

FCS 150: Cultural Nutrition
Palomar College ONLINE Course

<http://www.palomar.edu>

<http://www.palomar.edu/pconline/>

Spring 2008 – section 31192

Class Syllabus and Policies

Instructor: Janice D. Schultz, MS, RD

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(please identify yourself as a FCS150 ONLINE student in the subject line of all email to instructor)

Required Texts:****

1. Kittler, Pamela G. and Sucher, Kathryn P. **Food and Culture, 5th Edition. 2008.** Wadsworth/Thomson Learning: Stamford, CT.
2. [Editor] Sterling, Richard. **Food: Traveler's Tales Collection.** 2002. Publishers Group West: Berkeley,CA ISBN 1-885211-77-5.

*****Weekly readings from the text provide the foundation for all coursework and online activities.*****

Recommended and Other Readings as Assigned or Suggested via the Course BlackBoard site.

Scope of Course:

Regional, ethnic, cultural, religious, historical and social influences on food patterns are explored. The influences of socioeconomic class, gender, and age as related to diet, health, and disease are also presented. Food as an expression of cultural diversity, traditional foods of geographic areas and cultures, and geographic factors affecting food availability and production are considered.

Course Objectives

Successful students will:

1. Demonstrate an awareness of cultural bias and how this might affect relationships with clients (customers, employees, or patients) of various ethnic backgrounds.
2. Demonstrate an awareness of and sensitivity to one's own cultural nutritional heritage and values.
3. Identify cultural food patterns of various regions and countries of the world and the impact of those patterns on subsequent generations.
4. Delineate examples of how historical events and geography impact the foodways of cultural or ethnic groups.
5. Apply knowledge of cultural food influences to study and understanding of the Food Guide Pyramid and other nutritional guidance models.
6. Appreciate the relationship between culture/ ethnicity and some nutritionally responsive disease patterns.
7. Relate how cultural sensitivity may alter menu planning or nutrition education for individuals or groups.
8. Describe some of the consequences of globalization of foods.

Class Policies

Online format presents some interesting and unique challenges and opportunities.

First, each student needs ready access to a personal computer and at least working knowledge and abilities with email, establishing Internet connections to the Course Website (via Palomar's BlackBoard course management system), and the ability to attach, send, and download documents. Student readiness for online learning is available by completing a survey and self-evaluation document at the beginning of the course.

Second, establishment of learner identity and feelings of community enhance satisfaction of participants. To help gain acquaintance and familiarity, students are encouraged to create a brief student homepage on the BlackBoard site during the first week of class. To further facilitate feelings of classroom community, each student is required to participate (respond via the discussion board) to various instructor-posted questions or prompts.

Reading assignments and participation on a weekly basis form a foundation for success. Students cannot successfully accomplish course goals and objectives without active involvement through-out the semester. Further expectations are outlined here (below) in course requirements.

Course Requirements

| Requirement / assignment | Due Date | Points Possible | Your Score |
|---------------------------------|-----------------------|------------------------|-------------------|
| Quizzes (4) | (see weekly schedule) | 20 pts ea x 4 | |

| | | | |
|--------------------------------|-------------------------------------|-----------------|--|
| Mid-Term Exam | (week 8) | 100 pts. | |
| Individual Writing Assignment | (on or before Mar 19th) | 100 pts. | |
| Critical Review Paper | (on or before May 7 th) | 100 pts. | |
| Final Exam | (see schedule) | 100 pts. | |
| Participation | Weekly | 120 pts. | |
| Total Points for Course | | 600 pts. | |

Final Grades are assigned according to the following scale:

Points Letter Grade

550 – 600 A

480 - 549 B

420 – 479 C

360 – 419 D

359 or less F

Brief Explanation of Assignments / Projects

and Notes about Online Quizzes and Exams

Individual Writing Assignment--Topics and evaluation criteria will be posted on the BlackBoard site.

Critical Review Paper – Further information will be available on the course BlackBoard site.

Timely completion of online quizzes and exams is imperative, and weekly participation in Discussion Board topics determines participation grade.

Tentative Weekly Schedule - subject to some adjustments as directed by the instructor. The course is structured for weekly participation by students: the course is NOT self-paced. Deadlines and due dates may be fluid, so **frequently checking-in to the course BlackBoard site for announcements (minimum of weekly) AS WELL AS reading and planning ahead are encouraged for optimum time management.**

| We ek | Date | Topic | TEXT | Other /Participation /N |
|----------|------------|---------------------------------|---------------|---------------------------|
| 1 | 23- Jan | Food & Culture | Ch 1 | Are you Ready? (do sur |
| | | | | Student HomePage & B |
| | | | | Try New Food - Discuss |
| 2 | 30- Jan | Trad Health Practices & Beliefs | Ch 2 | |
| | | | | |
| 3 | 6-Feb | Intercultural Communication | Ch3 | Quiz 1 over Ch 1-3 |
| | | Quiz 1 over Ch 1-3 | | Individual Writing Assign |
| 4 | 13- Feb | Food and Religion | Ch 4 + others | |
| | | | | |
| 5 | 20- Feb | Quiz 2 over Ch 4 | | Quiz 2 over Ch 4 + othe |
| | | | | |
| 6 | 27- Feb | Africans | Ch 8 | |
| | | | | |
| 7 | 5-Mar | Mexicans & Central Americans | Ch 9 | |
| | | | | |
| 8 | 12- Mar | Midterm Exam | | MidTerm Over Ch 1-4, 8 |
| | | | | all info to date |

| | | | | |
|----|--------|---------------------------------|------------------|-------------------------------|
| 9 | 19-Mar | Chinese, Japanese & Koreans | Ch 11 | |
| | | SE Asians & Pac Islanders | Ch 12 | |
| 10 | 26-Mar | SPRING BREAK | | |
| | | | | |
| 11 | 2-Apr | Greek & Middle Easterners | Ch 13 | |
| | | Quiz 3 over Ch 11-13 | | Critical Review Projects |
| 12 | 9-Apr | Asian Indians & Pakistanis | Ch 14 | |
| | | | | |
| 13 | 16-Apr | Critical Review (CR) Work | As announced | |
| | | | (Ch 6 + 7 focus) | |
| 14 | 23-Apr | Regional Americans & | Ch 15 | |
| | | Native Americans | Ch 5 | |
| 15 | 30-Apr | Critical Review Project Work | As announced | Quiz 4 over Ch 15, Ch 5 |
| | | Quiz 4 | (Ch 6 + 7) | |
| 16 | 7-May | All CR Papers due | | |
| | | | | |
| 17 | 14-May | Review and Final Ex Prep | | Final Exam available T |
| | | "Virtual PotLuck" party + | | Complete by 12Noon |
| | | Course evaluations | | |
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