Global Table: South India and Afghanistan" (https://canvas.pointloma.edu/courses/67727/assignments/866838)
Wed Apr 5, 2023	Wk 12   Guest Speaker Zoom due by 1:30pt (https://canvas.pointloma.edu/courses/67727/assignments/866865)
Fri Apr 7, 2023	Wk 12   Presentation Peer  Review: India and Neighbors due by 11:59pt (https://canvas.pointloma.edu/courses/67727/assignments/866840)
	Wk 12   Presentation Peer  Review: Southeast Asia due by 11:59pt  (https://canvas.pointloma.edu/courses/67727/assignments/866839)
Wed Apr 12, 2023	Wk 13   Lab Planning Worksheet (Group) (https://canvas.pointloma.edu/courses/67727/assignments/866867)
	Wk 13   Cooking Lab 5: India &  Neighbors and Southeast Asia due by 11:59pt  (https://canvas.pointloma.edu/courses/67727/assignments/866866)

Date	Details	Due
		11:59pm
Fri Apr 14, 2023	Wk 13   Sensory Evaluation due by (https://canvas.pointloma.edu/courses/67727/assignments/866868)	11:59pm
	Wk 16   Sensory Evaluation due by (https://canvas.pointloma.edu/courses/67727/assignments/866872)	11:59pm
Mon Apr 17, 2023	Wk 14   Discussion: "My Global Table: Mexico and Venezuela"  (https://canvas.pointloma.edu/courses/67727/assignments/866836)	11:59pm
Wed Apr 19, 2023	Wk 14   Final Project Sign Up due by (https://canvas.pointloma.edu/courses/67727/assignments/866832)	11:59pm
Fri Apr 21, 2023	Wk 14   Presentation Peer  Review: Latin America due by (https://canvas.pointloma.edu/courses/67727/assignments/866837)	11:59pm
	Wk 14   Quiz 6 due by (https://canvas.pointloma.edu/courses/67727/assignments/866827)	11:59pm
	Wk 15   Exam 2 due by (https://canvas.pointloma.edu/courses/67727/assignments/866824)	3:45pm
Wed Apr 26, 2023	Wk 15   Discussion: Your  Recipe for Final Cooking Lab due by (https://canvas.pointloma.edu/courses/67727/assignments/866834)	11:59pm
Thu Apr 27, 2023	Wk 15   Discussion: Reflection on Latin American Restaurant Experience (https://canvas.pointloma.edu/courses/67727/assignments/866835)	11:59pm
Fri Apr 28, 2023	Wk 15   End-of-Course  Evaluation due by (https://canvas.pointloma.edu/courses/67727/assignments/866869)	11:59pm

Date	Details Due
	Wk 16   Final Cooking Lab due by 1:30pm (https://canvas.pointloma.edu/courses/67727/assignments/866870)
Wed May 3, 2023	Wk 16   Final Cooking Lab  Report (Group) due by 11:59pm  (https://canvas.pointloma.edu/courses/67727/assignments/866871)
	Food and Culture Presentation  (https://canvas.pointloma.edu/courses/67727/assignments/866856)