

FOOD 130 Cultural Aspects of Foods Course Syllabus

Spring 2022 CRN 21317

Welcome to Cultural Aspects of Foods 130! This semester, we explore the many multicultural influences on culinary choices. We will take a "tour" around the world, starting in the United States exploring Native American culture and cuisine then identifying the microcultures which exist in our country. We will then "leave" our home and survey the culture and cuisine of countries in Central and South America, Europe, the Middle East, Africa, Southeast Asia, and the Far East. Each week as we study a new culture, our class experience will include both an online lecture component and an in-person cooking lab experience. Let's have a fantastic semester together!

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)

Be sure to scroll all the way to the bottom of this page.

Course Objectives

By the end of this course, you will 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.

Additional Course Outcomes:

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

Contact Information

Rita Higgins, MPH, RDN rhiggins@fullcoll.edu 714-992-7466

Virtual Office Hours - Join my personal meeting room during office hours to chat virtually. You will enter the waiting room and I will admit you to the meeting one at a time. If the below days/times do not work with your schedule, we can arrange for an alternate time. ***I am also happy to meet with you before and after class in the classroom.***

Monday 10am-12noon and Tuesday 12 noon-2:30 pm

Zoom Meeting Room Link

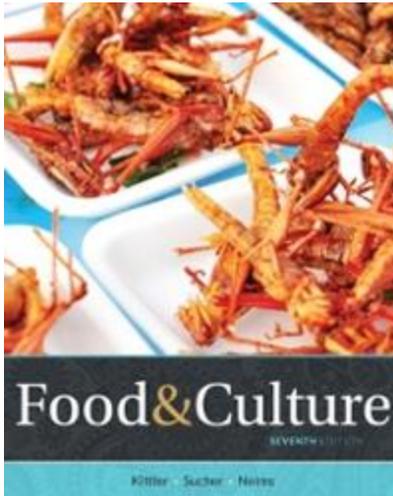
<https://fullcoll-edu.zoom.us/j/3079001961>

Textbook & Reading Materials

Food and Culture, 7th ed. Kittler, P., Sucher, K., and Nahikian-Belms, M. 7th edition. Wadsworth, Cengage Learning. 2017

You will need the textbook for weekly reading assignments and discussion board activities. The hard copy textbook can be purchased through our campus bookstore. If you would like to rent the hard copy or purchase the eBook these options are available directly through the [publisher website](#).

Additional reading materials will be posted in the Canvas weekly modules.



COVID Policies

As we return to in-person learning, the goal is to create a safe and reasonable learning environment for students, faculty, and staff. We will adhere to the [North Orange County Community College COVID Guidelines and Policies](#).

Face Coverings

All NOCCCD employees and students— whether vaccinated or unvaccinated—are required to wear face coverings while on site, with the following exceptions:

- Instructors who are vaccinated may remove their masks while teaching if they remain six feet away from students
- Employees who have been approved for accommodations through Human Resources
- Students who have been approved for accommodations through Student Services

While I do not anticipate having any conflicts with this policy, students will be asked to leave the classroom if they are not wearing a properly-fitted mask.

Vaccine Mandate

The NOCCCD Board of Trustees has instituted a COVID-19 vaccine mandate for all employees and students who take on-site classes. The vaccine mandate is applicable for every person employed by NOCCCD: full time, part time, all faculty, hourly, professional experts, temporary, voluntary employees, and employees who work remotely. To be in compliance with the mandate, employees must be fully vaccinated by November 1, 2021, or have an HR-approved medical or religious exemption on file. See webpage for links to tutorials on how to upload proof of vaccination.

Course Structure and Technical Requirements

This is a Hybrid course in which the lecture portion of the class is online, and the lab portion is in-person. You will need access to Canvas to complete the online portion of the course. It is recommended that you use the Chrome browser on a computer and the Canvas App is also a helpful resource. Our course is structured into weekly modules and the due date for weekly work is always **Sunday by 11:59pm**.

Lab Meetings: During our lab meeting times, we will begin with a review of the recipes then break into lab groups and prepare the dishes. Due to COVID restrictions, we will not be tasting and evaluating the recipes during lab time. Students will assemble the dishes in a "to-go" container and take outside on campus or home to perform their sensory evaluation. Students will submit their sensory evaluation lab report via Canvas by the end of the week. Given the fluidity of the pandemic, this structure/policy may change during the semester.

Each weekly module will begin with a weekly instructions page with links to the following:

- **Lecture Video Quiz:** These 10-point interactive quizzes will be completed while you view the lecture video. Quiz questions are embedded directly into the lecture video. The quizzes can be taken an unlimited number of times. The lecture video and notes are also posted separately for your reference.
- **Videos:** These are supplementary videos to support readings and lecture.
- **Lab Reports:** Students will complete the lab report form during the sensory evaluation portion of lab and submit via a Canvas Assignment each week.
- **Reading Discussions:** Weekly discussion forums for students to share ideas and impressions from assigned readings.
- **Exams will be given online during weeks 6, 12, and 16.** The exam format is multiple choice, true/false, matching, and short answer. Specific exam instructions and due dates are give in the weekly module. Study guides are provided. During exam weeks, we will meet for lab and students will give Personal Culture Presentations.

Course Grading

Course grades are determined in a weighted format as follows:

Exams: 30%

Lecture Video Quizzes: 15%

Personal Culture Presentation: 5%

Reading Discussions: 10%

Lab Participation and Report: 40%

Final course grades are determined on a straight scale as follows:

A 90-100% B 80-90% C 70-80% D 60-70% F <60%

Late assignments (except exams) will be accepted and will lose 10% of the total points for each day late up to 50% off of the total. This means the least you can earn for late work is 50%, so it is worth completing assignments even if they are late. Students must be present in class for the Personal Culture Presentation to earn credit for the assignment. One Lab Participation and Report will be dropped. Please contact me right away if you have any extenuating circumstances (hospitalization, death in the family, etc) that may need to be considered to provide exception to the late work policy. Documentation of the reason will be requested.

Academic Honesty and Student Conduct

The following regarding academic integrity is in accordance with the Fullerton College board policies. Students are expected to abide by ethical standards in preparing and presenting material which demonstrates their level of knowledge, and which is used to determine grades. Such standards are founded on basic concepts of integrity and honesty. These include, but are not limited to, the following areas:

1. Students shall not plagiarize, which is defined as
 - stealing or passing off as one's own the ideas or words of another, or
 - using a creative production without crediting the source.
 - The following cases constitute plagiarism:
 - paraphrasing published material without acknowledging the source,
 - making significant use of an idea or a particular arrangement of ideas, e.g., outlines,
 - writing a paper after consultation with persons who provide suitable ideas and incorporating these ideas into the paper without acknowledgment, or
 - submitting under one's own name term papers or other reports which have been prepared by others.

2. Students shall not cheat, which is defined as
 - using notes, aids, or the help of other students on tests or exams in ways other than those expressly permitted by the instructor, or
 - misreporting or altering the data in laboratory or research projects involving the collection of data.
 - Students shall not furnish materials or information in order to enable another student to plagiarize or cheat.

Instructors may deal with academic dishonesty in one or more of the following ways:

- Assign an appropriate academic penalty such as an oral reprimand or point reduction.
- Assign an "F" on all or part of a particular paper, project, or exam.
- Report to the appropriate administrators, with notification of same to the student(s), for disciplinary action by the College. Such a report will be accompanied by supporting evidence and documentation.

Our course discussions are intended to foster a sense of community as we connect to the course subject matter. I encourage students to share views and ideas freely while remaining on topic. Posts should never contain profanity or offensive and inflammatory language. Please see the [Fullerton College Netiquette Guide \(Links to an external site.\)](#) for more guidance on posting to the discussion boards in a meaningful and appropriate manner. In addition, the [Fullerton College Standards of Student Conduct \(Links to an external site.\)](#) do apply to the online courses as they would for an in-person class. Please be aware that students can be subject to disciplinary action if the standards of conduct are violated.

Accessibility

American with Disabilities Act (ADA): Fullerton College is committed to providing educational accommodations for students with disabilities upon the timely request by the student to the instructor. Verification of the disability must also be provided. The Disability Support Services office functions as a resource for students and faculty in the determination and provision of educational accommodations. Visit the [Disability Services Remote Office](#) for more information.

Topic, Text Readings, and Assignment Schedule

**Subject to change, as needed

WEEK	TOPIC	ASSIGNMENTS First DB Post Due Friday, All assignments and classmate DB replies due Sunday
1	Introduction to Food and Culture Chapter 1	Lecture Video and Quiz - Food and Culture Personal Introduction to Your Professor Introductions Discussion Posts - Initial Post due Friday, classmate replies due Sunday
2	Food Safety and Cooking Techniques Read Lab Manual	Lecture Video and Quiz - Food Safety Reading Discussion Posts - from chapter 1 readings
3	Native American Culture and Cuisine	Lecture Video and Quiz - Native American Culture Reading Discussion Posts - <i>Initial post due Friday, classmate replies due Sunday</i> Lab Report
4	Regional Americans Culture and Cuisine	Lecture Video and Quiz - Regional Americans Reading Discussion Posts Lab Report
5	Mexican Culture and Cuisine	Lecture Video and Quiz - Mexican Culture and Cuisine Reading Discussion Posts Lab Report
6	Personal Heritage Presentations	Exam 1 in Canvas - Due Sunday by 11:59pm
7	Italian Culture and Cuisine	Lecture Video and Quiz - Italian Culture and Cuisine Reading Discussion Posts Lab Report
8	Scandinavian Culture and Cuisine	Lecture Video and Quiz - Scandinavian Culture and Cuisine Reading Discussion Posts Lab Report

9	Middle Eastern and Greek Culture and Cuisine	Lecture Video and Quiz Reading Discussion Posts Lab Report
10	African Culture and Cuisine	Lecture Video and Quiz Reading Discussion Posts Lab Report
11	Personal Heritage Presentations	Exam 2 in Canvas - Due Sunday by 11:59pm
12	South Asian Indian Culture and Cuisine	Lecture Video and Quiz Reading Discussion Posts Lab Report
13	Caribbean Islander Culture and Cuisine	Lecture Video and Quiz Reading Discussion Posts Lab Report
14	East Asian Culture and Cuisine	Lecture Video and Quiz Reading Discussion Posts Lab Report
15	Southeast Asian Culture and Cuisine	Lecture Video and Quiz Reading Discussion Posts Lab Report
16	Optional End of Semester Lab	Exam 3 Due Friday by 11:59pm