

BRESCIA UNIVERSITY COLLEGE

DIVISION OF FOOD AND NUTRITIONAL SCIENCES

Foods & Nutrition 3400B

Culture and Food

Winter 2014

Course Director: Latifeh Ahmadi, PhD

Office: MRW 161

Phone Number: 519-432-8353, ext. 28068

E-mail: lahmadi@uwo.ca

Office Hours: By appointment

Class location and hours: Lecture; Monday from 4:30-6:30pm, and Labs; Tuesday from 3:30-5:30pm and Thursday from 3:30-5:30pm in Food Lab 1.

Course Description:

Introduction to the study of social, cultural and communication factors which influence food habits of various ethnic groups that may differ from typical North-American diets. Variations in basic food preparation and culinary techniques will be explored (in the food laboratories) and acknowledged for effective nutrition counselling, education and food service.

Prerequisites: Foods and Nutrition 2232; registration the Honours Specialization in Nutrition and Dietetics module; limited enrolment course

0.5 FCE (Brescia); 2-hour lecture and 2-hour laboratory per week

Course Objectives:

By the end of this course, the students will be able to:

- 1) Explain the interrelationship between culture and food habits
- 2) Describe and apply basic food preparation and culinary techniques of various cultural groups
- 3) Gain skills to improve communication with and counselling of cultural groups
- 4) Discuss the changing demographics and the ways in which ethnicity may affect nutrition and health status
- 5) Understand the role of diet in traditional health beliefs, common nutrition-related problems and educational needs of various ethnic groups
- 6) Research and report on current issues on food and culture
- 7) Realize the influence of immigration on culture and cuisine of immigrants to Canada and enhance their knowledge on how to serve this diverse society as a nutrition professional

APPROACHES:

- 1) Lectures will be supplemented by assigned readings
- 2) Group presentations, group discussion and interactive lectures will be organized
- 3) Food laboratories will require student participation and demonstration skills. Students will abide by the rules of the food labs, including proper hand washing, sanitation, wearing of lab coats and hairnets, clean-up after the labs. Students are expected to taste and evaluate the food products made in the labs. If unable to do so, students must inform the professor in advance of the labs.
- 4) Attendance at both lecture and lab is mandatory for the successful completion of the course.
- 5) A receipt for payment of laboratory fees (\$40. per student) must be submitted to the professor by the end of the second week of classes in order to continue in the course.

TEXT (Required):

Kittler, P. G., Sucher K.P., Food and Culture, 6th ed. 2011, Nelson Thomson Publishing, Toronto, ON,

ADDITIONAL References:

1. Ferguson, C., and Fraser, M., A Century of Canadian Home Cooking, 1992, Prentice Hall Canada
2. Eugene, A., Everyone Eats: Understanding Food and Culture, 2005, New York University Press
3. Solomon, K.H., Encyclopaedia of Food and Culture, 2003, Weaver, William Woys, New York : Scribner

ASSIGNMENTS: Class project and lab reports will be discussed at the beginning of the semester.

MARKING:	Research/Report/ presentation	13%
	Midterm exam	25%
	Lab work	15%
	Final Examination	35%
	Participation	12%
	TOTAL	100%

Food research project:

Working in self-selected teams of **three**, choose one of the topics listed below or select a subject for your team. Describe some basic information about the selected subject including terminology and definition. Provide information about the origin of the cuisine and geographical background, if applicable to your topic. Make a connection between your topic and importance of culture and how immigration patterns influence it over time in Canada. To have information on some of the chosen topics, a direct contact with the target population may be necessary. In this way, the voices of the target groups are brought into the class. A short presentation (approx. 20 minutes) at the assigned session will allow for discussion prior to the assignment being handed in. Engaging the class in your presentation through questions or other ways is a must. Send an electronic copy of your presentation to the professor at least 24 hours in advance of your presentation date.

Written essay: Always define the concepts and terms you use. Develop your points in as much detail and depth as possible.

Anticipated length of written essay: 8-10 pages double-spaced (exclusive of bibliography). APA will be used for the reference format.

Essay outline:

- Introduction
 - Introduction of the topic
 - Thesis statement at the end of introduction portion
- Body
 - Topic sentence
 - Expand and give specific details
 - Evidence
 - Analysis (connect evidences to supporting reasons and argument)
- Conclusion
 - Restate thesis
 - Summarize supporting reasons
 - Concluding thoughts
- References

Topics:

- Choose **one** food from your daily diet and discuss how this food is special to your culture, what makes it different from foods of other nationalities.
- Choose a food which was **not** in your past diet and **now** it is a part of your diet. Discuss how they became part of your diet. Expand your result to a community regarding how people change their eating habits and accept new food products introduced to them.
- Choose a dish which **was** in your diet and is **not** anymore a part of your diet. Discuss the results regarding influence of changing lifestyles on food choices
- Choose a food served **especially** for a calendar event and discuss how historically and culturally it was selected.
- Compare foods served in a friend's gathering and in a formal gathering. What are the differences in the quality of food served? Discuss nutritional and health aspects of served foods.
- Television cooking shows are popular. Discuss how television cooking shows influence peoples' food habits in the long term.
- Analysis of a cookbook - Contemporary vs. Olden times.
- Potluck research - "where, what, why, who, and how" it started.
- Ethnographic exercise : Observe and participate in a food event and prepare a report about peoples' eating patterns
- Eating habits of the elderly - what are the changes and why did it change?
- Family influences in early years on the eating habits of children
- Food habits and immigrant families - what influences changes, if any?

Lab work:

Working in self-selected teams of **three** students, each team will demonstrate a dish, prepare a handout, and a questionnaire and present in short time (10 min). You will be assigned a date in the first session of the lab.

Description:

- a) If your team consists of different nationalities, select one nationality among your team and choose a food that is popular among their community. Ingredients will be purchased at the market. Standard ingredients, such as flour, sugar, oil and salt can be obtained from Lucy Mahood in the food lab. In case more than one group chooses the same food, priority will be given to the group who made the choice first.
- b) The Division of Food and Nutritional Sciences will reimburse food expenses for maximum \$40.00-- for each group. Provide receipt of ingredients to your professor.
- c) Prepare a handout, maximum of two pages that contains a brief description of the food, a picture of the food, if it is served for specific events, a recipe or a web address to refer to it, location to buy ingredients, nutritional value of the food and any concern regarding safety issue and storage of the food.
- d) Prepare a 10 minute oral presentation, and sample for tasting the prepared food. Food ingredients must be listed prior the food tasting, so students are informed of any possible issues (e.g., allergies).
- e) Prepare a questionnaire related to the prepared food. Questions should be related to the different aspects of the tested food - such as nutritional value (use ESHA Food Processor Plus Software available in the library), sensory evaluation and cultural acceptance. Total number of questions should be limited to 10 questions. Multiple choice or false and true questions can be used to construct questions. Analyse the obtained data and present them in a short report (2 pages).
- f) At the end of your presentation, make sure everything used in the lab is cleaned and returned to its proper place. This clean-up will be considered in your final evaluation.
- g) Choose a coordinator in your group and be sure everybody is involved in the group activity.

SCHEDULE OF Topics:

Week 1	Course overview, individual/group assignments
Week 2	Food and culture
Week 3	Traditional health beliefs and practices
Week 4	Intercultural communication
Week 5	Food and religion
Week 6	Native Americans and their traditional food habits
Week 7	Mid-term exam
Week 8	Northern and Southern European and their cultural perspective
Week 9	A century of Canadian cooking and their culture
Week 10	Mexican and Central Americans
Week 11	African
Week 12	Greek and Middle Eastern
Week 13	Chinese, Korean and Japanese
TBA	Final Exam

DIVISION: The policy of the Division of Food and Nutritional Sciences is as follows:
Policies

- 1) Failure to attend at least 75% of laboratories or studios will result in failure in the laboratory or studio and an "incomplete" in the course. Successful completion of the laboratory/studio will be necessary in order to receive credit in the course.
- 2) Assignments are due at time and date noted. **The mark will be reduced by 20%** on assignments submitted within seven (7) days of the due time. Assignments submitted after seven days will **not** be accepted for marking, except with documentation to show a confirmed personal illness or a death in her/his immediate family.
- 3) There will be no make-up mid-term test for a student who has missed a test, except with documentation to show a confirmed personal illness or a death in her/his immediate family.

Specific Course Policies:

For mark components of 10% or higher, any student who misses these requirements can request accommodation from the academic counsellors on medical or non-medical grounds with proper documentation submitted. The academic counsellors will then make the request for accommodation to the faculty as necessary.

Food and Culture LAB

LAB

- 1 Introduction to lab practices and procedures, and cuisine project
- 2 Cuisine Project 1
- 3 Cuisine project 2
- 4 Presenting research project- groups 1 & 2
- 5 Cuisine project 3
- 6 Cuisine project 4
- 7 Presenting research project- groups 3 & 4
- 8 Cuisine project 5
- 9 Cuisine project 6
- 10 Presenting research project- groups 5 & 6
- 11 Cuisine project 7
- 12 Cuisine project 8
- 13 Presenting research project- groups 7 and 8

BRESCIA UNIVERSITY COLLEGE ACADEMIC POLICIES AND REGULATIONS

1. POLICY REGARDING MAKEUP EXAMS AND EXTENSIONS OF DEADLINES

When a student requests academic accommodation (e.g., extension of a deadline, a makeup exam) for work representing 10% or more of the student's overall grade in the course, it is the responsibility of the student to provide acceptable documentation to support a medical or compassionate claim. All such requests for academic accommodation **must** be made through an Academic Advisor and include supporting documentation. Academic accommodation on medical grounds will be granted only if the documentation indicates that the onset, duration and severity of the illness are such that the student could not reasonably be expected to complete her academic responsibilities. Appropriate academic accommodation will be determined by the Dean's Office in consultation with the student's instructor(s). Please note that personal commitments (e.g., vacation flight bookings, work schedule) which conflict with a scheduled test, exam or course requirement are not grounds for academic accommodation.

A UWO Student Medical Certificate (SMC) is **required** if a student is seeking academic accommodation on medical grounds. This documentation should be obtained at the time of the initial consultation with the physician/nurse practitioner or walk-in clinic. A SMC can be downloaded under the Medical Documentation heading of the following website: <https://studentservices.uwo.ca/secure/index.cfm>. If it is not possible to have an SMC completed by the attending physician/nurse practitioner, the student must request documentation sufficient to demonstrate that her ability to meet academic responsibilities was seriously affected. Please note that under University Senate regulations documentation stating simply that the student "was seen for a medical reason" or "was ill" is **not** adequate to support a request for academic accommodation. All documentation is to be submitted to an Academic Advisor.

Whenever possible, requests for academic accommodation should be initiated in advance of due dates, examination dates, etc. Students must follow up with their professors and Academic Advisor in a timely manner.

The full statement of University policy regarding extensions of deadlines or makeup exams can be found at <http://www.westerncalendar.uwo.ca/2013/pg117.html>

2. ACADEMIC CONCERNS

If you feel that you have a medical or personal problem that is interfering with your work, contact your instructor and Academic Advisor as soon as possible. Problems may then be documented and possible arrangements to assist you can be discussed at the time of occurrence rather than on a retroactive basis. Retroactive requests for academic accommodation on medical or compassionate grounds may not be considered.

If you think that you are too far behind to catch up or that your work load is not manageable, you should consult an Academic Advisor. If you consider reducing your workload by dropping one or more courses, this must be done by the appropriate deadlines (refer to the Registrar's website, www.registrar.uwo.ca, for official dates). You should consult with the course instructor and the Academic Advisor who can help you consider alternatives to dropping one or more courses. *Note that dropping a course may affect OSAP eligibility and/or Entrance Scholarship eligibility.*

The Dean may refuse permission to write the final examination in a course if the student has failed to maintain satisfactory academic standing throughout the year or for too frequent absence from the class or laboratory.

3. ABSENCES

Short Absences: If you miss a class due to a minor illness or other problems, check your course outline for information regarding attendance requirements and make sure you are not missing a test or assignment. Cover any readings and arrange to borrow notes from a classmate. Contact the course instructor if you have any questions.

Extended Absences: If you have an extended absence, you should contact the course instructor and an Academic Advisor. Your course instructor and Academic Advisor can discuss ways for you to catch up on missed work and arrange academic accommodations, if appropriate.

4. POLICY ON CHEATING & ACADEMIC MISCONDUCT

Students are responsible for understanding the nature of and avoiding the occurrence of plagiarism and other academic offences. Students are urged to read the section on Scholastic Offences in the Academic Calendar. Note that such offences include plagiarism, cheating on an examination, submitting false or fraudulent assignments or credentials, impersonating a candidate, or submitting for credit in any course without the knowledge and approval of the instructor to whom it is submitted, any academic work for which credit has previously been obtained or is being sought in another course in the University or elsewhere. Students are advised to consult the section on Academic Misconduct in the Western Academic Calendar.

If you are in doubt about whether what you are doing is inappropriate or not, consult your instructor, the Student Services Centre, or the Registrar. A claim that "you didn't know it was wrong" is not accepted as an excuse.

The penalties for a student guilty of a scholastic offence (including plagiarism) include refusal of a passing grade in the assignment, refusal of a passing grade in the course, suspension from the University, and expulsion from the University.

Plagiarism:

Students must write their essays and assignments in their own words. Whenever students take an idea or a passage from another author, they must acknowledge their debt both by using quotation marks where appropriate and by proper referencing such as footnotes or citations. Plagiarism is a major academic offence (see Scholastic Offence Policy in the Western Academic Calendar).

All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between The University of Western Ontario and Turnitin.com.

Computer-marked Tests/exams:

Computer-marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating. Software currently in use to score computer-marked multiple-choice tests and exams performs a similarity review as part of standard exam analysis.

5. PROCEDURES FOR APPEALING ACADEMIC EVALUATIONS

All appeals of a grade must be directed first to the course instructor. If the student is not satisfied with the decision of the course instructor, a written appeal signed by the student must be sent to the Department Chair. If the response of the department is considered unsatisfactory to the student, she may then submit a signed, written appeal to the Office of the Dean. Only after receiving a final decision from the Dean may a student appeal to the Senate Review Board Academic. A Guide to Appeals is available from the Ombudsperson's Office, or you can consult an Academic Advisor. Students are advised to consult the section on Academic Rights and Responsibilities in the Western Academic Calendar.

6. PREREQUISITES AND ANTIREQUISITES

Unless you have either the prerequisites for a course or written special permission from your Dean to enroll in it, you will be removed from the course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites.

Similarly, you will also be deleted from a class list if you have previously taken an antirequisite course unless this has the approval of the Dean. These decisions may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course because you have taken an antirequisite course.

7. SUPPORT SERVICES

The Brescia University College Registrar's website, with a link to Academic Advisors, is at http://www.brescia.uwo.ca/academics/registrar_services/index.html. The Western Registrar's website is at <http://www.registrar.uwo.ca/index.cfm>. The website for the Student Development Centre at Western is at <http://www.sdc.uwo.ca/>. Students who are in emotional/mental distress should refer to Mental Health @ Western <http://www.uwo.ca/uwocom/mentalhealth/> for a complete list of options about how to obtain help.

Portions of this document were taken from the Academic Calendar, the Handbook of Academic and Scholarship Policy and the Academic Handbook of Senate Regulations. This document is a summary of relevant regulations and does not supersede the academic policies and regulations of the Senate of the University of Western Ontario.