

NTS M07: CULTURAL FOODS

Originator

clee

Co-Contributor(s)
Name(s)

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College

Moorpark College

Discipline (CB01A)

NTS - Nutritional Science

Course Number (CB01B)

M07

Course Title (CB02)

Cultural Foods

Banner/Short Title

Cultural Foods

Credit Type

Credit

Start Term

Spring 2020

Catalog Course Description

Evaluates the historical and cultural aspects of traditional and contemporary food habits of Native Americans, European Americans, African Americans, Asian Americans, and Hispanic Americans. Examines the influence of industry, technology, politics, the economy, and religion on food patterns. Reviews the role of ethnic families, their therapeutic uses of food, and their nutrition education practices.

Taxonomy of Programs (TOP) Code (CB03)

1306.00 - *Nutrition, Foods, and Culinary Arts

Course Credit Status (CB04)

D (Credit - Degree Applicable)

Course Transfer Status (CB05) (select one only)

A (Transferable to both UC and CSU)

Course Basic Skills Status (CB08)

N - The Course is Not a Basic Skills Course

SAM Priority Code (CB09)

D - Possibly Occupational

Course Cooperative Work Experience Education Status (CB10)

N - Is Not Part of a Cooperative Work Experience Education Program

Course Classification Status (CB11)

Y - Credit Course

Educational Assistance Class Instruction (Approved Special Class) (CB13)

N - The Course is Not an Approved Special Class

Course Prior to Transfer Level (CB21)

Y - Not Applicable

Course Noncredit Category (CB22)

Y - Credit Course

Funding Agency Category (CB23)

Y - Not Applicable (Funding Not Used)

Course Program Status (CB24)

1 - Program Applicable

General Education Status (CB25)

Y - Not Applicable

Support Course Status (CB26)

N - Course is not a support course

Field trips

Will not be required

Grading method

Letter Graded

Alternate grading methods

Student Option- Letter/Pass
Pass/No Pass Grading

Does this course require an instructional materials fee?

No

Repeatable for Credit

No

Is this course part of a family?

No

Units and Hours

Carnegie Unit Override

No

In-Class

Lecture

Minimum Contact/In-Class Lecture Hours

52.5

Maximum Contact/In-Class Lecture Hours

52.5

Activity

Laboratory

Total in-Class

Total in-Class

Total Minimum Contact/In-Class Hours

52.5

Total Maximum Contact/In-Class Hours

52.5

Outside-of-Class

Internship/Cooperative Work Experience

Paid

Unpaid

Total Outside-of-Class

Total Outside-of-Class

Minimum Outside-of-Class Hours

105

Maximum Outside-of-Class Hours

105

Total Student Learning

Total Student Learning

Total Minimum Student Learning Hours

52.5

Total Maximum Student Learning Hours

52.5

Minimum Units (CB07)

3

Maximum Units (CB06)

3

Advisories on Recommended Preparation

BIOL M01, BIOL M02A, BIOL M02AH, or PSY M14

Student Learning Outcomes (CSLOs)

Upon satisfactory completion of the course, students will be able to:	
1	identify cultural food patterns, values, cultures, traditions, health beliefs, and nutrition practices of various world populations.
2	analyze map of the prevalence of government assistance nutrition programs.

Course Objectives

Upon satisfactory completion of the course, students will be able to:	
1	assess the role of culture on food habits, the physical and social need for food, mealtime practices, and health status among ethnic groups.
2	evaluate the history of immigration and settlement patterns of various ethnic groups and their food practices and compare these patterns to current demographics.
3	analyze the industrial, technological, economical, and political influences on immigration and the nutritional needs of various ethnic groups.
4	assess the effect of climate and geographical conditions on food availability prior to immigration.
5	evaluate the role of the family in various ethnic groups and the traditional health beliefs and practices.
6	compare and contrast traditional food habits, including: ingredients and common foods, meal composition and cycle, the role of food in the society, and the therapeutic uses of food in various ethnic groups.
7	compare and contrast the contemporary food habits in the United States, adaptations of food habits, and nutritional status of various ethnic groups.
8	appraise worldwide traditional health beliefs and practice, cultural definitions of disease, illness and sickness, and healing practices.
9	appraise the major Western and Eastern religious food laws, holidays, and feasting and fasting practices.
10	describe intercultural nutritional counseling skills, nutrition assessment, nutrition education, and implementation strategies.

- 11 analyze how America has “Westernized” other countries and their cuisines.
- 12 evaluate the epidemiological research outlining the role of diet and degenerative disease in various ethnic groups.

Course Content

Lecture/Course Content

1. (5%) Role of Culture on Food Habits

- Physical and Social Needs for Food
- Mealtime Practices
- Health Status Among Ethnic Groups

2. (5%) Epidemiological Research

- Effect of a Culture’s Diet on Disease

3. (5%) Impact of American Cuisine on Other Countries’ Cuisine

4. (5%) Nutrition Communication

- Counseling Skills
- Nutrition Assessment
- Nutrition Education and Implementation Strategies

5. (5%) Major Western and Eastern Religions

- Food Laws
- Holidays
- Feasting and Fasting Practices

6. (5%) Traditional Health Care of Various Ethnic Groups

- Health Beliefs and Practices
- Definition of Diseases and Illnesses
- Healing Practices

7. (20%) Contemporary Food Habits

- Adaptations to Food Habits
- Nutritional Status of Ethnic Groups

8. (25%) Traditional Food Habits

- Ingredients and Common Foods
- Meal Composition and Cycles
- Role of Food in Society
- Therapeutic Uses of Food

9. (5%) The Role of the Family

- Traditional Health Beliefs and Practices

10. (5%) Food Availability Prior to Immigration

- Weather and Climate
- Geographical Conditions

11. (10%) Influences on Immigration and Nutritional Needs

- Industry
- Technology
- The Economy
- Politics

12. (5%) History of Food Cultures

- Immigration and Settlement Patterns
- Current Demographics

Laboratory or Activity Content

Not applicable.

Methods of Evaluation

Which of these methods will students use to demonstrate proficiency in the subject matter of this course? (Check all that apply):

Written expression

Methods of Evaluation may include, but are not limited to, the following typical classroom assessment techniques/required assignments (check as many as are deemed appropriate):

- Classroom Discussion
- Essay exams
- Objective exams
- Oral presentations
- Projects
- Participation

Reports/Papers/Journals

Instructional Methodology

Specify the methods of instruction that may be employed in this course

Computer-aided presentations
 Class activities
 Class discussions
 Distance Education
 Field trips
 Group discussions
 Lecture
 Other (specify)
 Small group activities

Specify other method of instruction

Video clips, map analysis

Describe specific examples of the methods the instructor will use:

The instructor will lecture using a PowerPoint presentation. For the online setting, PowerPoint presentation slides may include an audio component or a text narrative. Video clips may also be utilized. The instructor may also utilize professional perspectives to convey course material.

Representative Course Assignments

Writing Assignments

1. Complete worksheets provided in class.
2. Write a description of the food habits of a selected culture, including meal times, common or traditional food choices, and snacks.
3. Write short essays on exams.

Critical Thinking Assignments

1. Interpret the significance of one of your childhood food memories, highlighting what it might reveal about your enculturation into particular food cultures.
2. Examine the social and cultural dynamics of an "eating event" that you or your friends engage in.
3. Analyze the cultural importance of a family recipe.

Reading Assignments

1. Read assigned content from the textbook that addresses the effect of climate and geographical conditions on food availability prior to immigration.
2. Read an article about a traditional health belief or practice, and share information learned during a class discussion.

Outside Assignments

Representative Outside Assignments

1. Visit a restaurant offering ethnic cuisine and describe the traditional and Westernized food culture involved there.
2. Participate in a community project assessing cultural relevance of the Women, Infant, and Child (WIC) program.
3. Attend and summarize a nutrition-related workshop or seminar during Multicultural Day or Earth Day.

Articulation

Equivalent Courses at 4 year institutions

University	Course ID	Course Title	Units
Cal Poly Pomona	NTR 2280	Food and Culture	3
Cal Poly San Luis Obispo	FSN 250	Food and Nutrition: Customs and Culture	4
San Diego State	NUTR 203	Cultural Aspects of Food and Nutrition	2
CSU East Bay	HOS 297	Food & Culture	3
CSU Fresno	nutr 170	Food and Culture	3

Equivalent Courses at other CCCs

College	Course ID	Course Title	Units
Santa Monica College	NUTR 7	Food and Culture	3
Palomar College	NUTR 120	Food and Culture	3
Mount San Antonio College	NF 28	Cultural and Ethnic Foods	3

District General Education**A. Natural Sciences****B. Social and Behavioral Sciences****B2. Social and Behavioral Sciences**

Approved

C. Humanities**D. Language and Rationality****E. Health and Physical Education/Kinesiology****E1. Health Education**

Approved

F. Ethnic Studies/Gender Studies**F. Ethnic Studies/Gender Studies**

Approved

Course is CSU transferable

Yes

CSU Baccalaureate List effective term:

Fall 2015

CSU GE-Breadth**Area A: English Language Communication and Critical Thinking****Area B: Scientific Inquiry and Quantitative Reasoning****Area C: Arts and Humanities****Area D: Social Sciences****D Social Sciences**

Approved

Area E: Lifelong Learning and Self-Development**E Lifelong Learning and Self-Development**

Approved

CSU Graduation Requirement in U.S. History, Constitution and American Ideals:**UC TCA****UC TCA**

Approved

IGETC**Area 1: English Communication****Area 2A: Mathematical Concepts & Quantitative Reasoning****Area 3: Arts and Humanities****Area 4: Social and Behavioral Sciences****Area 4: Social and Behavioral Sciences**

Approved

Area 5: Physical and Biological Sciences**Area 6: Languages Other than English (LOTE)****Textbooks and Lab Manuals****Resource Type**

Textbook

DescriptionMcWilliams, Margaret. *Food Around the World: A Cultural Perspective*. 4th ed., Pearson, 2014.**Resource Type**

Textbook

DescriptionKittler, Pamela, Kathryn Sucher, and Marcia Nelms. *Food and Culture*. 7th ed., Cengage Learning, 2016.**Resource Type**

Textbook

DescriptionNestle, Marion, and Michael Pollan. *Food Politics: How the Food Industry Influences Nutrition and Health*. Rev. and Exp. 10th ed., University of California, 2013.**Library Resources****Assignments requiring library resources**

Research, using the Library's print and online resources for papers and essays.

Sufficient Library Resources exist

Yes

Example of Assignments Requiring Library Resources

Research, using the Library's print and online resources, articles from journals on such topics as the food habits of various cultures. Compare and contrast similarities and differences.

Distance Education Addendum**Definitions****Distance Education Modalities**

Hybrid (51–99% online)

Hybrid (1–50% online)

Faculty Certifications

Faculty assigned to teach Hybrid or Fully Online sections of this course will receive training in how to satisfy the Federal and state regulations governing regular effective/substantive contact for distance education. The training will include common elements in the district-supported learning management system (LMS), online teaching methods, regular effective/substantive contact, and best practices.

Yes

Faculty assigned to teach Hybrid or Fully Online sections of this course will meet with the EAC Alternate Media Specialist to ensure that the course content meets the required Federal and state accessibility standards for access by students with disabilities. Common areas for discussion include accessibility of PDF files, images, captioning of videos, Power Point presentations, math and scientific notation, and ensuring the use of style mark-up in Word documents.

Yes

Regular Effective/Substantive Contact

Hybrid (1%–50% online) Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	Announcements/news posts that correspond with content or assignment deadlines or other items of course interest. Threaded discussion boards, with instructor participation to generate student conversation or correct erroneous statements.
E-mail	Email communication for welcome, updates, or private communication.
Other DE (e.g., recorded lectures)	Assignment feedback. Instructor-prepared introductions or presentation of the content in powerpoint, written, or audio form.

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Examinations

Hybrid (1%–50% online) Modality

On campus

Hybrid (51%–99% online) Modality

Online

On campus

Primary Minimum Qualification

NUTRITIONAL SCIENCE/DIETETICS

Review and Approval Dates

Department Chair

09/26/2019

Dean
09/26/2019

Technical Review
10/17/2019

Curriculum Committee
MM/DD/YYYY

DTRW-I
MM/DD/YYYY

Curriculum Committee
MM/DD/YYYY

Board
MM/DD/YYYY

CCCCO
MM/DD/YYYY

Control Number
CCC000452507

DOE/accreditation approval date
MM/DD/YYYY