

Nutrition and Culture HS 3130 Winter 2018

Instructor: Mrs. Barbara Main, RD
Office Hours: By appointment only (before/after class)
Room 3028 Human Health Building

Contact Information: Email main@oakland.edu *preferred
Work/daytime: 248-743-6513

Location/Time: Tues. 6:30- 9:50 PM
Human Health Building

Textbook: Food, Cuisine, and Cultural Competency for Culinary, Hospitality, and Nutrition Professionals. Edelstein, S. 2011.

Course Objectives:

Upon completion of this course the student will be able to:

- Critically evaluate the impact and influences on food practices and the human diet.
- Identify factors that influence current food practices including what, how, when and why we eat.
- Identify resources and skills needed to provide culturally competent health care.
- Objectively evaluate the role of food/body size plays in our culture surrounding selected topics.

Attendance and participation:

Attendance and participation in class are expected and count towards your final grade. Therefore, except for the exams, there is no formal attendance policy for the class. It is up to you to obtain notes or handouts from your classmates (NOT from me) that you miss due to absence. If an unavoidable absence is foreseen, the assignment due on the day of the absence may be submitted in advance in order to receive full credit.

Unforeseen absences are the responsibility of the student. The instructor is not required to accept late work, provide make-up of in-class assignments or tutoring on the material covered during the student's absence.

Make-up exams are permitted ONLY for students excused for: your severe illness, funerals of close family members, or legal proceedings at which you must appear. WRITTEN DOCUMENTATION OF THE ABSENCE IS REQUIRED.

Entering or leaving a class in progress is disruptive and should be avoided as much as possible. *When in class, please turn off your lap tops and switch cell phones to "silent" mode.*

Instructor reserves the right to offer extra credit/additional points during class without prior notice.

Grading Policy and Scale:

Home work assignments are expected to be submitted via Moodle. **Be sure to **submit** the assignment. ** Late assignments will not be accepted.

The FINAL GRADE will be determined by the scores earned on the following course requirements:

- In class assignments and Homework ~200 points
- Exams- 3 100 points each
- Point-Counterpoint Presentation 100 points
- Paper: No Guts...what now? 100 points

Exams are *not cumulative*. Questions will be taken from lecture material, in class discussions, Point Counter point presentations and videos. Questions will be multiple-choice, true-false and/or short answer.

Grading Scale:

A 100% 4.0	B 89% 3.5	C 79% 2.9	D 69% 1.9
99% 4.0	88% 3.5	78% 2.8	68% 1.8
98% 4.0	87% 3.4	77% 2.7	67% 1.7
97% 3.9	86% 3.4	76% 2.6	66% 1.6
96% 3.9	85% 3.3	75% 2.5	65% 1.5
95% 3.8	84% 3.3	74% 2.4	64% 1.4
94% 3.8	83% 3.2	73% 2.3	63% 1.3
93% 3.7	82% 3.2	72% 2.2	62% 1.2
92% 3.7	81% 3.1	71% 2.1	61% 1.1
91% 3.6	80% 3.0	70% 2.0	60% 1.0
90% 3.6			F<59% 0.0

Course outline

(Subject to change.)

Week and date	Topic	Text chapters & Supplemental Readings	In class activity	Homework assignment (due the following week)
Week 1 Jan 9	Food and Culture	Cultural Competency in Medical Education Cultural Competency Card Cultural Competence and Evidence Based Medicine	Evaluation of Food Habits	Evaluation of food habits worksheet and summary paragraph (20). Assessment of personal stereotyping website (any group except obesity) (10).

Week 2 Jan 16	Traditional Health Beliefs and Practices	Selected Health Traditions	Evaluation of therapeutic food use. Health Beliefs Activity (10)	Evaluation of therapeutic food use worksheet and summary. (15)
Week 3 Jan 23	Intercultural Communication and Health Literacy	Navigating Language Barriers Nutrition and Health Literacy Culturally Tailored Foods and Cardiovascular Disease Prevention	Cultural Communication Role playing Exercise (10) Review Point-Counter Point topics	
Week 4 Jan 30	Religion and Food Practices	Chapters 1-4 (41 pages) Prayer and Fasting with Diabetes	United Tastes of America Jewish video segment Spiritual Assessment of Health Traditions Worksheet (10)	Study for exam #1 Food Rights (20)
Week 5 Feb 6	Good to Eat Exam #1			Alternative protein sources (20).
Week 6 Feb 13	Europe	Chapters 11-19	10 most controversial foods (10) Point-Counter Point Group	Define "junk food" (20)
WINTER Break	No class 2/20/18			
Week 7 Feb 27	Finish Europe & Acculturation		Point-Counter Point Group:	Market Assignment (20)
Week 8 Mar 6	Asia & Agricultural Revolution	Chapters 20-24 Chapters 25-28	Point-Counter Point Group	Study for exam #2
Week 9 Mar 13	Central America Exam #2	Chapters 37-40 Chapter 7 Mexico		No Guts...what now? (100)

Week 10 Mar 20	South America	Chapters 41-43	Point-Counter Point Group Cookbook review (10)	
Week 11 Mar 27	Middle East Video: What's Cooking?"	Chapters 47-52	In class: Identify the stereotypes portrayed in the video. (15) Point-Counter Point Group	
Week 12 April 3	Africa Video: Soul Food Junkie.	Chapters 29-36	Point-Counter Point Group	Assessment of personal stereotyping website-obesity. (10)
Week 13 April 10	Weight bias The Weight of the Nation video	Obesity Stigma Journal Articles on moodle.	Point-Counter Point Group In class: Child abuse? (10)	
Week 14 April 17	TBD-Make Up Week			
April 24 Final exam (not cumulative)	Exam #3			<i>Enjoy your Summer/Break!</i>