

# Cultural Aspects of Foods

**Fall 2017**

CRN 14897

**Rita Higgins, MPH, RDN**

## **Class Meeting Times and Location**

Monday 3:35pm-9pm

Room 1017



## **Course Description**

This course introduces students to the many multicultural influences on choices in food preparation. Lab experiences provide a broad overview of the contributions of diverse groups in the United States. Preparation techniques and products from a variety of traditions as practiced in the United States will be explored. This course fulfills the Multicultural Education Requirement for graduation. (3 credit units transferable to CSU)

### **How To Get In Touch With Me**

[RHiggins@fullcoll.edu](mailto:RHiggins@fullcoll.edu) (714) 350-1626

The best way to contact me is via email. Please note your class day/time in the subject of the email. I will return all emails within 24 hours during weekdays.

### **Office Hours and Room:**

Room 1250-02

Tuesday 10:15am-12:30pm

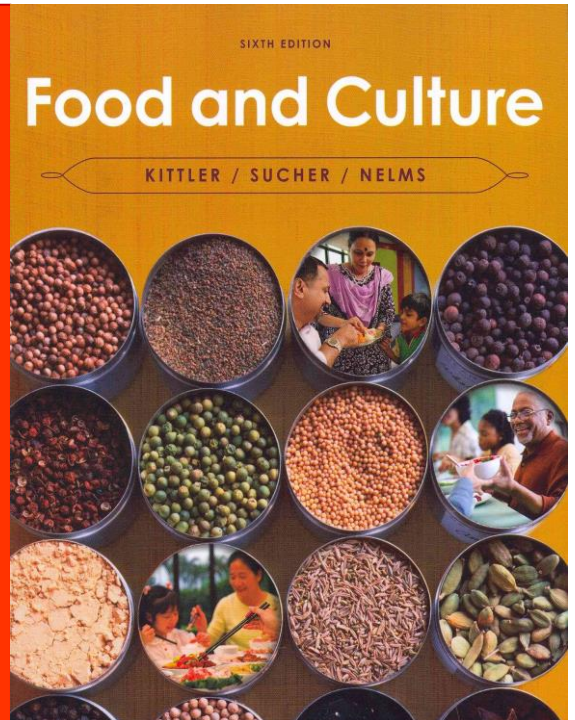
Thursday 10:15am-12:30pm

Friday 11:45am-12:45pm

## Required Text:

**Kittler, P., Sucher, K., and Nahikian-Belms, M. Food and Culture, 6<sup>th</sup> edition. Wadsworth, Cengage Learning. 2012**

**ISBN 9780538734974**



You will need access to the Canvas LMS as assignment instructions, study guides, and other materials will be posted. You will be submitting papers through Canvas.

### **By the end of the semester, you should be able to:**

1. demonstrate an understanding of food customs and traditions among diverse groups in the United States.
2. analyze how food customs impact the nutritional status of people.
3. identify and apply food safety and sanitation principles.

### **You should also be able**

- Examine food habits and traditions pertaining to food as a means of solidifying social ties.
- Evaluate religious and health beliefs in conjunction with the ideological basis of food practices.
- Differentiate between food customs and eating habits within the various ethnic groups found in the United States.
- Organize food preparation and presentation techniques according to the specific categories assigned in the foods laboratory.
- Exhibit safe procedures in food handling, sanitation, equipment usage and personal hygiene when working in the food laboratory.
- Evaluate food products prepared in foods laboratory using established criteria.

# What Will My Grade Be Based On?

**Food Lecture/ Labs: 10 at 20 points each. Total of 200 points**

**Lab Safety/Sanitation and Techniques packet worth 25 points**

Points are acquired for lab work which includes full participation in lab; attendance for the entire class, cooperation in individual and group procedures; organization; appropriate completion of laboratory worksheets; group discussion of results; and utilization of safety/sanitation techniques, including appropriate attire and grooming. Lecture Summary Sheets will be completed after each lecture/discussion. (10 points)  
Lab worksheets will be completed each time class meets. (10 points) All lab worksheets are to be completed in class and turned in on the same day as the lab. **Labs may not be made up due to missed class. There will be 11 sessions, lowest score dropped.**

**Personal Cultural Heritage Report and Ethnic Market Report:**

**50 points each**

Assignments are due on the date listed on your syllabus by 11:59pm. Specific instructions will be discussed and are posted in Canvas for each assignment. All written assignments will be submitted through Canvas by 11:59pm on Due Date. Late assignments are not accepted.

**Group Project and Presentation: 50 points**

Students will work in small groups to create a 20-30 minute presentation per specific assignment instructions posted in Canvas.

**Exams: 3 Exams at 75 points each for total of 225 points**

Exams will consist of multiple choices, matching, true/false, and short answer questions.

## **COURSE REQUIREMENTS POINT DISTRIBUTION**

|   |            |
|---|------------|
| Lab Work / Worksheets (10 @ 20 points each)         | 200 points |
| Lab Safety/Sanitation, Techniques Activities Packet | 25 points  |
| Ethnic Market Report                                | 50 points  |
| Personal Cultural Heritage Report                   | 50 points  |
| Group Project and Presentation                      | 50 points  |
| Exams (3 @ 75 points each)                          | 225 points |

---

**Total Points Possible:**

**600 points**

## **Grading System**

Grades will be based on a straight scale.

|   |         |                |
|---|---------|----------------|
| A | 90-100% | 540-600 points |
| B | 80-89%  | 480-540 points |
| C | 70-79%  | 420-480 points |
| D | 60-69%  | 360-420 points |
| F | < 60%   | < 360 points   |



**Here are some answers to your burning questions...**

### **Do I need to show up?**

Yes! Attending class is essential to the learning process. If you miss class, you will also miss the opportunity to earn credit for in-class work and lab points. Lab and lecture summary points can not be made up. According to the FC policy, students may be dropped for the accumulation of more than a week's absences consecutive or non-consecutive (per the college catalog). That being said, I expect you to drop yourself if you do not plan to complete the course. If you miss more than two (2) class meetings, I may drop you from the course because I assume that you would not like to complete the course. If you miss more than two consecutive class sessions, please be sure to contact me as soon as possible.

### **Can I make up exams?**

Yes! Missed exams *may* be made-up in the Academic Success Center or during my office hours, per my discretion. If it is a planned absence, please contact me prior to the exam date to arrange a make-up exam. If the absence is unplanned, please email me as soon as possible to inform me of your absence. Your make-up exam will be counted as a late assignment and will lose 25% of the points if *you do not contact me regarding the missed exam prior to the class period following the exam*. The Final Exam may not be made-up.

### **What if you are late?**

If due to an unforeseen emergency, I do not arrive at the scheduled start time for class, you should stay in class for fifteen minutes unless otherwise notified by the division. Also, please check your email to see if I sent a message through Blackboard.

### **Should I save my returned work?**

Yes! Please save all your returned work. In the event of a grade discrepancy or a grade is not recorded, returned assignments are proof of grades earned. If you are absent the day an assignment is returned, please check with me during the next class period so I can return your work.

### **How do you feel about cell phones/tablets and lap tops in class?**

I welcome cell phone/tablet and laptop use for class purposes. We will often use technology during class to look up content related information. However... please remember to be respectful to the learning process and refrain from texting and using social media during class. If you are not using technology respectfully, you may be asked to put away your device or to leave class.

### **Will I feel included in the course?**

Yes! During the course of the semester, we may be discussing controversial topics. You should be respectful of each other's opinion and allow each other the freedom to express themselves without judgment or criticism. Students have the right to disagree, however, argumentative communication should be avoided.

Please refrain from the use of profanity, ridiculing, and/or discriminatory comments. Disruptive behavior that interferes with instruction will result in a verbal warning and repetition of the behavior may result in dismissal from class and counted as an absence. Further disruption will incur more serious penalties as identified by the Board of Trustees.

### **What about academic honesty?**

You are responsible for upholding academic honesty and for not violating the College cheating and plagiarism policies as stated in the Fullerton College catalog. Copying work from another student is plagiarism. If plagiarism is apparent, both parties will receive a "0" on the assignment.

# Class Schedule \*

\*Schedule may change, as needed

| Week | Date  | Lecture/Discussion  | Lab  | Reading   |
|------|-------|---|--|---|
| 1    | 8/28  | Course Introduction, Food Safety and Sanitation   | Safety and sanitation practices for food preparation, lab policies | Lab manual; Syllabus<br>Submit Lab Manual<br>Signature Page |
| 2    | 9/4   | NO CLASS-LABOR DAY HOLIDAY!   |  |   |
| 3    | 9/11  | Food and Culture  | Getting to know the food lab                                       | Chapter 1   |
| 4    | 9/18  | Northeast Micro culture<br>Native American Cuisine<br><b>Cultural Heritage Report Due</b> | Cuisine of New England   | Chapter 5 Pg. 102-108, 115-125<br>15 Pg. 459-471            |
| 5    | 9/26  | Southern Micro culture<br>Southwest Micro culture   | Cajun/Creole Cuisine   | Chapter 15<br>Pg 479-502                                    |
| 6    | 10/2  | Mexican Culture and Cuisine   | Mexican Cuisine  | Chapter 9<br>Pg. 221-229, 233-244                           |
| 7    | 10/9  | Exam #1 Chapters 1, 5, 9, and 15  | Oil and Vinegar Tasting  |   |
| 8    | 10/16 | Southern European (Italian) Culture and Cuisine   | Italian Cuisine  | Chapter 6<br>Pg. 146-160                                    |
| 9    | 10/23 | Scandinavian Culture and Cuisine  | Scandinavian Cuisine   | Chapter 7 Pg. 183-190                                       |
| 10   | 10/30 | Middle Eastern and Greek Culture and Cuisine<br><b>Ethnic Market Report Due</b>           | Middle Eastern and Greek cuisine                                   | Chapter 13<br>Pg. 395-408 and 416-421                       |
| 11   | 11/6  | African and African American Culture and Cuisine  | African Cuisine  | Chapter 8<br>Pg. 193-199, 203-212                           |
| 12   | 11/13 | Exam #2 Chapters 6, 7, 8, 13  | Tropical Fruit Tasting   |   |
| 13   | 11/20 | Caribbean Islanders and Cuban Culture and Cuisine   | Caribbean and Cuban Cuisine  | Chapter 10<br>Pg. 261-283                                   |
| 14   | 11/27 | Immigrants from India   | Asian Indian cuisine   | Chapter 14<br>Pg. 429-442, 447-450                          |
| 15   | 12/4  | Southeast Asian/Filipino Culture and Cuisine<br>Chinese and Japanese Culture and Cuisine  | Chinese Cuisine  | Chapter 11<br>Pg. 301-322<br>Chapter 12<br>Pg. 349-377      |
| 16   | 12/11 | Exam # 3 Chapters 10, 11, 12, 14  |  | Chapters 10, 11, 12, 14                                     |
|      |       |   |  |   |

# Fullerton College Campus Resources

We have multiple resources available on campus to support students in a variety of ways. I have listed several below.

| Name of Center                         | Location                    | Phone Number  | Website (No "www")              | Types of Services  |
|--|-----------------------------|---|---------------------------------|--|
| Writing Center                         | 808                         | 714-992-7153  | Writingcenter.fullcoll.edu      | Assists with essays at any stage from brainstorming to final draft.                |
| Tutoring Center                        | 806                         | 714-992-7151  | Tutoringcenter.fullcoll.edu     | Tutoring in most subjects. Some walk-in available; English tutoring by appointment |
| Skills Center                          | 800, west entrance          | 714-992-7144  | Skillscenter.fullcoll.edu       | Study skills, vocabulary, computer tutorials in grammar, writing, reading          |
| Counseling Center                      | 2000, 2 <sup>nd</sup> floor | 714-992-7084  | Counseling.fullcoll.edu         | Advisement for course selection, career and transfer goals                         |
| Disability Support Services            | 842                         | 714-992-7099  | Dsp.fullcoll.edu                | Provides services for students with disabilities, learning disability assessment   |
| Transfer Center                        | 212                         | 714-992-7086  | Transfer.fullcoll.edu           | Transfer advising, guides to majors, university information                        |
| Cadena Center                          | 212                         | 714-992-7086  | Cadena.fullcoll.edu             | Diversity events, scholarship info, speakers                                       |
| Health Center                          | 1204                        | 714-992-7093  | Healthservices.fullcoll.edu     | Free or reduced cost medical and psychological care                                |
| Financial Aid                          | 115                         | 714-992-7091  | Financialaid.fullcoll.edu       | Grants, loans, scholarships, help w/ FAFSA   |
| Veterans' Services                     | 518                         | 714-992-7102  | Veterans.fullcoll.edu           | A variety of services and support for student veterans                             |
| EOPS                                   | 2000, 2 <sup>nd</sup> floor | 714-992-7097  | Eops.fullcoll.edu               | Services for the educationally and economically needy                              |
| Career and Life Planning               | 2000, 2 <sup>nd</sup> floor | 714-992-7121  | Careercenter.fullcoll.edu       | Career counseling, assessment, resume help   |
| Workforce Center                       | 2002                        | 714-992-7136  | Workforce.fullcoll.edu          | Job placement services, employment skills, resume and interviewing help            |
| Transfer Achievement Program (TAP)     |                             | 714-992-7084  | Tap.fullcoll.edu                | Supports students in their goal of transferring to a 4-year university             |
| Puente                                 |                             | <a href="mailto:edominguez@fullcoll.edu">edominguez@fullcoll.edu</a>              | Puente.fullcoll.edu             | Supports educationally disadvantaged students in achieving a college education     |
| Incite                                 |                             | 714-992-7143  | incite@fullcoll.edu             | Academic support for student athletes  |
| Student Success Diversity Init. (SDSI) | 801B                        | 714-992-7143  | sdsi@fullcoll.edu               | Support for Afr.-Am./Latino men & other at-risk students                           |
| Math Lab                               | 807                         | 714-992-7140  | Math.fullcoll.edu/math-lab.html | Math tutoring and resources  |
| Special Programs                       | 225                         | 715-992-7067  | Specialprograms.fullcoll.edu    | Service learning, future teacher pathway program, honors program, career cafe      |
| Food Bank                              | 1955                        | none – email <a href="mailto:fcfoodbank@fullcoll.edu">fcfoodbank@fullcoll.edu</a> | Fcfoodbank.fullcoll.edu         | Provides food to students and their families in need                               |
| Child Development Center/Lab School    | 1820/1830                   | 714-992-7069  | Labschool.fullcoll.edu          | Child care and education for children between 2½ and 5½                            |