

T&L 2900 – Food & Culture (1 credit)

Course at a Glance

Instructor/Presenter: Julie Zikmund, MPH, RD, LRD

Length: 15 Hours

Dates: Enroll Anytime – Complete in 4 months

Number of Graduate Professional Development Credits: 1

Introduction

Food & Culture investigates food and cultural diversity. This is accomplished by identifying social, cultural, religious, ethnic, and personal preferences on the food choices of individuals, families and societies. Students learn that differential nutrition status, by making some people more fit than others, has widespread economic, political and social consequences.

Learning Objectives

Upon completion of this course, the student should be able to:

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| 1. appreciate food habits of various cultures of the globe; |
| 2. outline the process involved in forming food patterns of individuals and families; |
| 3. discuss the social, religious, economic, political and cultural factors which affect food patterns and nutritional status; |
| 4. analyze the relationships among availability of food, nutritional status, health and behavior; |
| 5. use concepts like culture, difference and diversity; |
| 6. recognize their own differences in relation to the larger society in order to understand and respect the social and cultural diversity of others; |
| 7. discuss the impact of traditional and changing roles of individuals within a society on the nutrition status of that society; and |
| 8. begin to question assumptions about people different from themselves. |

Text and/or Other Materials

Each lesson has a recorded lecture in Tegrity that is posted within the Blackboard site. In addition to the lecture materials, there is a teaching resource for each lesson that provides you with multiple ideas for lesson plans. There are websites that are referenced throughout the course that enhance learning for the participants.

Recommended Textbook Information: Food and Culture, 7th edition.

Authors: Kittler, Pamela; Sucher, Katherine, and Nelms-Nahikian, Marcia.

Publisher: Cengage Learning
Year: 2017
ISBN: 978-1305628052



Module Topics and Assignments

Assessment	Points possible per Assessment	Total Points Possible
Online Quiz/Assignment the end of lessons 1-6	6 quizzes @ 10 points each	60 points total
Nutrition Education Unit/ Lessons Assignment	2 lessons @ 20 points each	40 points total
Total Points Possible		100 points total

Grading and Evaluation Activities:

You have the option of selecting the type of grading for this course – Satisfactory/Unsatisfactory or Letter Grading (A-F). Please be aware that once you've selected the type of grading option, you cannot request a change after the course has begun.

Participants will need to earn 70 or more points to earn an S grade.

100-70 – Satisfactory

Below 69 – Unsatisfactory

Letter grades will be assigned as follows:

100-90 points = A

89-80 points = B

79-70 points = C

69-60 points = D

59 or less points = F

Scholastic Dishonesty

Students enrolled in this course are expected to be aware of the seriousness of scholastic dishonesty.

Unacceptable behavior such as submitting someone else's work as your own, cheating on exams, or plagiarizing can result in failure of the course or other sanctions. For a more detailed description of these policies, please refer to the UND Code of Student Life; Appendix IIIa-3, at: <http://und.edu/student-affairs/code-of-student-life/>