



ANTELOPE VALLEY COLLEGE

Academic Affairs  
Course Outline of Record

Academic Affairs Only

<input type="checkbox"/>	New Course
<input type="checkbox"/>	Effective Date (for articulation)
<input checked="" type="checkbox"/>	COR Revision 5/28/2009
<input checked="" type="checkbox"/>	Pre Req/Advisories 5/28/2009
<input type="checkbox"/>	Other Changes
<input checked="" type="checkbox"/>	SLOs 2/8/2008

**COURSE SUBJECT & NUMBER:** NF 150

**COURSE NAME:** \*Food and Culture

**COURSE UNITS:** 3 **COURSE HOURS:** 3 hours weekly

**COURSE REQUISITES:** *(Follow format of similar courses found in the college catalog.)*

Advisory: Eligibility for ENGL 099 and READ 099

**COURSE DESCRIPTION:** *(Write a short paragraph providing an overview of topics covered. Be sure to identify target audience--transfer, major, GE, degree/certificate, etc. If repeatable, state the number of times at end of description as (R#).*

This course is designed to study the culture and home life of varying populations. The study of each culture begins with a history of the group in its native environment then moves to its history and current demographics in the United States. Worldview is studied, including traditional foods, health practices and beliefs. Immigrant influence on American cooking, as well as impact on the health care system, will be analyzed and compared. Course includes sampling of foods from various cultures studied. The course will encourage self-examination and individual cultural identification as well as cultural bias of the student. It expands attitudes towards diversity and is essential for health care providers, food service professionals, dietitians and nutritionists. (CSU, AVC)

**COURSE OBJECTIVES:** *( Title 5 requires that courses show evidence of critical thinking skills. Use Bloom’s taxonomy to formulate concise, performance-based measurable objectives common to all students. Objectives must be closely aligned with course content, assignments, and methods of evaluation)*

**Upon completion of course, the successful student will be able to:**

1. Distinguish among food choices of various cultures and countries and adaptations of choices upon acculturation into a dominant culture.
2. Compare and contrast the resources, facilities and services that influence people of other cultures when choosing foods.
3. Demonstrate knowledge of the techniques, practices and gender role expectations utilized in planning, purchasing, and preparing food in cultures unfamiliar to the student.
4. Describe the relationship between food choices and health practices in other cultures.
5. Evaluate intercultural communication strategies that are successful when counseling ethnic populations regarding the nutritional adequacy of their personal diet

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**COURSE CONTENT:** *(Enter course content in terms of specific topics or a specific body of knowledge that each instructor must cover. Put topics in outline form with major and minor headings. Each instructor must cover all material listed below.)*

- I. Food and Culture
  - A. Food as Self Expression
  - B. Role of Culture in Food Habits
  - C. Nutrition and Food Habits
- II. Intercultural Communication
  - A. Worldview and research techniques
  - B. Cultural Definitions of Health
- III. Food and Religion
  - A. Western religions
  - B. Eastern religions
- IV. Native Americans
  - A. Cultural Perspective
  - B. Worldview
  - C. Traditional Food Habits
  - D. Contemporary Food Habits
  - E. Nutritional Status
- V. Northern and Southern Europeans
  - A. Cultural Perspective
  - B. Worldview
  - C. Traditional Food Habits
  - D. Contemporary Food Habits
  - E. Nutritional Status
- VI. Central Europeans, FSU, Scandinavians
  - A. Cultural Perspective
  - B. Worldview
  - C. Traditional Food Habits
  - D. Contemporary Food Habits
  - E. Nutritional Status
- VII. Africans
  - A. Cultural Perspective
  - B. Worldview
  - C. Traditional Food Habits
  - D. Contemporary Food Habits
  - E. Nutritional Status
- VIII. Mexicans and South Americans
  - A. Cultural Perspective
  - B. Worldview
  - C. Traditional Food Habits
  - D. Contemporary Food Habits
  - E. Nutritional Status
- IX. Chinese, Japanese, Koreans
  - A. Cultural Perspective
  - B. Worldview
  - C. Traditional Food Habits
  - D. Contemporary Food Habits
  - E. Nutritional Status
- X. Southeast Asian and Pacific Islanders
  - A. Cultural Perspective
  - B. Worldview
  - C. Traditional Food Habits
  - D. Contemporary Food Habits
  - E. Nutritional Status
- XI. Regional American Food
  - A. Northeast
  - B. Midwest
  - C. South
  - D. West
- XII. Intercultural Communication
  - A. Cultural Definitions of Health
  - B. Implications for Nutritional Counseling
  - C. Cultural Food Guide Pyramids

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**TYPICAL HOMEWORK ASSIGNMENTS: (Do not include in-class work, quizzes, or tests)**

*This information is necessary for all credit courses. Assignments should be closely related to course objectives, content, and methods of evaluation. (See sample of a “Model Outline” in the AP&P Standards & Practices Handbook.) Include a range of assignments (minimum of three) from which faculty may choose when designing their syllabus.*

**1. Describe nature and frequency of typical reading assignments if applicable; note if any are required:**

Students will be assigned 20 pages of reading material from the textbook as well as handouts each week outside of class in preparation for class discussion and lecture material. It is estimated that the student will spend two to three hours per week preparing for each class. Class lectures and discussions will directly follow reading assignments and are meant to support understanding and interpretation of reading assignment.

**2. Describe nature and frequency of typical writing assignments if applicable; note if any are required:**

Students will be required to write short answer explanations to some questions presented to them on quizzes. One three to five page paper will be required where the student must compare and contrast food practices and health beliefs of two different cultures. Students are held accountable for the quality of writing as well as accuracy of content. Internet search to obtain research data will be expected.

**3. Describe nature and frequency of typical computational assignments if applicable; note if any are required:**

Basic computational skills of addition, subtraction, multiplication and division either completed on their own or b use of a calculator will be required to successfully completed this course. Percentage must be calculated for computation of nutritional requirements.

**4. Describe other types of homework assignments that students may be asked to complete (oral presentations; special projects; visual/performing arts; etc); note if any are required:**

Students will demonstrate foods typical to a culture’s cuisine and provide an oral presentation of a selected culture.

*For categories 1-4 above, list the estimated hours per week it would take a student to complete assignments. Title 5 (section 55002) requires that each unit must be shown to require three hours of work per week by the student either in or out of class. Homework formula: 3 hours of class work times each unit of credit minus classroom hours equals required homework hours.*

**Reading Assignments:** 4

**Writing Assignments:** 1

**Computational Assignments:** 1

**Other Assignments:** 1

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**METHODS OF INSTRUCTION:** *(Methods must be consistent with content and appropriate to objectives; state in terms of what instructor will be doing in order to present course content to students: for example, lecture, demonstration, present audio/visual materials; facilitate group work, etc. Do not list specific instructional equipment.)*

Lecture and discussion

Audio Visual aids

Guest speakers

Oral presentation to include sampling of food from a selected culture

**METHODS OF EVALUATION:** *(These must be clearly related to course objectives and reflect course content and assignments in order to comply with Title 5 requirements. Describe what instructor will be looking for when evaluating various assignments and tests in order to determine whether students have met course objectives. Grades must be based on demonstrated proficiency in subject matter and determined, where appropriate, by essays, objective and essay tests, research papers or projects, problem solving exercises, or skills' demonstrations.)*

Quizzes – objective and short answer questions. (Objectives #1,4,and 5)

Written paper 3 – 5 pages using critical thinking skills to compare and contrast different cultures (Objectives #1 and 2)

Oral and written presentation of a selected culture to include sampling of food from culture and audio-visual aid (Objectives #1,2,3,and 4)

Written summary of Regional American fare (Objective #2)

Written assignment comparing and contrasting various communication techniques of selected ethnicities (Objectives #2,3, and 5)

Comprehensive Final Exam – short answer and objective type questions (Objective #1,2,4 and 5)

#### **Suggested Texts or Other Instructional Materials**

*(List several when possible; include title, author, publisher, date, and latest edition. If older than five years, provide brief rationale.)*

Kittler, Pamela and Sucher, Kathryn, Food and Culture, Fifth Edition, Thomson, California, 2008