

Aspects of Foods Course Syllabus FOOD 130

FALL 2022 CRN 10235

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.

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.

Instructor Contact Information

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In-Person Office Hours in 411-06 Tuesdays 11:30am-1:00pm Thursday 1:30-2:30pm

Virtual Office Hours via Zoom - email me to schedule a time to meet via Zoom

Wednesday 2-4pm

Textbook & Reading Materials

Food and Culture, 7th ed. Kittler, P., Sucher, K., and Nahikian-Belms, M. th 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 **Sunday by 11:59pm** (holidays excluded).

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 the 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 given in the weekly module. Study guides are provided. Students will take Exams online via Canvas. Exams will open on Thursday after lab class and are due by the end of day the following Sunday.
- **Cultural Heritage Report and Presentation:** This assignment consists of a written paper and in-class presentation. Details are provided in Canvas. The presentations will be given in class instead of a cooking lab during week 6 and 12.

Laboratory

Lab Experience and Lab Report

The weekly lab experiences allow students to engage with the theoretical course content in a relevant and concrete manner. Students will work in small groups to prepare culturally-specific recipes each week. Students will sample and perform a sensory evaluation on each dish, then summarize their findings in the lab report. If a student prefers not to taste a dish or dishes due to personal preferences, food intolerances /allergies, or religious affiliation, they will interview a classmate for the lab report sensory data.

Lab Safety and Equipment Demonstration

Safety during the lab is of utmost importance. Gas burners, open flames, hot surfaces, wet surfaces, sharp blades on knives and equipment are all safety hazards. Unfortunately, serious accidents have occurred in the past due to students not following safety procedures in the operation of equipment and/or not following safe lab practices. To prevent serious injury during the lab, the instructor will be closely monitoring students, circulating among the seven lab units, providing the following:

- Addressing any safety hazards present (ie: wet floors, loose clothing, inappropriate footwear, etc) and informing students on how to correct this
- Correcting students if they are operating equipment incorrectly and demonstrating correct operation and/or technique
- Advising students of any issues in each lab that they need to be aware of to maintain safety (ie: malfunctioning or broken equipment that is awaiting repair, etc)
- Observing correct cutting techniques and safe handling of knives and other sharp instruments
- Assistance in locating special tools or equipment necessary to complete the lab (equipment will vary week to week dependent on the recipes being produced)

Equipment that requires demonstration from the instructor BEFORE USE includes:

- Pressure cookers
- Double boilers
- Mandolin slicer (extremely sharp blades)
- Food Processors (extremely sharp blades)
- Industrial blenders and juicers
- Electric food choppers
- Deep fat fryers
- Tortilla press

Attendance Policy

Regular class attendance is essential to your success in this course. Be sure to attend the first class meeting to avoid being dropped as a "no show" at the start of the semester. Going forward, you may be dropped for missing more than one week of class. Please contact me right away if you encounter a life emergency or situation which prevents you from attending. If you decide that you do not want to continue with the course, it is your responsibility to drop yourself through MyGateway before the withdrawal deadline.

The following outlines the [Fullerton College Catalog Attendance Policy](#):

Attendance at the first class meeting is advised because of enrollment demands. Any student not reporting to the first class may be dropped by the instructor. In the case where a class is taught entirely online, instructors may drop students who have not been in contact with the instructor by the end of the first day of classes for that semester or short-term session. **Students should not rely on the instructor to drop them from classes. Non-attendance does not constitute an official drop. Failure to officially withdraw may result in a failing grade.**

Absences

By direction of the Chancellor of Community Colleges of California, attendance shall be taken at all class sessions. Absences are handled as follows:

After a student accumulates in any class more than a week's absences (more than the number of times the class meets per week), consecutive or nonconsecutive, an instructor may drop the student according to the drop deadline dates.

Non-attendance or non-payment for a class does not release students from their responsibility to drop a class and may result in a failing grade being awarded.

Illness and Authorized Absences

1. If a student accumulates an excessive number of absences due to illness or other reasons, and the instructor feels that the student can no longer profitably continue in the course, the instructor **may** drop the student from class.
2. A student who must miss one or more classes because of a field trip or other authorized activity, such as athletics or music groups, may obtain an Authorized Absence Excuse from the instructor under whose supervision the activity will occur. The student shall have this excuse signed by the instructors of the classes that will be missed before the absence occurs. It is recommended that this form be completed at least two days before the activity. The signed excuse must be presented to the instructor in charge of the

activity.

3. No absence excuses a student from making up the work missed. Students should realize that every absence may adversely affect their grades.
4. In the event a student is absent for a prolonged period of time, it is expected that the student will make contact with all instructors immediately to advise the instructor of this absence and the reasons behind it. The instructors can then decide whether or not the student may continue in the class or withdraw. It should be noted that failure to make this contact and follow through with the instructors could result in the student receiving a substandard grade in the class.
5. If a student currently serving in the armed forces or state military presents with official orders to complete service obligations and will be absent for a short period of time (2 weeks or less) faculty will provide the student the opportunity to complete the missed work and return to class the following week after the completion of service obligation. If the student is assigned military orders for more than two weeks, the student will be permitted to submit for an incomplete.

Course Grading

Course grades are determined in a weighted format as follows:

Exams: 30%

Lecture Video Quizzes: 15%

Cultural Heritage Report and In-Class Presentation: 10%

Reading Discussions: 15%

Lab Participation and Report: 30%

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. Late assignments will be accepted up to the due date of the exam over that material. For example, assignments through week 5 will be accepted until the due date/time of Exam 1 which takes place during week 6. Students must be present in class for the Personal Culture Presentation to earn credit for the assignment. 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.

Accessibility features in Canvas:

The document accessibility tool [SensusAccess](#) allows you to convert your course materials into alternate formats. This tool can be found in the Support menu on the Canvas Dashboard.

The Microsoft Immersive Reader is a full screen reader that includes grammar and dictionary tools. Immersive Reader is built into every Canvas page. To access it, click on the Immersive Reader button at the top of each page.

Canvas Information

Canvas is where course content, grades, and communication will reside for this course.

- fullcoll.instructure.com
- For Canvas, support, please use the Canvas support line.
 - 844-600-4948
 - Report a Canvas issue
 - [Missing Course help](#)

WEEK	TOPIC	ASSIGNMENTS First DB Post Due Friday, All assignments and classmate DB replies due Sunday
1	Introduction to Food and Culture Chapter 1 Lab: Introduction to Lab Procedures	Lecture Video and Quiz - Food and Culture Personal Introduction to Your Professor
2	Food Safety and Cooking Techniques Read Lab Manual Lab: Food Safety and Sanitation	Lecture Video and Quiz - Food Safety Reading Discussion Posts - from chapter 1 readings
3	Native American Culture and Cuisine Lab: Native American 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 Lab: Cajun and Creole Cuisine	Lecture Video and Quiz - Regional Americans Reading Discussion Posts Lab Report
5	Mexican Culture and Cuisine Lab: Mexican Cuisine	Lecture Video and Quiz - Mexican Culture and Cuisine Reading Discussion Posts Lab Report

<p>6</p>	<p>Personal Heritage Presentations</p>	<p>Exam 1 in Canvas - Due Sunday by 11:59pm</p>
<p>7</p>	<p>European Culture and Cuisine Lab: Italian Culture and Cuisine</p>	<p>Lecture Video and Quiz - Italian Culture and Cuisine Reading Discussion Posts Lab Report</p>
<p>8</p>	<p>Scandinavian Culture and Cuisine Lab: Scandinavian Cuisine</p>	<p>Lecture Video and Quiz - Scandinavian Culture and Cuisine Reading Discussion Posts Lab Report</p>
<p>9</p>	<p>Middle Eastern and Greek Culture and Cuisine Lab: Middle Eastern and Greek Cuisine</p>	<p>Lecture Video and Quiz Reading Discussion Posts Lab Report</p>
<p>10</p>	<p>African Culture and Cuisine Lab: African Cuisine</p>	<p>Lecture Video and Quiz Reading Discussion Posts Lab Report</p>
<p>11</p>	<p>Personal Heritage Presentations</p>	<p>Exam 2 in Canvas - Due Sunday by 11:59pm</p>
<p>12</p>	<p>South Asian Indian Culture and Cuisine Lab: Indian Cuisine</p>	<p>Lecture Video and Quiz Reading Discussion Posts Lab Report</p>

13	Caribbean Islander Culture and Cuisine Lab: Jamaican and Cuban Cuisine	Lecture Video and Quiz Reading Discussion Posts Lab Report
14	East Asian Culture and Cuisine Lab: Chinese Cuisine	Lecture Video and Quiz Reading Discussion Posts Lab Report
15	Southeast Asian Culture and Cuisine Lab: Filipino and Thai Cuisine	Lecture Video and Quiz Reading Discussion Posts Lab Report
16	End of Semester Lab: TBD	Exam 3 Due Friday by 11:59pm