



FACS 4373 Cultural Foods
Spring 2018
College of Health Sciences
Department of Family and Consumer Sciences

Instructor: Heather Frazier, PhD, RDN, LD
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Office Hours: Monday 2:30 pm - 4:30 pm; Wednesday 9:30 am - 12:30 pm; by appointment

Day and Time Class Meets: Monday and Wednesday, 1:00 pm - 2:20 pm

Location of Class: Margaret Lea Houston Building, Room 201

Course Format: Face-to-Face

Required Textbook: Kittler, M.S., Sucher, K.P., Nelms, M. Food and Culture 7th edition. Cengage. 2017.

Course Description: Cultural food practices from around the world will be studied. Students will learn various nutrition education strategies used to make effective dietary changes in keeping with cultural norms. An exploration and appreciation of how cultural factors effect our food patterns will assist in developing cultural competency. Prerequisite: FACS 1441, FACS 2362.

Course Objectives: Following the completion of this course, the student will:

- Begin to question long held assumptions they have held about people different from themselves.
- Understand cultural variables to improve an interaction and respect when interacting with others.
- List components that constitute cultural competency when studying numerous diverse cultural groups.
- Discuss the social, religious, economic & cultural factors which affect food patterns & nutritional status.
- Identify how studying food patterns can enlighten the student into understanding various components of cultural competency.
- Advocate and instill an appreciation in students of how to effectively implement health goals in their future clients, patients, and organizations they will be working for.
- Appreciate various food habits from different regions of the globe.

For Food Science and Nutrition Majors: This course addresses the KRDN's listed below that are part of the ACEND requirements for earning a verification statement to become eligible to apply to dietetic internship programs.

KRDN 1.3 Apply critical thinking skills.

KRDN 2.6 Demonstrate an understanding of cultural competency/sensitivity.

KRDN 3.2 Develop an educational session or program/education strategy for a target population.

Course Content: This is a tentative course schedule and is subject to change.

Date	Topic
1/17	Introduction to Course
1/22	Food and Culture
1/24	Globesity - Fats New Frontier
1/29	Intercultural Communication
1/31	Food & Religion - Jewish Dietary Laws
2/5	Food & Religion - Jewish Dietary Laws
2/7	Food & Religion - Islamic Dietary Laws
2/12	Food & Religion - Islamic Dietary Laws
2/14	Exam 1
2/19	Food & Religion - Roman Catholicism & Eastern Orthodox
2/21	Food & Religion - Seventh-Day Adventists & Jehovah's Witness
2/26	Food & Religion - Church of Jesus Christ of Latter-Day Saints (Mormons)
2/28	Food & Religion - Hinduism
3/5	Food & Religion - Buddhism
3/7	Exam 2
3/12	<i>Spring Break</i>
3/19	Ethnic Food - African
3/21	Ethnic Food - Mexicans and Central Americans
3/26	Ethnic Food - Asians
3/28	Ethnic Food - Middle East
4/2	Ethnic Food - Asian Indians
4/4	Ethnic Food - Native Americans
4/9	Food for Life Preparation
4/11	Food for Life: Class 1 - A Reason for Hope
4/16	Food for Life: Class 2 - New Recipes with Commodities and the Three Sisters
4/18	Food for Life: Class 3 - Cooking Grains, the Staff of Life
4/23	Food for Life: Class 4 - Grocery Store Tour
4/25	Food for Life: Class 5 - Stocking Up: Canning/Freezing/Drying and Sprouting
4/30	Food for Life: Class 6 - Holidays and Feast Days, Healthy Families and Graduation
5/2	Review for Final
	Final (check Final Exam Schedule for day and time)

Technical Requirements: Students must have access to the internet and Blackboard. For any technical support issues with Blackboard, call 936-294-2780 or email blackboard@shsu.edu.

Attendance Policy (AP 800401): Regular and punctual class attendance is expected as stated in the latest Sam Houston State University catalog. A record of student's attendance will be kept. Those who miss a substantial number of classes will penalize themselves by missing material that will be discussed in class, that may not appear in the texts, and over which the class will be tested. If a student arrives late for class and roll has been taken, the student is considered absent for the day unless otherwise corrected during the class period.

Email Communication Guidelines: When communicating with the instructor via e-mail, the student must follow the etiquette outlined below. If proper etiquette is not followed, the instructor reserves the right not to reply to the e-mail.

1. The e-mail must have a meaningful subject line which includes the course number (FACS 4373). The instructor teaches other courses and this will help clarify your message.
2. Students must include a greeting, such as Dear Dr. Frazier, just like a written letter and a closing, such as Sincerely or Thank You.
3. Standard spelling, punctuation, and capitalization must be used. Students must stay away from slang, all CAPS, abbreviations, and emoticons.
4. Students must write clear, short paragraphs that are direct and to the point. Write complete sentences. This e-mail is considered business and should be structured as such.
5. Students must sign the message with their name. Do not include quotes or other personal information at the end of the message.

Food for Life: Students will gain experience in conducting a nutrition education program designed to address the epidemic of type 2 diabetes among Native Americans. Detailed information will be provided in Blackboard and in class.

Exams: Exams are meant to ensure mastery of basic concepts, vocabulary and applications of the material. Students must produce proper documentation (ex. a doctor's signed note for illness) for the missed exam before taking a make-up exam. The final exam is comprehensive to show mastery of topics learned throughout this course.

Course Evaluation: All course grades will be recorded in the Blackboard grade book.

Food for Life	150 points
Exams (100 points each)	<u>300 points</u>
	450 points (total)

Grading Scale: (grades will not be curved or rounded)

A	90.0% - 100%	405-450 points
B	80.0% - 89.9%	360-404 points
C	70.0% - 79.9%	315-359 points
D	60.0% - 69.9%	270-314 points
F	< 60%	< 270 points

Student Syllabus Guidelines: You may find online a more detailed description of the following policies. These guidelines will also provide you with a link to the specific university policy or procedure: <http://www.shsu.edu/syllabus/>

Cell Phone and Electronic Devices (AP 100728): The use by students of electronic devices that perform the function of a telephone or text messenger during class time may be prohibited if deemed disruptive by the instructor to the conduct of the class. Arrangements for handling potential emergency situations may be granted at the discretion of the instructor. Failure to comply with the instructor's policy could result in expulsion from the classroom or with multiple offenses, failure of the course. Cell phones may not be used for taping or photography without the consent of the instructor. Any use of a telephone or text messenger or any device that performs these functions during a test period is prohibited. Use of these devices, or the visible presence of such a device, during the test period will result in a zero for the test and could result in a charge of academic dishonesty.

Academic Dishonesty (AP 810213): All students are expected to engage in all academic pursuits in a manner that is above reproach. Students are expected to maintain complete honesty and integrity in their academic experiences. Any student found guilty of dishonesty in any phase of academic work will be subject to disciplinary action as described in the student handbook. The University and its official representatives may initiate disciplinary proceedings against a student accused of any form of academic dishonesty including, but not limited to, cheating on an examination or other academic work which is to be submitted, plagiarism, collusion and the abuse of resource materials. Plagiarism includes, but is not limited to, copying the work of another student, copying published work without appropriate citations, and allowing someone else to complete an assignment or work for the student.

Students with Disabilities (AP 811006): It is the policy of SHSU that no otherwise qualified disabled individual shall, solely by reason of his/her disability, be excluded from the participation in, be denied the benefits of, or be subjected to discrimination under any academic or Student Life program or activity. Disabled students may request help with academically related problems stemming from individual disabilities from their instructors, school/department chair, or by contacting the Director of the Office of Services for Students with Disabilities, Lee Drain North Annex, or by calling 936.294.3512, TDD 936.294.3786. **NOTE: No accommodation can be made until the student registers with the Office of Services for Students with Disabilities (SSD).**

Religious Holy Days (AP 861001): Section 51.911(b) of the Texas Education Code requires that an institution of higher education excuse a student from attending classes or other required activities, including examinations, for the observance of a religious holy day, including travel for that purpose. A student whose absence is excused under this subsection may not be penalized for that absence and shall be allowed to take an examination or complete an assignment from which the student is excused within a reasonable time after the absence. "Religious holy day" means a holy day observed by a religion whose places of worship are exempt from property taxation under Section 11.20, Tax Code. Students remain responsible for all work, and any missed work must be made up in a reasonable amount of time.

Academic Grievance Procedures for Students (AP 900823): The purpose of this academic policy statement is to provide for the resolution of student academic grievances in a prompt and equitable manner. Under the provisions of this policy, academic grievances include disputes over course grades, unauthorized class absences or tardiness, and/or an instructor's alleged unprofessional conduct related to academic matters. If the dispute is

determined to be based upon professional judgment, the aggrieved student is entitled to have, as appropriate and in turn, the department/school chair, College Academic Review Panel, academic dean, Dean of Graduate Studies (for graduate student issues), and Provost and Vice President for Academic Affairs form an opinion about the dispute and so advise the individual(s) involved. After considering the advice provided by any or all of the administrators participating in hearing the grievance, the individual(s) involved in the dispute shall retain the academic freedom to decline to change the original judgment in the matter.