

## N&D 335: World Food Patterns

Self-Paced Enroll Anytime Online Course

### Instructor & Course Information

Credits 3 undergraduate credits  
Pre-Requisites None

Instructor Julie Zikmund, MPH, RD, LRD (she/her/hers)  
Email & Phone Visit the Blackboard course for contact information.

\*If you have any course questions prior to enrollment, please email [und.online@und.edu](mailto:und.online@und.edu)

### About the Professor

Hi and welcome to the course! I have been teaching this course and content for nearly 25 years. I completed my undergraduate degree at UND and became a Registered Dietitian Nutritionist (RDN) in 1992. I have worked in Foodservice Management, clinical dietetics and had a long career in public health and school nutrition. I was on faculty in the Department of Nutrition and Dietetics from 2000-2010. I currently work in the Office of Extended Learning at the University of North Dakota.

### Course Description and Objectives

This course is designed to examine the food patterns of selected world population groups and consider the effects of social, cultural, and economic practices on nutritional values.

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

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

### Knowledge for Registered Dietitians

The N&D 335 course also contributes to the following KR (Knowledge for Registered Dietitians):

- KR 5.3 The behavioral and social science foundation of the dietetics profession must be evident in the curriculum. Course content must include concepts of human behavior and diversity, such as psychology, sociology, or anthropology.

### UND Essential Studies

This course fulfills Essential Studies learning goal of intercultural knowledge and skills, values Social Sciences breadth of knowledge area, and expands upon special emphasis in Global Diversity.

- **Learning Goals: Intercultural Knowledge & Skills**

This course addresses the Essential Studies learning goal of Intercultural Knowledge and Skills. This means it is about acquiring the knowledge, skills, and attitudes needed to interact successfully with others from different backgrounds and being able to apply that understanding to contemporary issues. More specifically, intercultural knowledge and skills foster the capacity to meaningfully engage with the perspectives of people whose cultures and identities are different from your own. To meaningfully engage with others' perspectives, you must be aware of how those perspectives are shaped by larger social structures, by issues of contemporary importance, and by issues that arise in global society. You should expect to focus on these intellectual skills as part of this course.

- **Breadth of Knowledge Area: Social Sciences**

This is an Essential Studies Social Sciences course, and as such involves the study of the behavior and cultures of humans – individually or in groups. This course will involve empirical analysis in order to evaluate and make predictions or draw conclusions about human behavior; the interpretations you arrive at in this course will come via induction, deduction, or a combination of both.

- **Special Emphasis: The Diversity of Human Experience**

This course is an Essential Studies Special Emphasis course about The Diversity of Human Experience, which means it places a strong emphasis on helping you understand human diversity and considering the multiplicity of differing worldviews. Doing so may occur by studying the values, perspectives, traditions, and beliefs of a particular group or groups.

As the Diversity of Human Experience course, at least 1/3 of this course's focus and graded assignments will help you recognize the existence of cultural differences and the complexity of social identities, understand that our worldviews are constructed through our identities and cultures, and give you defined opportunities to reflect on your own identity, culture, and worldview.

## Textbook and Course Materials

Furstenau-Mukerjee, N., Waite-Safaii, S., Sucher, K., & Nelms-Nahikian, M. (2024). *Food and Culture* (8th ed.). Cengage Learning. ISBN: 978-0-357-72958-8.

All your assignments, citations, references, and papers need to follow APA format style. Here are a few APA Formatting Resources you could use:

- American Psychological Association. (2010). *Publication Manual of the American Psychological Association: 6th ed.* Washington, DC: American Psychological Association.
- Purdue Owl: [APA formatting and Style Guide online source](#)
- UND Writing Center: [APA Format and Documentation](#)

## Technical Requirements

The [UND Technical Support webpage](#) contains information on your UND email and how to download a free version of Microsoft Office.

- Students are expected to use their official UND email in the course.
- You will use Microsoft Word to complete assignments.
- [View the basic technical requirements](#) for every online course.

## Lesson Topics

- Lesson 1: Food, Culture and Health Beliefs
- Lesson 2: Intracultural Communication & World Religion
- Lesson 3: Cultural Exploration: The Americas
- Lesson 4: **Cultural Self-E (Exploration) Assignment**

- Lesson 5: Cultural Exploration: Europe
- Lesson 6: Cultural Exploration: Asia and the Pacific Islands and Oceania
- Lesson 7: **Cultural Conversation Assignment**
- Lesson 8: Cultural Exploration: Africa, the Balkans & the Middle East
- Lesson 9: **Cultural Exchange Assignment**
- Lesson 10: Cultural Exploration: Regional America
- Lesson 11: **Expanding Horizons Portfolio Assignment**

## Course Assessments

This course is made up of a series of assignments and assessments to assist you in achieving the course learning objectives/outcomes. The introductory and the Cultural Exploration lessons have lesson objectives and a to-do list, required reading, instructor videos, and an assignment.

### *Lesson Written Assignments and Quizzes*

This course includes several Blackboard Written assignments and some quizzes.

### *Cultural Self-Exploration (Self-E) Assignment*

You will write your Cultural Autobiography. This is a self-exploration paper on your own cultural identity reflecting your own your own culture identity reflecting your awareness of diversity and self-evaluation of food habits. More information will be provided within Blackboard and in the grading rubric.

### *Cultural Conversation*

You will be conducting an interview with an individual from another country. Your paper will include a summary of their responses as well as information that you gathered from reputable resources. More information will be provided within Blackboard and in the grading rubric.

### *Cultural Exchange Assignment*

Students will explore the ways which specific cultural events shape the specific foods associated with them. You will have the opportunity to select and reflect on how a specific cultural event shapes relationships with food. More information will be provided within Blackboard and in the grading rubric.

### *Expanding Horizons Portfolio Assignment*

For this last assignment, you will collect all of the projects you have created in this course, including the Cultural Self-E(Exploration), the Cultural Conversation (interview), and the Cultural Exchange Assignment and you will present them in a final portfolio. To pull all your threads together, you will also need to write a reflection that discusses what you've learned over the course, particularly what you've learned about culture, its relationship with food, and yourself.

## Point Breakdown and Grading Scale

The point breakdown for assessments is as follows:

Lesson Written Assignments and Quizzes	80
Cultural Self-E (Exploration) Assignment	40
Cultural Conversation Assignment	50
Cultural Exchange Assignment	60
Expanding Horizons Portfolio Assignment	70
<b>Total Points:</b>	<b>300</b>

The following grading scale is used:

A	90% to 100%
B	80% to 89%
C	70% to 79%

D	60% to 69%
F	59% or below

For more information on grading review [UND Grading Policies](#).

## Course Evaluation

Once you complete your course, you will be asked to complete an online course evaluation. Your feedback on the course is very important to me. I read all comments carefully and use them to improve my course.

## Netiquette

Always use professional language (no netspeak) in your assignments and emails. Please be respectful of others at all times, even if you disagree with their ideas.

*Netiquette* is a set of rules for behaving properly online. Here are a few basic points to remember when communicating in this course:

- **Be scholarly.** Use proper language, grammar, and spelling. Explain your thoughts, justify opinions, and credit the ideas of others by citing or linking to scholarly resources. Avoid misinforming others when you are unsure of the answer. When discussing something and supplying a guess, clearly state that.
- **Be respectful.** Respect the privacy of others. Do not share personal or professional information about others unless permission has been granted. Respect diversity and opinions that differ from their own. Be tactful when you communicate.
- **Be professional.** Everyone should strive to give their best impression online. Truthfulness, accuracy, and running a final spell check are appropriate expectations for university students. Writing in a legible font and limiting the use of emoticons is considered professional behavior. Profanity and participation in hostile interactions, known as flaming, is unprofessional as well as disruptive.
- **Be polite.** Students should be addressing professors and instructors by the appropriate title or requested name. Students should interact online politely, just as they would be expected to do in a physical environment. Sarcasm rudeness, and writing in all capital letters (shouting) should be avoided.

For more information, read the [Top 12 Be-Attitudes of Netiquette for Academicians](#).

## About UND Self-Paced Enroll Anytime Courses

You have 3 to 9 months to complete this course from the time of your enrollment. You may work at your own pace and complete lessons/exams on your own schedule, submitting up to 3 per week for grading.

After you finish your course, your final grade will be posted in Blackboard. Please **allow 3-5 business days for your final grade to appear** on your transcript in Campus Connection. You will receive a confirmation email from the Enroll Anytime staff once the final grade is officially posted on your transcript. You may then order an official transcript, if desired.

If you have an **administrative** question regarding course enrollment dates, extensions, withdrawals, questions regarding your transcript, or need exam assistance, please contact the **Office of Extended Learning** at [und.courses@UND.edu](mailto:und.courses@UND.edu) or 701-777-0488.

Questions regarding **coursework** should be directed to the **instructor**.

For **technical support** including username and password help, assignment submission, or other technical assistance in the course, contact [University Information Technology](#).

## Student Resources

Many services are available to online students such as writing assistance from the UND Writing Center, free online tutoring, and more. Visit the [Student Resources page](#) for more information. You can also access the resources webpage from the *Student Resources* link in your Blackboard course menu.

# University of North Dakota Policies & Resources

## Academic Integrity

Academic integrity is a serious matter, and any deviations from appropriate behavior will be dealt with strongly. At the discretion of the professor, situations of concern may be dealt with as a scholastic matter or a disciplinary matter.

As a scholastic matter, the professor has the discretion to determine appropriate penalties to the student's workload or grade, but the situation may be resolved without involving many individuals. An alternative is to treat the situation as a disciplinary matter, which can result in suspension from the University, or have lesser penalties. Be aware that I view this as a very serious matter, and will have little tolerance of or sympathy for questionable practices. A student who attempts to obtain credit for work that is not their own (whether that be on a paper, quiz, homework assignment, exam, etc.) will likely receive a failing grade for that item of work, and at the professor's discretion, may also receive a failing grade in the course. Read more in the [Code of Student Life](#).

## Accessibility for Students

The University of North Dakota is committed to providing equal access to students with documented disabilities. To ensure access to your classes and program, please contact Community Standards & Accessibility for Students (formerly known as Disability Services for Students) to engage in a confidential discussion about accommodations for the classroom, clinical and/or online course settings. Accommodations are not provided retroactively. Students are encouraged to register with the Community Standards & Accessibility for Students office at the start of their class/program. More information can be obtained by email [UND.accessibilityforstudents@UND.edu](mailto:UND.accessibilityforstudents@UND.edu) or by phone at 701.777.2664.

If you receive an exam accommodation from Community Standards & Accessibility for Students, share the letter with the Office of Extended Learning at [UND.courses@UND.edu](mailto:UND.courses@UND.edu).

## Religious Accommodations

UND offers religious accommodations, which are reasonable changes in the academic environment that enable a student to practice or observe a sincerely held religious belief without undue hardship on the University. Examples include time for prayer or the ability to attend religious events or observe a religious holiday. To request an accommodation, complete [student religious accommodation request form](#). If you have any questions, you may contact the [Equal Opportunity & Title IX Office](#).

## Pregnancy Accommodations

Students who need assistance with academic adjustments related to pregnancy or childbirth may contact the Equal Opportunity & Title IX Office to learn about your options. Additional information and services may be found at [Pregnancy Resources](#).

## Resolution of Problems

Should a problem occur, you should speak to your instructor first. If the problem continues to be unresolved, go to the department chair, and next to the college Dean. Should the problem persist, you have the right to go to the Provost next, and then to the President.

## Notice of Nondiscrimination

It is the policy of the University of North Dakota that no person shall be discriminated against because of race, religion, age, color, gender, disability, national origin, creed, sexual orientation, gender identity, genetic information, marital status, veteran's status, or political belief or affiliation and the equal opportunity and access to facilities shall be available to all. Concerns regarding Title IX, Title VI, Title VII, ADA, and Section 504 may be addressed to Donna Smith, Assistant Vice President for Equal Opportunity & Title IX and Title IX/ADA Coordinator, by calling 701.777.4171 or emailing [UND.EO.TitleIX@UND.edu](mailto:UND.EO.TitleIX@UND.edu). Concerns can also be directed to the Office for Civil Rights, U.S. Department of Education, 230 S. Dearborn St., 37th Floor, Chicago, IL 60604, or any other federal agency.

## Reporting Discrimination, Harassment, or Sexual Misconduct

If you or a friend has experienced sexual misconduct, such as sexual harassment, sexual assault, domestic violence, dating violence, or stalking, please contact the [Equal Opportunity & Title IX Office](#) or UND's Title IX Coordinator, Donna Smith, for assistance: 701.777.4171; [donna.smith@UND.edu](mailto:donna.smith@UND.edu). You may also contact the Equal Opportunity & Title IX office if you or a friend has experienced discrimination or harassment based on a protected class, such as race, color, national origin, religion, sex, age, disability, sexual orientation, gender identity, genetic information, pregnancy, marital or parental status, veteran's status, or political belief or affiliation.

## Faculty Reporting Obligations Regarding Discrimination, Harassment, and Sexual Misconduct

It is important for students to understand that faculty are required to share with UND's Title IX Coordinator any incidents of sexual misconduct or of discrimination or harassment based on a protected class they become aware of, even if those incidents occurred in the past or are disclosed as part of a class assignment. This does not mean an investigation will occur if the student does not want that, but it does allow UND to provide resources to help the student continue to be successful at UND. If you have been impacted by discrimination, harassment, or sexual misconduct, you can find information about confidential support services at the [Equal Opportunity & Title IX Office](#).

## How to Seek Help When in Distress

We know that while college is a wonderful time for most students, some students may struggle. You may experience students in distress on campus, in your classroom, in your home, and within residence halls. Distressed students may initially seek assistance from faculty, staff members, their parents, and other students. In addition to the support we can provide to each other, there are also professional support services available to students on campus through the [Community Standards & Accessibility for Students](#) office and the [University Counseling Center](#). Both staffs are available to consult with you about getting help or providing a friend with the help that he or she may need. Visit the [Office of Community Standards](#) webpage for more additional information.

## How to Recognize When a Student is in Distress

The term "distressed" can mean any of the following:

- Student has significant changes in eating, sleeping, grooming, spending, or other daily activities.
- Student has cut off or minimized contact with family or friends.
- Student has significant changes in performance or involvement in academics, sports, extracurricular, or social activities.
- Student describes problems (missing class, not remembering, destructive behavior) that result from experiences with drinking or drugs.
- Student is acting withdrawn, volatile, tearful, etc.
- Student is acting out of character or differently than usual.
- Student is talking explicitly about hopelessness or suicide.
- Student has difficulty concentrating or difficulty carrying on normal conversation.
- Student has excessive dependence on others for company or support.
- Student reports feeling out of control of one's emotions, thoughts, or behaviors.

## Land Acknowledgement Statement

Today, the University of North Dakota rests on the ancestral lands of the Pembina and Red Lake Bands of Ojibwe and the Dakota Oyate - presently existing as composite parts of the Red Lake, Turtle Mountain, White Earth Bands, and the Dakota Tribes of Minnesota and North Dakota.

We acknowledge the people who resided here for generations and recognize that the spirit of the Ojibwe and Oyate people permeates this land. As a university community, we will continue to build upon our relations with the First Nations of the State of North Dakota - the Mandan, Hidatsa, and Arikara Nation, Sisseton-Wahpeton Oyate Nation, Spirit Lake Nation, Standing Rock Sioux Tribe, and Turtle Mountain Band of Chippewa Indians.