

WORLD FOOD CUSTOMS AND NUTRITION – 11:709:363

Spring 2014

Tuesday & Thursday: 2:15 - 3:35 pm

Davison Hall, Room 122

Nurgül Fitzgerald, PhD, MS, RD

Department of Nutritional Sciences

26 Nichol Ave

Davison Hall, Room 229A

Phone: (732) 932-3835

nurgul.fitzgerald@rutgers.edu

Office Hours: By appointment

COURSE DESCRIPTION:

An examination of cultural and food intake characteristics of people from various racial/ethnic and regional backgrounds around the world. Food, nutrition, and health will be explored as the integral parts of culture.

COURSE OBJECTIVES:

1. To become familiar with the cultural and food intake characteristics of people from various racial/ethnic and regional backgrounds around the world;
2. To recognize different cultural communication styles and worldviews;
3. To be able to discuss the connections between culture and food, nutrition, and health.

TEXTBOOK:

Kittler, Sucher, and Nelms. *Food and Culture*, 6th Edition, Wadsworth, Cengage Learning. 2012.

COURSE GRADING:

Class Participation:	20% or 80 points
Presentation:	25% or 100 points
Local Foods Project:	20% or 80 points
Mini Essay:	10% or 40 points
Mid-term Quiz:	10% or 40 points
Final Exam:	15% or 60 points
Total:	100% or 400 points

A :	360-400 points
B+:	359-350 points
B:	349-325 points
C+:	324-310 points
C:	309-280 points
D:	279-250 points
F:	249 points or less

COURSE SCHEDULE*		
DATES	TOPICS	READINGS
1/21 1/23	Introduction-Course Outline Culture and food intake	Chapter 1
1/28 1/30	Culture and food intake Culture and health	Chapter 1 & 4 Chapter 2
2/4 2/6	Intercultural communication Intercultural communication	Chapter 3
2/11 2/13	Intercultural communication Country presentations	Chapter 3 ♦
2/18 2/20	Country presentations Country presentations	♦
2/25 2/27	Country presentations Country presentations	♦
3/4 3/6	Country presentations Country presentations	♦
3/11 3/13	Tastes around the world Midterm Quiz	
3/18, 3/20	No class - Spring recess	
3/25 3/27	Country presentations Country presentations	♦
4/1 4/3	Country presentations Country presentations	♦
4/8 4/10	Country presentations Country presentations	♦
4/15 4/17	USA – regional foods USA – race/ethnicity and health	Chapters 5 & 15
4/22 4/24	Food environment Food environment/local foods	
4/29 5/1	South America: Brazil by Dr. Hoffman Overview	
May 9, 2014	08:00-11:00 am - Final Exam in Davison Hall, Room 122	
* Schedule may change during the semester. ♦ Country presentation schedule and relevant reading materials are announced after the class begins. Please follow the changes in class and on the class (Sakai) website.		

Class Participation and Timeliness: Timely attendance and participation will affect your success in this course. A percentage of points will be deducted for missed class periods (or if you arrive after the attendance is taken or leave early). If you miss the class on the day of your oral presentation, you will lose percentage points for missing the class and your presentation grade points. Your participation in the classroom will be graded as well as your attendance. If you are late to turn in your written assignments, points will be deducted for each day of delay.

Group Project: You will work in groups to prepare an oral presentation on the food intake patterns, food customs, and common nutrition-related health problems of a specific population.

Local Foods Assignment: Hands-on (and on foot) exploration of local foods.

Mini Essay: You will be given a topic to explore and write a brief essay (about ½ to 1 page).

Mid-term quiz and final exam: Mostly multiple choice and some fill-in or match type questions.

Academic Integrity:

Violation of academic integrity will not be tolerated. Students sometimes do not realize what constitutes cheating or plagiarism. To protect yourself against potential violation and consequences such as failing grades, suspension, or being expelled, please read and comply with the Rutgers' Academic Integrity Policy at the Academic Integrity website:

<http://academicintegrity.rutgers.edu/academic-integrity-at-rutgers>; direct link to the policy: http://academicintegrity.rutgers.edu/files/documents/AI_Policy_2013.pdf .

Don't forget to check out the links to additional resources on this website to learn how to cite and reference other individuals' works.

Caution for Students with Food Allergies:

This course may involve food tasting activities in the classroom.