

NUTR 210 Food and Culture
Winter 2022-2023
Online

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Welcome:

I am glad to have the opportunity for sharing knowledge with each and every one of you. I will strive for our class to be a dynamic learning environment, and to encourage and empower your capabilities in pursuit of your educational and career goals.

Bio:

I originally came to the field of nutrition out of a desire to learn more about fueling my body for healthy living. Today, I focus on individuals and groups and the food choices they make – the whys and the what of different people and places. In addition, I'm interested in learning how to help people make changes in their behaviors, particularly related to eating and movement, that will promote health and prevent disease.

Teaching Philosophy:

This class is about experience. Please use this opportunity to both learn what “fits” for you and to branch out beyond this border. There is a whole world of food and related cultural practices to explore. Use this course as your jumping off point.

Communicating with the instructor:

The best way to communicate with me is through email.

- Typical response time to student emails is within 24 hours.
- It is very likely that I won't be able to respond to emails on the holidays (Christmas, New Year's Eve).
- To better assist you, please NUTR 210 in the subject line and your name in the body of your email.

SIUE recognizes the inherent dignity of all individuals and promotes respect for all people. As such, SIUE is committed to providing an environment free of all forms of discrimination including sexual and gender-based discrimination, harassment, and violence like sexual assault, intimate partner violence, and stalking. If you (or someone you know) has experienced these types of behaviors, know that you are not alone. Resources and support are available: you can learn more at siue.edu/eoa and siue.edu/sexual-assault. Please know that if you choose to confide in us, we are mandated by the University to report to the Title IX Coordinator, as we want to be sure you are connected with all the support the University can offer. You do not need to respond to outreach from the university if you do not want to.

*You can also make a report yourself, including an anonymous report, through the form at <https://www.siue.edu/eoa/reporting-options-resources/report-an-incident.shtml>.

About the Course:

Course Description:

Cultural beliefs and practices are important to groups, with those related to food being among the most prominent. Food-related practices function to create social unity, but also to distinguish cultures. With the melding of different cultures within this country, these traditions begin to cross lines. This course is structured so that students will experience concepts of cultural beliefs and practices through cooking and learning. Cooking and eating together is both a tool for understanding concepts and a means for teaching us how to cooperate and engage with other communities. Along the way, we will consider food as a symbol, food as a marker of social hierarchy and individual identity, food as a part of religious and moral practices, and food as a part of migration and movement. Reading, lecture, and discussion will broaden and deepen the understanding gained through labs and vice versa.

ACEND Core Knowledge Objectives (KRDN)

KRDN 1.3 Apply critical thinking skills.

KRDN 2.1 Demonstrate effective and professional oral and written communication and documentation.

KRDN 2.6 Demonstrate cultural humility, awareness of personal biases and an understanding of cultural differences as they contribute to diversity, equity and inclusion.

Course Objectives:

- To increase our understanding of how an individual's behaviors are shaped by the food ways of their religion, family traditions, economics, politics, and the social and historical meanings of food and food related behaviors of other cultures, and the way these patterns influence food consumption patterns among each other
- To increase knowledge about the evolutionary and biological basis of the human diet
- To increase knowledge of globalization on food selection and health
- To learn about how the culture of food attitudes and behaviors affect counseling strategies of health care professionals
- To help us recognize how our own food habits result from meeting biological requirements within a cultural context

Required Text:

McWilliams, M. 2015. Food Around the World, 4th Ed. Pearson. New York, NY.

Course Requirements:

The important components of this course include sharing of food traditions, discussions, and class activities that occur in and outside of the classroom. Evaluation of student performance will be based upon completion of the following assignments:

#1 **Syllabus Quiz.** I would like to be sure you're aware of the expectations and happenings of this course. The link to this quiz can be found in the [Course Materials](#) tab. You are able to retake this quiz until you receive 100%. **This will be a great way to start off with a great grade.**

#2 **Food Diary and Reflection** will not only focus on the food you eat, but also the context in which these foods are eaten. You'll maintain a personal journal of foods eaten and the circumstances in which they are consumed for a specified amount of time. Note the kinds of food, the times they were consumed, what activity accompanied food consumption and the social context – what kinds of interactions occurred. A final summary of your observations and lessons learned will accompany your food journal. Additional details are provided on the assignment directions on blackboard.

#3 **Choice Activity Paper** will be your opportunity to choose a cultural exploration for yourself/on your own. Additional details will be provided on blackboard.

#4 **International Market Assignment** directions can be found on blackboard.

#5 **Lab Experiences** will consist of preparation and discussion of foods from two of the cultures we will be studying throughout the term. You will select one dish from each of the cultures to prepare and critique. Additional instructions can be found on blackboard.

#6 **Quizzes:** There will be 9 short (5-10 question) quizzes based on assigned readings to help prepare you to participate in corresponding class discussions. These quizzes will be completed online and are due by 11:59pm on the date due.

#7 **Journal Entries:** There will be 5 journal entries related to the course materials and activities. For each entry, you will be provided a thought question/prompt to get you started on analysis of the topic.

Points

Assignment	Points	Points Earned
Syllabus Quiz	10	
Food Diary and Reflection	30	
Choice Activity Paper	30	
International Market Assignment	30	
Lab Experiences (2)	60	
Quizzes (9)	90	
Journal Entries (5)	75	
Total Points Possible	325	

Grading Scale: *If any of the class assignments are unclear, it is the student's responsibility to discuss and clarify expectations as soon as possible.*

Points	Percentage	Grade
> 292.5	90-100%	A
260 – 292.4	80-89%	B
227.5 – 259.9	70-79%	C
195 – 227.4	60-69%	D
< 195	<60%	F

Class Expectations:

Assigned Readings: Students are expected to read the assigned textbook and other readings **before** completing other work for the unit. While students are responsible for all assigned materials, lectures, assignments, and journal entries will only cover selected topics related to the readings.

Blackboard: All course materials, assignments, and grades will be posted on Blackboard. It is the student's responsibility to check Blackboard regularly for announcements, handouts, discussions, and assignment instructions. If you have never used Blackboard before, please see the instructor.

Participation & Attendance Policy: Attendance, meaning checking and submitting work on blackboard and viewing course content, including videos, is necessary and required. Students should make every effort to contact the instructor should periods away from course content be necessary, and make up any work or activities covered in class as soon as possible.

Online class behavior

- ✓ **Reflect** before you post an emotional journal entry and reread what you have written to be sure it is professional. Communicate as if your comments are printed in a newspaper.
- ✓ **Communicate** effectively.
 - Do not use all caps or multiple punctuation marks (!!!, ???, etc.).
 - Be sure to define or explain acronyms, jargon or uncommon terms so everyone can understand.
- ✓ **Be constructive.** Challenge ideas and the course content, but do so in positive ways. It's fine to disagree, but when done in a thoughtful manner, you have more opportunity to grow and to demonstrate that growth.

Written Materials/Assignments: There will be a variety of written assignments to complete throughout the term (described above). Additional guidelines as well as grading rubrics are available on Blackboard. Should additional clarification be necessary, it is the student's responsibility to discuss such issues with the instructor as early as possible, but certainly *prior* to the date the assignment is due.

Late Work: It is in your best interest to turn your work in on time. That said, I realize that things happen. Any assignment will earn a 10% deduction of the total points available for that assignment for **EACH CALENDAR DAY** it is submitted late. Exceptions are noted in the discussion of make-up work. Please speak to me as soon as possible if you realize that something is or is going to be late. I *will not* chase you down to get work turned in.

Make-up work: A doctor's excuse or an excuse from the Vice Chancellor for Student Affairs (extension 2020) will be required for make-ups. If you will be away from school due to a university sanctioned event or emergency, such as a death in the family, you should contact the Vice Chancellor for Student Affairs (x2020) and request a note be sent to all your instructors.

Withdrawal Policy: Please refer to the Registrar's webpage for information specific information on [withdrawing](#) from this course.

Incomplete Policy: Please refer to the Registrar's webpage for specific information on [Incomplete Grades](#).

Course and University policies

Academic integrity/plagiarism

Plagiarism is the use of another person's words or ideas without crediting that person. Plagiarism and cheating will not be tolerated and may lead to failure on an assignment, in the class, or dismissal from the University, per the [SIUE academic dishonesty policy](#). Students are responsible for complying with University policies about academic honesty as stated in the [University's Student Academic Conduct Code](#).

Turnitin

This course will utilize the Turnitin plagiarism detection software. A Turnitin link will be available anywhere written work is to be submitted in the course. [Find out more about using Turnitin](#).

Special Needs: If you require the use of adaptive technology or have any other special need or request, please send me a note by the end of the 2nd day of class.

Learning and Support Services: For additional information on Testing as well as Tutoring and academic Resources available at SIUE, please visit the [Learning Support Services](#) webpage.

Writing Center: The SIUE Writing Center assists students and faculty/staff across the curriculum, and at all levels, to further develop their writing skills in order to become confident and independent writers and thinkers. Through individual consultations the Writing Center will help students to: brainstorm on a topic, organize thoughts, outline an assignment, develop support, integrate research, learn a "style" of writing, identify and fix errors, and much more. Please keep in mind that the Writing Center will not simply fix mistakes or write a paper for a student; instead, the consultants will teach students how to improve their work. For more information, or to schedule a 30 minute consultation, please call the front desk (650-2045), visit the [Writing Center](#) website, or stop by their main location – SSC 1254 (inside the Academic Advancement Center).

Services for Students Needing Accommodations: Students needing accommodations because of medical diagnosis or major life impairment will need to register with Accessible Campus Community & Equitable Student Support (ACCESS) and complete an intake process before accommodations will be given. Students who believe they have a diagnosis, but do not have documentation, should contact ACCESS for assistance and/or appropriate referral. The ACCESS office is located in the Student Success Center, Room 1203. You can also reach the office by emailing us at myaccess@sue.edu or by calling [618-650-3726](tel:618-650-3726)

Technology requirements

At a minimum, you will need the following software/hardware to participate in this course:

- Computer with an updated operating system (e.g. Windows, Mac, Linux)
- Updated Internet browsers ([Apple Safari](#), [Google Chrome](#), [Mozilla Firefox](#)). See [Blackboard's Browser Checker page](#) to see if your browser and operating system are compatible with Blackboard.
- DSL or Cable Internet connection or a connection speed no less than 6 Mbps.
- Media player such as, QuickTime or Windows Media Player.
- [Adobe Reader or alternative PDF reader](#) (free)
- Microsoft Office, or the ability to convert your work into a compatible format (i.e. I am unable to open Apple pages documents)

Technology capabilities

Students in an online course should be able to:

- Use MS Word (or similar), to compose assignments and communicate with others in class
- Attach files to emails or course areas
- Navigate websites and course materials
- Reach out to tech support staff when issues arise and troubleshoot to resolve problems. See Technical Support (below) for further information.

Tentative Course Outline

Date	Topics	Readings	Assignments DUE ⁺	Assignment Due Date
PART 1: WHAT IS FOOD? WHAT IS CULTURE?				
Class 1	Introduction to Course		✓ Syllabus Quiz ✓ Journal Entry #1	Dec 20
Class 2	Origins of Food & Culture International Food Guides	Chapters 1&2 See Blackboard	✓ Quiz: Chapter 1 ✓ Journal Entry #2	Dec 21
Class 3	Intercultural Communications	Chapter 2	✓ Quiz: Chapter 2	Dec 22
PART 2: MERGING CUISINES AND CULTURES				
Class 4	First Peoples	Chapter 25	✓ Quiz: Chapter 25 (covers both Native Peoples & Regional Cuisine)	Dec 23
Class 5	Regional Cuisine	Chapter 25		Dec 26
Class 6	Religion and Cuisine	Chapter 3	✓ Quiz: Chapter 3	Dec 27
Class 7	Greece & the Middle East	Chapter 11	✓ Quiz: Chapter 11 ✓ Food Diary & Reflection	Dec 28
Class 8	Culture and Cuisine of Spain	Chapter 10	✓ Quiz: Chapter 10	Dec 29
Class 9	Culinary Arts from India	Chapter 15	✓ Quiz: Chapter 15 ✓ Lab #1	Dec 30
Class 10	Chinese Culture and Cuisine	Chapter 17	✓ Quiz: Chapter 17	Jan 2
Class 11	Pacific Island Culture & Cuisine	See Blackboard		Jan 3
Class 12	Japanese Cuisine	Chapter 19	✓ Quiz: Chapter 19 ✓ Lab #2	Jan 4
PART 3: FOOD, CULTURE, AND THE MEDIA				
Class 13	Food Sustainability	See Blackboard	✓ Journal Entry #4 ✓ Choice Activity Paper	Jan 5
Class 14	Food Insecurity	See Blackboard	✓ Journal Entry #5	Jan 6
Class 15	Stretching the Boundaries	See Blackboard	✓ Journal Entry #6 ✓ International Market Assignment	Jan 7

Subject to change (you will be notified)

At the end of the day, you are solely responsible for your success and your failure. And the sooner you realize that, you accept that, and integrate into your work ethic, you will start to be successful. As long as you blame others for the reason you aren't where you want to be, you will always be a failure.

–Erin Cummings