

Syllabus

Nutrition 3620-002 Cultural Aspects of Food Summer 2020 Online 3 Credits

Pre-requisite: None

Instructor: Kary Woodruff, MS, RD, CSSD

Email: please use Canvas email

Phone: (801) 585-5936

Office Location & Hours: Can be arranged virtually via Zoom, ConexEd, or phone

REQUIRED TEXT:

1. Textbook: Kittler, Sucher, and Nelms - Food and Culture, 7th edition. eBook ISBN-10: 1337247499; ISBN-13: 9781337247498. This book is eligible for the University's Inclusive Access Program through the University bookstore. The book will then be integrated into Canvas. Student cost is ~\$28

COURSE DESCRIPTION:

This course provides a unique opportunity to explore food and cultures from around the globe. With the leadership of a Registered Dietitian, your instruction includes nutrition science and culinary expertise in a cross-disciplinary lecture approach. During the mini foods labs you'll be introduced to distinct foods, flavors, preparation methods and culinary skills including food safety. The online experience is an opportunity to participate in topics like Food and Religion, Food as Medicine, Food as Social Status, Food Sustainability and many other topics fundamental to understanding the importance of food around the world. Peer mentoring is a learning/teaching style by which students share cultural history, cultural exposure and cultural importance through student presentations, restaurant reviews, interviews and collaboration in the Foods Lab. Come prepared to use all of your senses as you explore cultures, customs, politics, religions, foods and important cultural literacy considerations that will be important to your future as you become better acquainted with your local and global community.

STUDENT LEARNING OUTCOMES:

By the end of the course, you will be able to:

1. Students will be able to create a description of a cultural culinary experience that is unique to their past experiences by observing and documenting distinctions in food presentation.
2. Students will construct a skill set that includes cultural understanding, food practices, food preparation methods, food safety, and food budgeting.
3. Students will categorize cultural distinctions by food, cultural practices, geography, politics, economics and natural resources.
4. Students will compare international and transnational differences and similarities in foods, cultures, geography, religion, economics, and language.
5. Students will examine the cross-border phenomena as it evolves through language,

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politics, trade, food, war and geography.

6. Students will explore historical and contemporary food and cultural practices and their relevance to current social events and issues.
7. Students will participate in interdisciplinary problem solving and an increased awareness of cultural and social literacy both in the local community and the global community.

TEACHING AND LEARNING METHODS

The course focuses on material from the required textbook with additional resources on Canvas such as chapter outlines and supplemental material that is relevant to the material presented in the text. It is recommended that students read the assigned for each specified week. Doing so will create a foundation for course material and will allow you to follow the lectures more easily. The calendar has suggestions for what chapters you should be covering as well as all due dates. Be comfortable with Canvas! You are responsible for getting on the site and learning how to navigate it.

POLICIES

- All assignments are due in class unless the assigned date is after the week-long intensive course date. Late assignments are graded at 50% after the due date up to 3 days.
- All assignments are to be uploaded onto Canvas by 11:59pm of the due date. Do not bring a hard copy to class. It is your responsibility to get assignments uploaded so that if you run into technical difficulties you have time to deal with the issue. Technical difficulties will not be an acceptable excuse for late assignments. In the event you are not able to upload something, you can always email it to the instructors (via Canvas email).
- Do your own work, do not collaborate with your classmates, unless specifically told to do so.
- Individual assignments showing signs of plagiarism will be given a zero and may fail the course.
- All students are expected to maintain professional behavior in the online classroom setting, according to the Student Code, spelled out in the Student Handbook. The Code also specifies proscribed conduct (Article XI) that involves cheating on tests, plagiarism, and/or collusion, as well as fraud, theft, etc. Students should read the Code carefully and know they are responsible for the content. According to Faculty Rules and Regulations, it is the faculty responsibility to enforce responsible online classroom behaviors, and I will do so, beginning with verbal warnings and progressing to dismissal from and class and a failing grade. Students have the right to appeal such action to the Student Behavior Committee.

COURSE ASSIGNMENTS

1. Major assignments (30%):

1. Individual food culture presentation - students will give a five-minute class presentation on how food influences their personal identity and/or culture(s). This presentation will be basic *public speaking*, meaning you will speak using a virtual presentation method available in Canvas. The focus is on how you define your

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identity and/or the culture(s) to which you belong and how food fits into this identity and/or these cultures (75 pts).

2. Critical book analysis: students will select one of the book choices identified in the critical book analysis book list. Students will then use the questions posed in the critical book analysis sheet to think critically about how the content of the book relates to what is being addressed in the course (75 pts).
 3. Food and culture labs: students will complete 2 foods labs at home using the recipes provided by the instructor; students will then answer to the specific questions that pertain to that food lab and post their responses on Canvas (60 pts, 2 x 30 pts each).
 4. Group project - in groups of 4-6, students will prepare a 20-25 minute virtual presentation exploring a food tradition that they have observed, experienced and/or read about. The presentation will be uploaded onto Canvas for classmates to review. Students will have to submit a proposal (20 pts), paper (75 pts), presentation (75 pts), and peer evaluation (2 x 15 pts each) as part of this assignment.
2. **Weekly module activities (20%):** There will be small weekly assignments completed on Canvas that pertain to the topic being covered that week.
 3. **Minor assignments (20%):**
 1. Discussions - there will be 2 discussions throughout the semester that will focus on the material covered the week of the discussion. Students will be required to make at least one original post that is at least 4 to 5 sentences; students will have to respond to at least 2 posts of other students which are at least 2 to 3 sentences in length (2 x 25 pts each, 50 pts total).
 2. Restaurant review - students will select an ethnic restaurant in the community and write a three-page restaurant review which includes specific information on the restaurant, location, first impression, menu, décor, wait staff, description of foods selected, assessment of the quality of food, the quantity of food and presentation of food. There will be a restaurant takeout and recipe review alternative if desired (30 pts).
 4. **Exams (30%)** There will be 2 exams that are not cumulative; one will cover the material addressed in the first half of the semester; the second will cover material covered in the second half of the semester. Each exam is worth 75 pts (150 pts total).

POINT BREAKDOWN FOR ASSIGNMENTS AND EXAMS

Assignment	Percent of Total Grade
Major assignments	30%
Individual Food Culture Presentation (video) – 75 pts	
Critical Book Analysis – 75 pts	
Food and Culture Labs – 60 pts (2 x 30 pts each)	
Group Project - 200 pts	
Proposal – 20 pts	

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Paper – 75 pts	
Presentation – 75 pts	
Peer Evaluation – 30 pts (2 x 15 pts each)	
Weekly Module Activities	20%
Minor Assignments	20%
Discussions - 50 (2 x 25 pts each)	
Restaurant Review – 30 pts	
Exams (2) – 150 pts (75 each)	30%
	100%

UNIVERSITY GRADING SCALE

A	93-100 %	C	73-77 %
A-	90-92 %	C-	70-72 %
B+	88-89 %	D+	68-69 %
B	83-87 %	D	63-67 %
B-	80-82 %	D-	60-62 %
C+	78-79 %	E	<59 %

Mandatory Reporter:

Duty to Notify: As a University representative, most faculty, staff, and teaching assistants (other than professional mental health counselors) are required to report information learned about instances of sexual misconduct, discrimination, and/or immediate threats to safety to the University of Utah Office of Equal Opportunity and Affirmative Action and/or the Office of the Dean of Students.

If you do choose to disclose instances of sexual misconduct, discrimination, or violence to me, please be aware that I am a mandatory reporter and am required by University policies to notify the appropriate Office.

Online courses require significant self-motivation. Online courses are different than on-campus courses and online learning is not ideal for everyone. Some lessons take a considerable amount of time to complete. Please note that not all modules are created equal. Some may take a bit more time than others. Some people believe this to be a much easier way to study this subject than in the on-campus framework. Others may feel very intimidated at first. Be patient as you work your way through the first few modules. If you are serious about the material, you will learn as much

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as, if not more than, most on-campus students about this subject and develop reading and communication skills that are vital to the workforce of the 21st century.

- **Electronic or equipment failure**: It is your responsibility to maintain your computer and related equipment in order to participate in the online nature of the course.
- **Document archiving**: You are responsible for making sure your assignments, including attachments, are received before the deadline. Students are also responsible for ensuring that the documents submitted are the correct document to be graded.
- **Naming conventions and software type**: You are responsible for submitting the assignment with the required naming convention, correct file extension, and using the software type and version required for the assignment. See assignment instructions for acceptable formats.
- **Classroom equivalency**: Discussion threads, e-mails, and chat rooms are all considered to be equivalent to classrooms, and student behavior within those environments shall conform to the University of Utah Student Code. Specifically:
 - Posting photos or comments that would be off-topic in a classroom are still off-topic in an online posting.
 - Off-color language and photos are never appropriate.
 - Using angry or abusive language is called "flaming", is not acceptable, and will be dealt with according to the Student Code.
 - Course e-mails, e-journals, and other online course communications are part of the classroom and as such, are University property and subject to GRAMA regulations and the Student Code. Privacy regarding these communications between correspondents must not be assumed and should be mutually agreed upon in advance, in writing.

UNIVERSITY POLICIES

DROP/WITHDRAWAL POLICIES

Students may drop a course within the first two weeks of a given semester without any penalties. Students may officially withdraw (W) from a class or all classes after the drop deadline through the midpoint of a course. A "W" grade is recorded on the transcript and appropriate tuition/fees are assessed. The grade "W" is not used in calculating the student's GPA. For deadlines to withdraw from full-term, first, and second session classes, see the U's **Academic Calendar** (<https://registrar.utah.edu/academic-calendars/index.php>).

PLAGIARISM & CHEATING

It is assumed that all work submitted to your instructor is your own work. When you have used ideas of others, you must properly indicate that you have done so. Plagiarism and cheating are serious offenses and may be punished by failure on an individual assignment, and/or failure in the course. Academic misconduct, according to the University of Utah Student Code,

"...Includes, but is not limited to, cheating, misrepresenting one's work, inappropriately collaborating, plagiarism, and fabrication or falsification of information...It also includes facilitating academic misconduct by intentionally helping or attempting to help another to commit an act of academic misconduct."

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For details on plagiarism and other important course conduct issues, see the U's **Code of Student Rights and Responsibilities** (<http://regulations.utah.edu/academics/6-400.php>).

SAFETY AT THE U

The University of Utah values the safety of all campus community members. You will receive important emergency alerts and safety messages regarding campus safety via text message. For more information regarding safety and to view available training resources, including helpful videos, visit safeu.utah.edu (<http://safeu.utah.edu/>).

To report suspicious activity or to request a courtesy escort, contact:

Campus Police & Department of Public Safety

801-585-COPS (801-585-2677)

dps.utah.edu (<https://dps.utah.edu/>)

1735 E. S. Campus Dr.

Salt Lake City, UT 84112

WELLNESS AT THE U

Your personal health and wellness are essential to your success as a student. Personal concerns like stress, anxiety, relationship difficulties, depression, or cross-cultural differences can interfere with a student's ability to succeed and thrive in this course and at the University of Utah. Please feel welcome to reach out to your instructor or TA's to handle issues regarding your coursework.

For helpful resources to manage your personal wellness and counseling options, contact:

Center for Student Wellness

801-581-7776

wellness.utah.edu (<http://wellness.utah.edu/>)

2100 Eccles Student Life Center

1836 Student Life Way

Salt Lake City, UT 84112

Women's Resource Center

801-581-8030

womenscenter.utah.edu (<https://womenscenter.utah.edu/>)

411 Union Building

200 S. Central Campus Dr.

Salt Lake City, UT 84112

(<http://www.wellness.utah.edu/>)

ADDRESSING SEXUAL MISCONDUCT

Title IX makes it clear that violence and harassment based on sex and gender (which includes sexual orientation and gender identity/expression) is a civil rights offense subject to the same kinds of accountability and the same kinds of support applied to offenses against other protected categories such as race, national origin, color, religion, age, status as a person with a disability, veteran's status, or genetic information. If you or someone you know has been harassed or assaulted, you are encouraged to report it to university officials:

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Title IX Coordinator & Office of Equal Opportunity and Affirmative Action

801-581-8365

oeo.utah.edu (<https://oeo.utah.edu/>)

135 Park Building

201 Presidents' Cir.

Salt Lake City, UT 84112

Office of the Dean of Students

801-581-7066

deanofstudents.utah.edu (<https://deanofstudents.utah.edu/>)

270 Union Building

200 S. Central Campus Dr.

Salt Lake City, UT 84112

To file a police report, contact:

Campus Police & Department of Public Safety

801-585-COPS (801-585-2677)

dps.utah.edu (<https://dps.utah.edu/>)

1735 E. S. Campus Dr.

Salt Lake City, UT 84112

If you do not feel comfortable reporting to authorities, the U's Victim-Survivor Advocates provide **free, confidential** and **trauma-informed** support services to **students, faculty, and staff** who have experienced interpersonal violence. To **privately** explore options and resources available to you with an advocate, contact:

Center for Student Wellness

801-581-7776

wellness.utah.edu (<http://wellness.utah.edu/>)

328 Student Services Building

201 S. 1460 E.

Salt Lake City, UT 84112

AMERICANS WITH DISABILITIES ACT (ADA)

The University of Utah seeks to provide equal access to its programs, services, and activities for people with disabilities. All written information in this course can be made available in an alternative format with prior notification to the Center for Disability Services (CDS). CDS will work with you and the instructor to make arrangements for accommodations. Prior notice is appreciated. To read the full accommodations policy for the University of Utah, please see Section Q of the **Instruction & Evaluation regulations** (<http://regulations.utah.edu/academics/6-100.php>).

If you will need accommodations in this class, or for more information about what support they provide, contact:

Center for Disability Services

801-581-5020

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[disability.utah.edu \(https://disability.utah.edu/\)](https://disability.utah.edu/)

162 Union Building
200 S. Central Campus Dr.
Salt Lake City, UT 84112

DIVERSE STUDENT SUPPORT

Your success at the University of Utah is important to all of us here! If you feel like you need extra support in academics, overcoming personal difficulties, or finding community, the U is here for you.

STUDENT SUPPORT SERVICES (TRIO). TRIO federal programs are targeted to serve and assist low-income individuals, first-generation college students, and individuals with disabilities. Student Support Services (SSS) is a TRIO program for current or incoming undergraduate university students who are seeking their first bachelor's degree and need academic assistance and other services to be successful at the University of Utah. For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

Student Support Services (TRIO)

801-581-7188

[trio.utah.edu \(https://trio.utah.edu/\)](https://trio.utah.edu/)

Room 2075
1901 E. S. Campus Dr.
Salt Lake City, UT 84112

AMERICAN INDIAN STUDENTS

The AIRC works to increase American Indian student visibility and success on campus by advocating for and providing student centered programs and tools to enhance academic success, cultural events to promote personal well-being, and a supportive “home-away-from-home” space for students to grow and develop leadership skills. For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

American Indian Resource Center

801-581-7019

[diversity.utah.edu/centers/airc \(https://diversity.utah.edu/centers/airc/\)](https://diversity.utah.edu/centers/airc/)

Fort Douglas Building 622
1925 De Trobriand St.
Salt Lake City, UT 84113

BLACK STUDENTS

Using a pan-African lens, the Black Cultural Center seeks to counteract persistent campus-wide and global anti-blackness. The Black Cultural Center works to holistically enrich, educate, and

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advocate for students, faculty, and staff through Black centered programming, culturally affirming educational initiatives, and retention strategies.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

Black Cultural Center

801-213-1441

diversity.utah.edu/centers/bcc (<https://diversity.utah.edu/centers/bcc/>)

Fort Douglas Building 603

95 Fort Douglas Blvd.

Salt Lake City, UT 84113

STUDENTS WITH CHILDREN

Our mission is to support and coordinate information, program development and services that enhance family resources as well as the availability, affordability and quality of child care for University students, faculty and staff. For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

Center for Childcare & Family Resources

801-585-5897

childcare.utah.edu (<https://childcare.utah.edu/>)

408 Union Building

200 S. Central Campus Dr.

Salt Lake City, UT 84112

STUDENTS WITH DISABILITIES

The Center for Disability Services is dedicated to serving students with disabilities by providing the opportunity for success and equal access at the University of Utah. They also strive to create an inclusive, safe, and respectful environment. For more information about what support they provide and links to other resources, view their website or contact:

Center for Disability Services

801-581-5020

disability.utah.edu (<https://disability.utah.edu/>)

162 Union Building

200 S. Central Campus Dr.

Salt Lake City, UT 84112

STUDENTS OF ETHNIC DESCENT

The Center for Ethnic Student Affairs offers several programs dedicated to the success of students with varied cultural and ethnic backgrounds. Their mission is to create an inclusive, safe campus community that values the experiences of all students.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

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Center for Ethnic Student Affairs

801-581-8151

diversity.utah.edu/centers/cesa/ (<https://diversity.utah.edu/centers/cesa/>)

235 Union Building

200 S. Central Campus Dr.

Salt Lake City, UT 84112

ENGLISH AS A SECOND/ADDITIONAL LANGUAGE (ESL) STUDENTS

If you are an English language learner, there are several resources on campus available to help you develop your English writing and language skills. Feel free to contact:

Writing Center

801-587-9122

writingcenter.utah.edu (<http://writingcenter.utah.edu/>)

2701 Marriott Library

295 S 1500 E

Salt Lake City, UT 84112

English for Academic Success (EAS) Program

801-581-8047

linguistics.utah.edu/eas-program (<https://linguistics.utah.edu/eas-program/>)

2300 LNCO

255 S. Central Campus Dr.

Salt Lake City, UT 84112

English Language Institute

801-581-4600

continue.utah.edu/eli (<http://continue.utah.edu/eli>)

540 Arapeen Dr.

Salt Lake City, UT 84108

UNDOCUMENTED STUDENTS

Immigration is a complex phenomenon with broad impact—those who are directly affected by it, as well as those who are indirectly affected by their relationships with family members, friends, and loved ones. If your immigration status presents obstacles that prevent you from engaging in specific activities or fulfilling specific course criteria, confidential arrangements may be requested from the Dream Center.

Arrangements with the Dream Center will not jeopardize your student status, your financial aid, or any other part of your residence. The Dream Center offers a wide range of resources to support undocumented students (with and without DACA) as well as students from mixed-status families. For more information about what support they provide and links to other resources, view their website or contact:

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Dream Center

801-213-3697

[dream.utah.edu \(http://dream.utah.edu/\)](http://dream.utah.edu/)

1120 Annex (Wing B)

1901 E. S. Campus Dr.

Salt Lake City, UT 84112

LGBTQ+ STUDENTS

The LGBTQ+ Resource Center acts in accountability with the campus community by identifying the needs of people with a queer range of [a]gender and [a]sexual experiences and responding with university-wide services. For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

LGBTQ+ Resource Center

801-587-7973

[lgbt.utah.edu \(http://lgbt.utah.edu/\)](http://lgbt.utah.edu/)

409 Union Building

200 S. Central Campus Dr.

Salt Lake City, UT 84112

VETERANS & MILITARY STUDENTS

The mission of the Veterans Support Center is to improve and enhance the individual and academic success of veterans, service members, and their family members who attend the university; to help them receive the benefits they earned; and to serve as a liaison between the student veteran community and the university.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

Veterans Support Center

801-587-7722

[\(http://lgbt.utah.edu/\)](http://lgbt.utah.edu/) [veteranscenter.utah.edu \(http://veteranscenter.utah.edu/\)](http://veteranscenter.utah.edu/)

418 Union Building

200 S. Central Campus Dr.

Salt Lake City, UT 84112

WOMEN

The Women's Resource Center (WRC) at the University of Utah serves as the central resource for educational and support services for women. Honoring the complexities of women's identities, the WRC facilitates choices and changes through programs, counseling, and training grounded in a commitment to advance social justice and equality. For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

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Women's Resource Center

801-581-8030

womenscenter.utah.edu (<https://womenscenter.utah.edu/>)

411 Union Building

200 S. Central Campus Dr.

Salt Lake City, UT 84112

INCLUSIVITY AT THE U

The Office for Inclusive Excellence is here to engage, support, and advance an environment fostering the values of respect, diversity, equity, inclusivity, and academic excellence for students in our increasingly global campus community. They also handle reports of bias in the classroom as outlined below:

Bias or hate incidents consist of speech, conduct, or some other form of expression or action that is motivated wholly or in part by prejudice or bias whose impact discriminates, demeans, embarrasses, assigns stereotypes, harasses, or excludes individuals because of their race, color, ethnicity, national origin, language, sex, size, gender identity or expression, sexual orientation, disability, age, or religion.

For more information about what support they provide and links to other resources, or to report a bias incident, view their website or contact:

Office for Inclusive Excellence

801-581-4600

inclusive-excellence.utah.edu (<https://inclusive-excellence.utah.edu/>)

(<http://continue.utah.edu/eli>)

170 Annex (Wing D)

1901 E. S. Campus Dr.

Salt Lake City, UT 84112

OTHER STUDENT GROUPS AT THE U

To learn more about some of the other resource groups available at the U, check out:

getinvolved.utah.edu/ (<https://getinvolved.utah.edu/>)

studentsuccess.utah.edu/resources/student-support

(<https://studentsuccess.utah.edu/resources/student-support/>)

CANVAS INFORMATION

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

Access Canvas through **utah.instructure.com (<http://utah.instructure.com>)** or through **CIS**

(<https://cis.utah.edu>)

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For Canvas, Passwords, or any other computer-related technical support contact the **Campus Help Desk** (<https://it.utah.edu/help/>). 801 581-4000 <http://it.utah.edu/help> (<https://it.utah.edu/help/>) helpdesk@utah.edu (<mailto:helpdesk@utah.edu>)

For Canvas related issues or bugs, contact the Teaching & Learning Technologies help desk 801-581-6112 ext 2 classhelp@utah.edu (<mailto:classhelp@utah.edu>)

TENTATIVE IN-CLASS SCHEDULE - *may be subject to changes.*

Date	Topic
May 11-17	Introduction, course expectations; Food & Culture
May 18-24	Traditional Health Beliefs and Practices; Food as Medicine
May 25-31	Food, Nutrition, & Media Influences
June 1-June 7	Intercultural Communication; Gastrodiplomacy
June 8-June 14	Food & Class; Exam #1
June 15-June 21	Food & Religion
June 22-June 28	Food & Religion Food & Culture: Europe
June 29-July 5	Food & Culture: Africa
July 6-July 12	Food & Culture: Central & South America
July 13-July 19	Food & Culture: Asia
July 20-July 26	Food & Culture: Middle East; Final Exam
July 27-July 31	Final Group Presentations