



**UM** | Faculty of Agricultural  
and Food Sciences

# Syllabus

HNSC 3350: Culture and Food Patterns  
(Fall 2021)



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## COURSE DETAILS

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| <b>Course Title &amp; Number:</b>      | Culture and Food Patterns, HNSC 3350  |
| <b>Number of Credit Hours:</b>         | 3 credit hours  |
| <b>Class Times &amp; Days of Week:</b> | 2:30 – 3:45 PM   Tuesday and Thursday   |
| <b>Location for classes:</b>           | Online (hosted through Zoom)<br><a href="https://navitas.zoom.us/j/98529802779">https://navitas.zoom.us/j/98529802779</a> |

**Pre-Requisites:** PSYC 1200 or SOC 1200 AND HNSC 1200 and HNSC 1210

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**Instructor Contact Information**

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**Instructor Name:** Ala'a Eideh

**Office Location:** I will be available right after the class for 15 minutes. Also, you can find me Wednesdays (5:00 – 5:30 PM) and Thursdays (4:00 – 4:30 PM) through

Zoom <https://navitas.zoom.us/j/94448072978>

**Email:** [alaa.eideh@umanitoba.ca](mailto:alaa.eideh@umanitoba.ca)

## Course Description

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### General Course Description

A study of the cultural, sociological and psychological aspects of food patterns and behaviour.

### Course Learning Objectives

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

1. Have a sound understanding of culture, health, and food habits of most common ethnic and religious groups.
2. Assess individual concept of health and food attitudes.
3. Learn how to take culture difference into consideration when planning nutrition.

### Textbook, Readings, and Course Materials

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#### Required Textbooks:

- **Course notes will be provided and posted on UM Learn**

#### Supplementary Readings:

- Kittler, P. G., & Sucher, K. P. (2017). Food and culture. (7th ed.). Toronto, Ontario: Nelson Thomson Learning (optional), One copy reserved at the Dafoe Library.
- Fieldhouse, Paul. (1995). Food and Nutrition: Customs and Culture. (2nd ed.). London: Thorne. Available online (PDF, paper new and used, rent for 90 days).

- Other reading materials will be provided to the students (course notes and handouts).

## Using Copyrighted Material

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Please respect copyright. We will use copyrighted content in this course. I have ensured that the content I use is appropriately acknowledged and is copied in accordance with copyright laws and university guidelines. Copyrighted works, including those created by me, are made available for private study and research and must not be distributed in any format without permission. Do not upload copyrighted works to a learning management system (such as UM Learn), or any website, unless an exception to the *Copyright Act* applies or written permission has been confirmed. For more information, see the University's Copyright Office website at <http://umanitoba.ca/copyright/> or contact [um\\_copyright@umanitoba.ca](mailto:um_copyright@umanitoba.ca).

## Course Technology

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Classes will be delivered via CiscoWebEx. However, in case this tool fails, we might switch to Zoom (Zoom has always worked better for me and my students).

## Expectations: I Expect You To

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- Please keep checking your UofM email and UofM Learn regularly for any class updates.
- Students must attend the Midterm Tests and Final Examination on the specified date and time for the course section in which they are registered.
- Any student who misses the Midterm Test or assignment must notify the instructor by email within 48 hours of the missed test or assignment deadline and provide appropriate documentation (medical certificate required) or compassionate reasons (documentation required). **If a student misses the midterm test for any reason, the weight of their midterm test will be carried to the final exam. There will be NO deferred midterm test under any circumstances.**
- Students who miss the Final Examination and wish to write a deferred exam **must contact a Student Advisor from their Faculty**. University 1 students should contact the U 1 Student Help Centre. I (the instructor) do not have the authority to approve or deny a deferred exam for the final, so please send your request directly to your own faculty.

### Academic Integrity:

*Example:* Each student in this course is expected to abide by the University of Manitoba [Academic Integrity principles](#). Always remember to reference the work of others that you have used. Also be advised that you are required to complete your assignments independently unless otherwise specified. If you are encouraged to work in a team, ensure that your project complies with the academic integrity regulations. You must do your own work during exams. Inappropriate collaborative behavior and violation of other Academic Integrity principles, will lead to the serious [disciplinary action](#). Visit the [Academic Calendar](#), [Student Advocacy](#), and [Academic Integrity](#) web pages for more information and support.

Refer to specific course requirements for academic integrity for individual and group work such as:

- I. Group projects are subject to the rules of academic dishonesty;
- II. Group members must ensure that a group project adheres to the principles of academic integrity;
- III. Students should also be made aware of any specific instructions concerning study groups and individual assignments;
- IV. The limits of collaboration on assignments should be defined as explicitly as possible; and

- V. All work should be completed independently unless otherwise specified.

### Recording Class Lectures:

Given the ease of audio and video recording and the tendency of some students to post the class lecture to the internet, the instructor should give some consideration as to whether or not they are comfortable with being recorded. A statement about copyright should be included here. Please note: if you are an UMFA member, you own your course content and, thus, the copyright to all your courses. If you are a sessional instructor, the university owns the course content and the copyright to the course.

*Example:* No audio or video recording of lectures or presentations is allowed in any format, openly or surreptitiously, in whole or in part without permission {YOUR NAME.} Course materials (both paper and digital) are for the participant's private study and research.

### Student Accessibility Services:

The University of Manitoba is committed to providing an accessible academic community. [Students Accessibility Services \(SAS\)](#) offers academic accommodation supports and services such as note-taking, interpreting, assistive technology and exam accommodations. Students who have, or think they may have, a disability (e.g. mental illness, learning, medical, hearing, injury-related, visual) are invited to contact SAS to arrange a confidential consultation.

Student Accessibility Services  
520 University Centre  
Phone: (204) 474-7423  
Email: [Student\\_accessibility@umanitoba.ca](mailto:Student_accessibility@umanitoba.ca)

### Expectations: You Can Expect Me To

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- Start class on time, be prepared for each class by providing a lesson plan at the beginning of the class in a way that will facilitate your learning experience.
- Be available to meet with you during the week, shortly after the class or during the regular weekdays. If you are unable to find me during my office hours, you can send an email to arrange for an alternative time for our meeting.
- Return the graded material as a soft copy in a timely manner (allow 1 week for exams, 2 weeks for assignments), providing a meaningful and easy to understand feedback.
- I will treat you with respect and would appreciate the same courtesy in return. See [Respectful Work and Learning Environment Policy](#).

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### CLASS SCHEDULE AND COURSE EVALUATION

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This schedule is subject to change at the discretion of the instructor and/or based on the learning needs of the students but such changes are subject to [Section 2.8 of ROASS](#).

Course notes will be available 1-2 days prior to the class (UM Learn).

Class recordings will be available 1-2 days after the class (UM Learn).

| Date | Evaluation |
|------|------------|
|------|------------|

|                          | <b>Class Content &amp; Teaching Strategies</b> | <b>Type of Assessment</b>   | <b>Due Date</b>     | <b>Value of Final Grade</b> |
|--------------------------|--|---|---------------------|-----------------------------|
| <b>September 9</b>       | Introductions, course outline and expectations |   |                     |                             |
| <b>September 14</b>      | Food habits                                    |   |                     |                             |
| <b>September 16</b>      | Food ideology                                  |   |                     |                             |
| <b>September 21</b>      | Food ideology (cont'd)                         |   |                     |                             |
| <b>September 23</b>      | Webinar (Indigenous food)                      |   |                     |                             |
| <b>September 28</b>      | Dietary revolutions (Cuisine)                  |   |                     |                             |
| <b>September 30</b>      | <b>No classes</b>                              |   |                     |                             |
| <b>October 5</b>         | Social functions of food                       | Webinar reflection due (electronic submission)                        | October 5 11:55 PM  | <b>5%</b>                   |
| <b>October 7</b>         | Social functions of food (cont'd)              |   |                     |                             |
| <b>October 12</b>        | Food and gender                                |   |                     |                             |
| <b>October 14</b>        | Religion and food                              |   |                     |                             |
| <b>October 19</b>        | Religion and food (cont'd)                     | Ethnic food store visit paper due by tomorrow (electronic submission) | October 19 11:55 PM | <b>20%</b>                  |
| <b>October 21</b>        | <b>Mid-term exam</b>                           | Online (MCQs)   |                     | <b>20%</b>                  |
| <b>October 26</b>        | Morals and ethics                              |   |                     |                             |
| <b>October 28</b>        | Morals and ethics                              |   |                     |                             |
| <b>November 2</b>        | Myths, taboos, and superstitions               | Topic outline will be available 1 week earlier                        |                     |                             |
| <b>November 4</b>        | Psychological aspects of food choice           |   |                     |                             |
| <b>November 9 and 11</b> | <b>No classes</b>                              |   |                     |                             |
| <b>November 16</b>       | Food for the masses                            |   |                     |                             |
| <b>November 18</b>       | Guest speaker TBA*                             | Topic outline will be available 1 week earlier                        |                     |                             |

|                    |  |  |                |             |
|--------------------|--|--|----------------|-------------|
| <b>November 23</b> | Guest speaker<br>TBA*  | Topic outline<br>will be available<br>1 week earlier<br><b>2 multiple<br/>choice<br/>questions +<br/>answers due<br/>(electronic<br/>submission)</b> | November<br>23 | <b>2.5%</b> |
| <b>November 25</b> | Foodway group<br>project<br>presentation   |  |                |             |
| <b>November 30</b> | Foodway group<br>project<br>presentation   |  |                |             |
| <b>December 2</b>  | Foodway group<br>project<br>presentation   |  |                |             |
| <b>December 7</b>  | Foodway group<br>project<br>presentation   | <b>2 multiple<br/>choice<br/>questions +<br/>answers due<br/>(electronic<br/>submission)</b>   | December<br>7  | <b>2.5%</b> |
| <b>December 9</b>  | Foodway group<br>project<br>presentation +<br>summary and<br>revision for the<br>final |  |                |             |

\*Guest speaker lectures: Dates may change, students will be notified closer to the class date

| <b>Evaluation due date</b>                                | <b>Assessment</b>  | <b>Grade %</b> |
|---|--|----------------|
| <b>October 5<sup>th</sup></b>                             | Webinar reflection   | 5%             |
| <b>October 19<sup>th</sup></b>                            | Ethnic food store visit<br>paper                                 | 20%            |
| <b>October 21<sup>st</sup></b>                            | Mid-term test  | 20%            |
| <b>Late November/ early December (TBA)</b>                | Foodway group project<br>presentation                            | 20%            |
| <b>November 25<sup>th</sup> / December 9<sup>th</sup></b> | Attendance/ class<br>participation/ Multiple<br>choice questions | 10%            |
| <b>December 11-23</b>                                     | Final exam   | 25%            |

## Grading

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| Letter Grade | Percentage out of 100 | Grade Point Range | Final Grade Point |
|--------------|-----------------------|-------------------|-------------------|
| A+           | 95-100                | 4.25-4.5          | 4.5               |
| A            | 86-94                 | 3.75-4.24         | 4.0               |
| B+           | 80-85                 | 3.25-3.74         | 3.5               |
| B            | 72-79                 | 2.75-3.24         | 3.0               |
| C+           | 65-71                 | 2.25-2.74         | 2.5               |
| C            | 60-64                 | 2.0-2.24          | 2.0               |
| D            | 50-59                 | Less than 2.0     | 1.0               |
| F            | Less than 50          |                   | 0                 |

## Voluntary Withdrawal

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Fall 2020 voluntary withdrawal (VW) date with a refund is September 21, 2021 and the last date to VW (with no refund) is November 23, 2021.

Please check the [Registrar's Office](#) web page for more information. If you need to discuss your progress in the course prior to any of the given date please let me know.

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## ASSIGNMENT DESCRIPTIONS

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**Webinar Reflection(s):** Throughout the course you will be assigned 1-2 relevant webinars to watch. Upon completing the webinar(s) you will need to submit a maximum 1-page reflection. This reflection should include a summary of relevant info from the webinar and your response, opinions, feelings, etc. to this information. Please note you are not expected to summarize the entire webinar, just pick an area that you found interesting to focus on. (Due 1 week or more from assigned date, 5% of final mark) .

**Class Participation:** 10% of final grade

1. Summary of course content: For each week of the course, note several facts, concepts or insights gained from your reading and the material covered in class (including student presentations, guest speakers, and video presentations). Write two (2) multiple choice questions and answers. This list will not be returned. (Due late November/ December, 5% of the final mark)

2. Class Activity: Students will be expected to participate in class activities. This may include class discussions, short presentations, filling out brief questionnaires (in or out of class), acting as discussant and evaluator for the seminar presentations, and of course, contributing to the quality of the class by asking questions and sharing experiences. (5% of the final mark). Unexcused absences from class will affect this grade as well.

**Ethnic Food Store Visit assignment:**

Investigate the availability of foods in Winnipeg for a specific cultural group (not the one your group is studying for presentation).

Begin by reading the relevant chapter in Kittler et al. (2017) (optional textbook) about the cultural group that you have chosen. If the culture is not described in Kittler et al. (2017), find other sources (any credible source serves the purpose). Write a one-page (250 words) summary of what you have learned. It is helpful to do this before your store visit.

Next, visit a store that serves the cultural group you have selected. Identify and describe the store.

Describe its role in the community. List 10 food items sold in the store.

Talk with a store employee or a customer to find out more about how foods sold in the store are used. (If this is not possible, then talk to someone from this culture at a later time.) What you find out will vary. Possible information could include: seasonal changes in food use, availability, and demand, challenges in obtaining desired foods, how the foods sold are similar to and different from the foods used "back home," how people have included new foods in their diet, what foods people miss the most, supplemental sources of cultural foods, etc.

Purchase and taste a small portion of food that is new to you. Describe what the food looks like, its taste, texture, aroma, how it is prepared and used. Discuss its cultural significance. If available, provide nutritional information on this food (calories, carbohydrates, fat, protein amounts). If not available, estimate nutritional information based on a similar food.

Reflect on your experience. How did it feel to visit the store? What did you learn about food? And about the cultural group? And about yourself? Cite the sources you use appropriately, not included in page count. (See evaluation criteria to be used in marking.)

Maximum 3 pages, double-spaced (Due **Oct 20th**, 20% of the final mark)

**You must attach a rubric to your assignment. 1 mark will be deducted for a missing rubric. (Please check UM Learn for rubrics).**

**Cultural Foodways Assignment:** Due TBA, 20% of the final mark (Please check UM Learn for details).

## Referencing Style

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Assignments should use the APA reference style as outlined in the text: American Psychological Association. (2009). Publication manual of the American Psychological Association (6th ed.). Washington, DC: Author.

## Assignment Feedback

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I will do my best to ensure that I/ our grader/marker return the graded material as a soft copy in a timely manner (allow 1 week for exams, 2 weeks for assignments), providing a meaningful and easy to understand feedback.

## Assignment Extension and Late Submission Policy

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Should you have a genuine need to request an extension for the online assignment/ exam, please contact me as soon as possible, preferably before the deadline.

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## UNIVERSITY SUPPORT OFFICES & POLICIES

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Here is a list of academic supports available to Students:

- **Writing and Learning Support**

The Academic Learning Centre (ALC) offers services that may be helpful to you throughout your academic program. Through the ALC, you can meet with a learning specialist to discuss concerns such as time management, learning strategies, and test-taking strategies. The ALC also offers peer supported study groups called Supplemental Instruction (SI) for certain courses that students have typically found difficult. In these study groups, students have opportunities to ask questions, compare notes, discuss content, solve practice problems, and develop new study strategies in a

group-learning format.

You can also meet one-to-one with a writing tutor who can give you feedback at any stage of the writing process, whether you are just beginning to work on a written assignment or already have a draft. If you are interested in meeting with a writing tutor, reserve your appointment two to three days in advance of the time you would like to meet. Also, plan to meet with a writing tutor a few days before your paper is due so that you have time to work with the tutor's feedback.

These Academic Learning Centre services are free for U of M students. For more information, please visit the Academic Learning Centre website at: <http://umanitoba.ca/student/academiclearning/>

You can also contact the Academic Learning Centre by calling 204-480-1481 or by visiting 205 Tier Building.

- **University of Manitoba Libraries (UML)**

As the primary contact for all research needs, your liaison librarian can play a vital role when completing academic papers and assignments. Liaisons can answer questions about managing citations, or locating appropriate resources, and will address any other concerns you may have, regarding the research process. Liaisons can be contacted by email or phone, and are also available to meet with you in-person. A complete list of liaison librarians can be found by subject: <http://bit.ly/WcEbA1> or name: <http://bit.ly/1tJ0bB4>. In addition, general library assistance is provided in person at 19 University Libraries, located on both the Fort Garry and Bannatyne campuses, as well as in many Winnipeg hospitals. For a listing of all libraries, please consult the following: <http://bit.ly/1sXe6RA>. When working remotely, students can also receive help online, via the Ask-a-Librarian chat found on the Libraries' homepage: [www.umanitoba.ca/libraries](http://www.umanitoba.ca/libraries).

- **For 24/7 mental health support, contact the Mobile Crisis Service at 204-940-1781.**

**Student Counselling Centre**

Contact SCC if you are concerned about any aspect of your mental health, including anxiety, stress, or depression, or for help with relationships or other life concerns. SCC offers crisis services as well as individual, couple, and group counselling. *Student Counselling Centre:*

<http://umanitoba.ca/student/counselling/index.html>

474 University Centre or S207 Medical Services

(204) 474-8592

**Student Support Case Management**

Contact the Student Support Case Management team if you are concerned about yourself or another student and don't know where to turn. SSCM helps connect students with on and off campus resources, provides safety planning, and offers other supports, including consultation, educational workshops, and referral to the STATIS threat assessment team.

*Student Support Intake Assistant* <http://umanitoba.ca/student/case-manager/index.html>

520 University Centre

(204) 474-7423

**University Health Service**

Contact UHS for any medical concerns, including mental health problems. UHS offers a full range of medical services to students, including psychiatric consultation.

University Health Service <http://umanitoba.ca/student/health/>

104 University Centre, Fort Garry Campus

(204) 474-8411 (Business hours or after hours/urgent calls)

### Health and Wellness

Contact our Health and Wellness Educator if you are interested in [peer support from Healthy U](#) or information on a broad range of health topics, including physical and mental health concerns, alcohol and substance use harms, and sexual assault.

Health and Wellness Educator <https://umanitoba.ca/student/health-wellness/welcome-about.html>

[britt.harvey@umanitoba.ca](mailto:britt.harvey@umanitoba.ca)

### Live Well @ UofM

For comprehensive information about the full range of health and wellness resources available on campus, visit the Live Well @ UofM site:

<http://umanitoba.ca/student/livewell/index.html>

### ▪ Copyright

All students are required to respect copyright as per Canada's *Copyright Act*. Staff and students play a key role in the University's copyright compliance as we balance user rights for educational purposes with the rights of content creators from around the world. The Copyright Office provides copyright resources and support for all members of the University of Manitoba community. Visit <http://umanitoba.ca/copyright> for more information.

### ▪ Your rights and responsibilities

As a student of the University of Manitoba you have rights and responsibilities. It is important for you to know what you can expect from the University as a student and to understand what the University expects from you. Become familiar with the policies and procedures of the University and the regulations that are specific to your faculty, college or school.

The [Academic Calendar](http://umanitoba.ca/student/records/academiccalendar.html) <http://umanitoba.ca/student/records/academiccalendar.html> is one important source of information. View the sections *University Policies and Procedures* and *General Academic Regulations*.

While all of the information contained in these two sections is important, the following information is highlighted.

- If you have questions about your grades, talk to your instructor. There is a process for term work and final **grade appeals**. Note that you have the right to access your final examination scripts. See the Registrar's Office website for more information including appeal deadline dates and the appeal form <http://umanitoba.ca/registrar/>

- You are expected to view the General Academic Regulation section within the Academic Calendar and specifically read the **Academic Integrity** regulation. Consult the course syllabus or ask your instructor for additional information about demonstrating academic integrity in your academic work. Visit the Academic Integrity Site for tools and support <http://umanitoba.ca/academicintegrity/> View the **Student Academic Misconduct** procedure for more information.
- The University is committed to a respectful work and learning environment. You have the right to be treated with respect and you are expected to conduct yourself in an appropriate respectful manner. Policies governing behavior include the:

#### **Respectful Work and Learning Environment**

[http://umanitoba.ca/admin/governance/governing\\_documents/community/230.html](http://umanitoba.ca/admin/governance/governing_documents/community/230.html)

#### **Student Discipline**

[http://umanitoba.ca/admin/governance/governing\\_documents/students/student\\_discipline.html](http://umanitoba.ca/admin/governance/governing_documents/students/student_discipline.html) and,

#### **Violent or Threatening Behaviour**

[http://umanitoba.ca/admin/governance/governing\\_documents/community/669.html](http://umanitoba.ca/admin/governance/governing_documents/community/669.html)

- If you experience **Sexual Assault** or know a member of the University community who has, it is important to know there is a policy that provides information about the supports available to those who disclose and outlines a process for reporting. The **Sexual Assault** policy may be found at:  
[http://umanitoba.ca/admin/governance/governing\\_documents/community/230.html](http://umanitoba.ca/admin/governance/governing_documents/community/230.html)  
More information and resources can be found by reviewing the Sexual Assault site <http://umanitoba.ca/student/sexual-assault/>
- For information about rights and responsibilities regarding **Intellectual Property** view the policy [http://umanitoba.ca/admin/governance/media/Intellectual\\_Property\\_Policy\\_-\\_2013\\_10\\_01.pdf](http://umanitoba.ca/admin/governance/media/Intellectual_Property_Policy_-_2013_10_01.pdf)

For information on regulations that are specific to your academic program, read the section in the Academic Calendar and on the respective faculty/college/school web site

<http://umanitoba.ca/faculties/>

Contact an **Academic Advisor** within our faculty/college or school for questions about your academic program and regulations <http://umanitoba.ca/academic-advisors/>

#### **Student Advocacy**

Contact Student Advocacy if you want to know more about your rights and responsibilities as a student, have questions about policies and procedures, and/or want support in dealing with academic or discipline concerns.

<http://umanitoba.ca/student/advocacy/>

520 University Centre

204 474 7423

[student\\_advocacy@umanitoba.ca](mailto:student_advocacy@umanitoba.ca)