NUTR: 3620-002 | Cultural Aspects of Food

FALL 2020

CLASS TIME, LOCATION, AND CREDIT HOURS

This is a fully online asynchronous class conducted via Canvas. We will not meet as a group on campus this semester due to COVID-19. HOWEVER, I am available! I will be on Zoom for office hours every Wednesday from 2-3pm.

- This is a 3 credit hour class

INSTRUCTOR INFORMATION

Paul Grayson, MPH, CPH
801-213-2582 |
paul.grayson@utah.edu

Department of Nutrition and Integrated Physiology

(https://health.utah.edu/nutrition-integrative-physiology/)

HPER N Room 209
Office Hours: Email me to meet over Zoom this semester

TEACHING ASSISTANT INFORMATION

COURSE DESCRIPTION
This course explores and assesses the complex connections and interactions surrounding contemporary food practices and cultures. We address intercultural competency and literacy through examining concepts that range from a variety of topics fundamental to understanding the important roles that foods play in cultural constructions and negotiations. This course provides comparative exposure to international perspectives, histories, values, and traditions via course materials and lectures, as well as through interactive assignments such as conducting interviews, individual and group presentations, and collaborations in the Nutrition Food Lab.

If you want to learn as much as possible, open yourself to others’ points of view. As a member of this class, you are expected to be respectful towards others, even if their beliefs radically oppose your own.

This class has been adapted from being a heavily in-person discussion and participation course to being completely online this semester. Please be patient with this transition, as I plan to do the same.

STUDENT LEARNING OUTCOMES

Upon completing this course, students should be able to:

- Evaluate the complexities of and variations across segments of historical and contemporary cultural practices as they pertain to food and its relative meanings
- Demonstrate critical self-awareness and -reflexivity of intersections surrounding food, culture, and identity by utilizing some of the theoretical lenses attended to during the course
- Analyze diverse perspectives and characterizations of food and nutrition, how cultures negotiate these varied understandings, and plausible limitations or constraints on creating comprehensive nutrition directives
- Compare and contrast their subjective cultural food practices with those of a recent immigrant to the U.S. and present their assessments/conclusions
- Appraise current culinary skills and knowledge

PREREQUISITES

None.

REQUIRED MATERIAL


Full text available online through Marriott Library

https://utah.instructure.com/courses/637172/assignments/syllabus
ASSIGNMENTS

1. Book Review Project: Read one of the literature books from a provided list. All of the books on the list cover some aspect of food and culture. Then, complete the Critical Book Analysis Sheet summarizing the key points of the book, offering your personal critique of the topic, and a discussion of the cultural aspect of the book personally found to be most significant. Share the key points from the book with group members in class in a discussion format with short in-class activity. (100 points)

2. Interview Paper: Students will meet in person with an individual who has moved to the United States from another country and conduct an interview with them. In this assignment, you will compare and contrast your own subjective cultural food practices with those of a recent immigrant to the U.S. and present your assessments and conclusions about this comparison/contrast. The paper should be 4-5 pages, double-spaced. (100 points)

3. Team Presentation Project: Each student will complete this project in a group. The content of the presentation and paper will examine a specific cultural food topic that we covered in class (religion, sustainability, medicine, gender, communication, etc.). The presentation is an opportunity to explore the chosen topic in more detail. Course materials should be clearly included within the presentation and paper.
   1. Proposal: Complete a topic proposal for your presentation using the provided template. The proposal is designed to help teams decide on a topic and plan for their presentation. Presentation topics must be approved by the instructor to prevent duplicate presentations and ensure topic meets the assignment requirements. (15 points)
   2. Presentation: Presentation will be 16-20 minutes in total, 8-10 minutes for the presentation and 8-10 minutes for the interactive class activity. Upload one copy of presentation slides with all team members’ names listed to Canvas prior to class presentation. (100 points)
   3. Paper: Submit a 6-8 page, double-spaced research paper on your chosen topic. Turn in one paper with all team members’ names listed to Canvas. Due by April 2 at 11:59PM regardless of presentation date. (100 points)

4. Peer Evaluation: Team members will be given the opportunity to evaluate the contributions of their peers, as well as themselves, to group projects over the course of the semester. These peer evaluations will be submitted during final presentations. (30 points)

5. In-Class Quizzes/Participation: Quizzes covering assigned readings and participation points during in-class activities such as, individual, partner and group work will be offered weekly throughout the course. These points will only be available to those present and cannot be
made-up or substituted. You will need to have a phone or computer with internet access available in class to receive these points. (150 points)

**Accepted Formats:** All written assignments should be font size 12, double spaced, 1-inch margins, and uploaded as file format .doc, .docx, or .pdf. Team Presentations should be uploaded as file format .ppt, .pptx, or .pdf. All other file formats will not be accepted for credit.

*Total points Subject to change based on actual points available*

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**FREQUENTLY ASKED QUESTIONS**

- **What’s the best way to go about managing my time for this class?**

  Successful students (those that get A’s and B’s) use their time wisely. The standard formula for college coursework is that for every 1 hour of credit a student will spend 3 to 6 hours (and sometimes more) of studying and completing homework. If you are able to expedite that, power to you. As a result, successful students plan their time so that they keep up with assignments by maintaining a pace that fits the course schedule. **They also communicate with the instructor often if needed,** so that they can receive feedback on their work.

- **How can I find out how I did on assignments?**

  All assignments will be submitted via electronic uploads to Canvas. I encourage you all to review graded assignments by reviewing the rubric. For questions regarding grades, please email me at paul.grayson@utah.edu.

- **I missed an assignment due date, now what?**

  All assignments are due by scheduled due date and time. Assignments turned in after 11:59PM on the day an assignment is due will receive an automatic 10% deduction in earned points for each day after the due date. Any assignments submitted more than 7 days after the due date will receive no credit. If you experience technical difficulties with submitting assignments, contact U-online for technical assistance immediately at 801-585-5959. It is your responsibility to troubleshoot any technology issues before the assigned due date (it is not an excuse for a late assignment). For questions regarding Canvas, please email me at paul.grayson@utah.edu.

  A missed assignment may only be deemed excused with written documentation (with the date) such as but not limited to a doctor’s note, obituary, or similar. It is the student’s responsibility to communicate any anticipated delay in submission of assignments to the instructor **before** it is due. The **before** is crucial here- in order to stay consistent I need communication prior to the due date.

- **What if I have a question not listed here?**

  Simply contact me-
E-mail is the preferred method of communication. I strive to answer emails within 24 hours during regular business hours. If you would like to meet over Zoom, email me to set up an appointment.

**GRADE SCHEME**

The following grading standards will be used in this class:

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<thead>
<tr>
<th>Grade</th>
<th>Range</th>
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<tbody>
<tr>
<td>A</td>
<td>100 % to 92.5%</td>
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<td>A-</td>
<td>&lt; 92.5 % to 89.5%</td>
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<td>B+</td>
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<td>D-</td>
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**COURSE RESPONSIBILITIES**

- **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.

INCLUSIVELY STATEMENT

Our intent is that students from all backgrounds and perspectives are well-served by this course. Much of the material is subjective and based on various cultures. In this class, diversity is viewed as a strength and benefit. Topics may be difficult, intellectually and emotionally. As a member of this class, you are expected to engage in discussion with empathy and be respectful towards others (in-person and online), even if their opinions radically differ from your own.

If an issue arises, you should discuss the situation privately with the instructor. The instructor will assess the situation and take appropriate action. We are always open to listening to students’ experiences, and want to work with students to find acceptable ways to process and address the issue.

UNIVERSITY POLICIES

COVID-19 CAMPUS GUIDELINES

Students are required to self-report if they test positive for COVID-19. To report, please contact:

COVID-19 Central @ The U
📞 801-213-2874
🌐 coronavirus.utah.edu (https://coronavirus.utah.edu/)

To reduce the spread of COVID-19 on campus, face coverings are required in all in-person classes for both students and faculty. Face coverings are required to cover both your mouth and your nose. Please note that face shields alone are not an acceptable form of face covering unless also worn with a covering or mask for the nose and mouth.

Based on CDC guidelines, the University requires everyone to wear face coverings in shared public spaces on campus, including our classroom. As a reminder, when I wear a face covering, I am protecting you. When you wear a face covering, you are protecting me and all of your classmates. If you forget your face covering, I will ask you to leave class to retrieve it. If you repeatedly fail to wear a face
covering in class, I will refer you to the Dean of Students for a possible violation of the Student Code.

Note that some students may qualify for accommodations through the Americans with Disabilities Act (ADA). If you think you meet these criteria and desire an exception to the face covering policy, contact the Center for Disability and Access (https://t.e2ma.net/click/vluفز/js70keu/biauqt) (CDA). Accommodations should be obtained prior to the first day of class so that I am notified by CDA of any students who are not required to wear a face covering.

If you believe you meet these criteria, contact:

**Center for Disability & Access**

👩‍💼 801-581-5020

🌐 disability.utah.edu (https://disability.utah.edu/)

📍 162 Union Building

   200 S. Central Campus Dr.

   Salt Lake City, UT 84112

Everyone is encouraged to wash their hands, use hand sanitizer, and clean their desks with wipes, which will be available at classroom entrances and at “sanitizing stations” in multi-use buildings, including Marriott Library. Read more information about the building cleaning schedule on coronavirus.utah.edu (https://coronavirus.utah.edu/).

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**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).

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**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.”

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).

COURSE MATERIALS COPYRIGHT

The Content is made available only for your personal, noncommercial educational and scholarly use. You may not use the Content for any other purpose, or distribute, post or make the Content available to others, unless you obtain any required permission from the copyright holder. Some Content may be provided via streaming or other means that restrict copying; you may not circumvent those restrictions. You may not alter or remove any copyright or other proprietary notices included in the Content.

Please see the Code of Student Rights and Responsibilities (https://regulations.utah.edu/academics/6-400.php). Section III.A.5 regarding use and distribution of class Content and materials. https://regulations.utah.edu/academics/6-400.php. Section III.A.5. prohibits the following:

Sale or distribution of information representing the work product of a faculty member to a commercial entity for financial gain without the express written permission of the faculty member responsible for the course. (“Work product” means original works of authorship that have been fixed in a tangible medium and any works based upon and derived from the original work of authorship.)

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.

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**

- Phone: 801-581-7776
- Website: [wellness.utah.edu](http://wellness.utah.edu)
- Address: 2100 Eccles Student Life Center, 1836 Student Life Way, Salt Lake City, UT 84112

**Women's Resource Center**

- Phone: 801-581-8030
- Website: [womenscenter.utah.edu](https://womenscenter.utah.edu)
- Address: 411 Union Building, 200 S. Central Campus Dr., Salt Lake City, UT 84112

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:

**Title IX Coordinator & Office of Equal Opportunity and Affirmative Action**

- Phone: 801-581-8365
- Website: [oeo.utah.edu](https://oeo.utah.edu)
- Address: 135 Park Building
Syllabus for NUIP 3620-002 Fall 2020 Cultural Aspects Of Food

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 & Access (CDA). CDA 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:

https://utah.instructure.com/courses/637172/assignments/syllabus
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/)
📍 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

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 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.

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

📍 Fort Douglas Building 622
1925 De Trobriand St.
Salt Lake City, UT 84113
For more information about what support they provide and links to other resources, view their websites 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:

**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
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:

**Dream Center**
- 801-213-3697
- [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/)
- 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

🌐 [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:

**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.*