

Syllabus

HNSC 3350: Culture and Food Patterns
(Winter 2024)



TABLE OF CONTENTS

COURSE DETAILS.....	3
INSTRUCTOR CONTACT INFORMATION.....	3
COURSE DESCRIPTION	4
COURSE GOALS	4
COURSE LEARNING OBJECTIVES.....	4
TEXTBOOK, READINGS, AND COURSE MATERIALS	4
USING COPYRIGHTED MATERIAL	5
COURSE TECHNOLOGY.....	5
EXPECTATIONS: I EXPECT YOU TO	6
EXPECTATIONS: YOU CAN EXPECT ME TO	7
CLASS SCHEDULE AND COURSE EVALUATION	8
LAB EXPECTATIONS.....	ERROR! BOOKMARK NOT DEFINED.
LAB SCHEDULE	ERROR! BOOKMARK NOT DEFINED.
GRADING	ERROR! BOOKMARK NOT DEFINED.
VOLUNTARY WITHDRAWAL	10
ASSIGNMENT DESCRIPTIONS	10
REFERENCING STYLE	11
ASSIGNMENT FEEDBACK.....	11
ASSIGNMENT EXTENSION AND LATE SUBMISSION POLICY	11
UNIVERSITY SUPPORT OFFICES & POLICIES	12

COURSE DETAILS

Course Title & Number:	HNSC 3350: Culture and Food Patterns
Number of Credit Hours:	3.0
Class Times & Days of Week:	Asynchronous
Location for classes/labs/tutorials:	Delivered via UM Learn
Pre-Requisites:	(PSYC 1200 or SOC 1000 or the former SOC 1200) and (HNSC 1200 or HNSC 1210)

Instructor Contact Information

Instructor Name:	Kristen Fleet, MSc., PhD Candidate
Office Location:	N/A
Office Hours or Availability:	By appointment via Zoom
Office Phone No.	N/A
Email:	Kristen.Fleet@umanitoba.ca.

I will try my best to return your email within 48 hours. **When sending me an email, please use your U of M email address and include your name and student number in your message.**

Note: All email communication must conform to the [Communicating with Students](#) university policy.

Contact: If you need to contact me during the course, the best way to reach me is through email (Kristen.Fleet@umanitoba.ca). Please ask general questions in the course discussion forum rather than sending an email. That way all students can see the answer to the question. **Throughout the course, I will relay important messages to you through the “Course Announcements” on the home page. Please be sure to check this and your email regularly.**

Traditional Territories Acknowledgement

The University of Manitoba campuses are located on original lands of Anishinaabeg, Cree, Oji- Cree, Dakota and Dene peoples, and on the homeland of the Métis Nation. We respect the Treaties that were made on these territories, we acknowledge the harms and mistakes of the past, and we dedicate ourselves to move forward in partnership with Indigenous communities in a spirit of reconciliation and collaboration.

Equity And Inclusion Commitment

As the instructor for this course, I am committed to equity, diversity, inclusion, and anti- oppression. I am committed to taking action against forms of oppression in and out of the classroom, and willingly support students by removing barriers to their learning and connecting them with needed supports.

Course Description

U of M Course Calendar Description

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

General Course Description

This course explores various factors that influence food patterns. In particular, social, cultural, environmental and that influence one's food choices. Global food issues, the impact of fast food on culture and nutrition and the social function of food are also explored.

Course Goals

The course will provide adequate information for learners to promote their learning and intellectual development in the area of cultural, sociological and psychological factors which can influence dietary patterns and behaviours.

Course Learning Objectives

After completing this course you should be able to:

- Recognize the role culture plays in influencing group and individual food selection, preparation, consumption and in producing different attitudes and beliefs around food
- Have a sound understanding of cultural beliefs and food habits of most common ethnic and religious groups
- Describe the role that individual and psychological factors play in influencing food behaviour
- Learn how to take cultural difference into consideration in dietary planning

Textbook, Readings, and Course Materials

Required textbook

Fieldhouse, P. (1995). *Food and Nutrition: Customs and Culture*. Springer: New York, NY.
(ISBN for softcover: 978-1-56593-339-2 ebook: 978-1-4899-3256-3)

University of Manitoba Libraries

The following resource is available from the University of Manitoba Libraries:

APA Citation Guide: <https://libguides.lib.umanitoba.ca/undergradhelp/citing>.

All assignments submitted should use APA style of documentation, which includes in-text citations

Recommended Books (NOT required)

Fieldhouse, P. (2017). *Food, Feasts, and Faith [2 Volumes]: An Encyclopedia of Food Culture in World Religions*. Bloomsbury Publishing USA. ProQuest Ebook Central.

Digital copy can be read online through the library

Kittler P.G., Sucher, K.P., Nelms, M.N. (2017). *Food and culture*. (7th ed.). Cengage.

Digital Copy is available online through the library.

Additional suggested readings can be found on UM Learn however, these are not required and the content will not be included on exams or tests.

Other Recommended Resources

Access to some course content may require use of Office 365. Students can [access Office 365 for free](#) for PC or Mac as well as iPhone, Android, and Windows smartphones. Other content may require use of PDF viewing software, such as Adobe Reader or Preview (Mac).

Using Copyrighted Material

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.

Course Technology

This course is taught entirely online. All course materials are available on UM Learn. You can access UM Learn from the University of Manitoba homepage: www.umanitoba.ca. For login assistance, visit the UM Learn Resources Page or contact IST Service Desk at servicedesk@umanitoba.ca or (204) 474-8600. Please run a system check at (<https://universityofmanitoba.desire2learn.com/d2l/systemCheck>) to verify that your system is configured properly.

Assignments will be submitted through the Assignment folder on UM Learn. The final exam will be written on UM Learn.

It is the policy of the UM that all technology resources are to be used in a responsible, efficient, ethical, and legal manner. Students need to be aware that policies such as the [Respectful Work and Learning Environment policy \(RWLE\)](#) are applicable in all University-related activities, including those happening in online environments such as online classes and social media platforms.

Expectations: I Expect You To

Knowledge building through theory acquisition: You are strongly encouraged to carefully read the chapters in the textbook that are assigned in your schedule. The course notes provided for each unit will guide your textbook reading however, the course notes alone will not provide you with enough information to complete this course successfully. In addition to the textbook, all topics, figures and tables covered in the course notes, as well as the supplementary materials referred to in the course notes will be tested on the exams.

Knowledge building through application in context: Through the assignments and discussions, you will have the opportunity to apply your knowledge.

I also expect you to follow the policies around Class Communication, Academic Integrity, and Recording Class Lectures. Be sure to read the Respectful Work and Learning Environment Policy (<https://bit.ly/3aMI7nE>) so that you are aware of what it contains.

Class Communication:

You are required to obtain and use your University of Manitoba email account for all communication between yourself and the university. All communication must comply with the Electronic Communication with Student Policy:

http://umanitoba.ca/admin/governance/governing_documents/community/electronic_communication_with_students_policy.html.

Academic Integrity:

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. All work should be completed independently unless otherwise specified.

The use of generative artificial intelligence (genAI) tools and apps is strictly prohibited. This includes ChatGPT and other AI writing and coding assistants. Use of genAI in this course for the completion of, or

to support the completion of, an examination, term test, assignment, or any other form of academic assessment, may be considered as academic misconduct in this course

Recording Class Lectures:

No audio or video recording of lectures or presentations is allowed in any format, openly or surreptitiously, in whole or in part without permission of the instructor, Dr. Leslie Redmond. 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

Expectations: You Can Expect Me To

My goal is to return emails and answer discussion questions within 48 hours of submission. I will regularly check the course discussion forums and expect you to log in to the course regularly as well.

CLASS SCHEDULE AND COURSE EVALUATION

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](#)

Date	Class Content	Required Readings/Preclass Preparation	Evaluation		
			Type of Assessment	Due Date	Value of Final Grade
Jan. 8-14	Unit 1: Introductions and Definitions	Powerpoint slides for unit 1; Chapter 1 pp. 1-16	Unit 1 Quiz	Saturday, Jan. 13 st 11:55pm	1.5%
Jan. 15-21	Unit 2: Food Ideology	Powerpoint slides for unit 2; Chapter 1 pp. 17-27	Unit 2 Quiz	Saturday, Jan. 20 th 11:55pm	1.5%
Jan. 22-28	Unit 3: Dietary Revolution	Powerpoint slides for unit 3; Chapter 3	Discussion Post 1	Thursday, Jan. 25th 11:55pm	5%
			Unit 3 Quiz	Saturday, Jan. 27 th 11:55pm	1.5%
Jan. 29-Feb. 4	Unit 4: Social Functions of Food	Powerpoint slides for unit 4; Chapter 4	Unit 4 Quiz	Saturday, Feb. 3 th 11:55pm	1.5%
Feb. 5-11	Unit 4: Social Functions of Food	Powerpoint slides for unit 4; Chapter 4	Assignment 1	Saturday, Feb. 10th 11:55pm	20%
Feb. 12-18	Unit 5: Food and Gender	Powerpoint slides for unit 5; Chapter 5	Unit 5 Quiz	Saturday, Feb. 17 th 11:55pm	1.5%
Feb. 19-25	WINTER TERM BREAK				
Feb. 26-Mar. 3	Unit 6: Food and Religion	Powerpoint slides for unit 6; Chapter 6; CBS audio article Food, Faith and Culture	Discussion Post 2	Thursday, Feb. 29th 11:55pm	5%
			Unit 6 Quiz	Saturday, Mar. 2 th 11:55pm	1.5%

Mar. 4-10	Unit 7: Psychological Aspects of Food Choice	Powerpoint slides for unit 7; Chapter 9	Unit 7 Quiz	Saturday, Mar. 9 th 11:55pm	1.5%
Mar. 11-17	Unit 8: Bio-cultural view of Obesity	Powerpoint slides for unit 8; Obesity in	Unit 8 Quiz	Saturday, Mar. 16 th 11:55pm	1.5%
		Canada report pp. 4-34			
Mar. 18-24	Unit 8: Bio-cultural view of Obesity	Powerpoint slides for unit 8; Obesity in Canada report pp. 4-34	Assignment 2	Saturday, Mar. 23rd 11:55pm	15%
Mar. 25-Apr. 2	Unit 9: Global Food Issues	Powerpoint slides for unit 9; <i>Harvesting Hope</i> Video; <i>Hunger Dimensions</i> reading	Unit 9 Quiz	Saturday, Mar. 30 th 11:55pm	1.5%
Apr. 3-10	Unit 10: Fast Food Culture	Powerpoint slides for unit 10; Chapter 10 pp. 206-215	Discussion Post 3	Thursday, Apr. 4th 11:55pm	5%
			Unit 10 Quiz	Saturday, Apr. 6 th 11:55pm	1.5%
Apr. 10th	Last Day of Classes				
To Be Determined	Final Exam (scheduled by the Registrar's Office)				

Grading

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

The the last day to drop the class and receive 100% refund is 19 January, 2024.

The last day to withdraw with no refund is 20 March, 2024.

Students who do not drop the course by the deadline will be assigned a final grade and the withdrawal courses will be recorded on your official transcript. Refer to the [Registrar's Office](#) web page for more information.

ASSIGNMENT DESCRIPTIONS

Detailed instructions for all assignments and exams are found on UM Learn. Basic overviews are provided below:

Unit Quizzes

There is a timed, online quiz for each unit. Each quiz has 5 multiple-choice questions, and you have 60 minutes to complete each quiz. You can access the links to each quiz through UM Learn under Assessments. Ensure that you have completed the assigned readings before attempting each quiz. Each quiz is submitted automatically. Unit Quizzes are evaluated automatically through UM Learn. As they consist only of multiple-choice questions, each question is marked as either correct or incorrect. There is no partial credit.

There are different due dates for each Unit Quiz. The Unit Quizzes are **NOT** subject to the course late policy. Late submissions will not be accepted.

Unit Discussions

There are 3 discussion questions to be answered this term. To access the discussion boards on UM Learn, click on the Communication tab and select Discussions. The due dates for the discussion submissions are listed in the course schedule within your Course Syllabus.

Assignment 1: Cultural Foodways

Students will report on the food patterns, beliefs, and attitudes of a selected cultural group. See Assignment 1 Guidelines on UM Learn for further details.

Assignment 2: Cultural Interview

Find a person who identifies themselves as a member of a specific cultural group, different from your own, who is willing be interviewed. Do not choose a member of the cultural group you are studying for your group assignment. See Assignment 2 Guidelines on UM Learn for further details.

Final Exam

The final exam consists of 50 multiple-choice questions and three short answer questions. It will include material from your textbook and course notes (including Powerpoint presentations, videos or links to external sites listed on UM Learn). This exam will be administered online through UM Learn and will be available for a scheduled time period, however once you open the exam, you will have 120 minutes to complete the exam. Therefore, it is important that you do not open the exam until you are ready to complete the entire exam. The Final Exam is to be completed individually and should be completed by the student who is registered in the course. Please review the information found on the University of Manitoba Academic Integrity website: <http://umanitoba.ca/student-supports/academicsupports/academic-integrity> for more information on academic misconduct and how to avoid it. Students found to be engaging in academic misconduct will be referred to the Food and Human Nutritional Sciences Department for investigation.

The Registrar's Office is responsible for the final exam schedule.

Referencing Style

Assignments should use the APA reference style as outlined in the text: American Psychological Association. (2020). Publication manual of the American Psychological Association (7th ed.). Washington, DC.

Please see the APA handout for examples.

Assignment Feedback

My goal is to have your discussions and assignments marked and returned to you within 7 working days (i.e., excluding weekends and holidays) of the due date. You will be able to access your marked discussions rubrics and assignment feedback on UM Learn.

Assignment Extension and Late Submission Policy

Extensions will not be granted for reasons other than medical or compassionate circumstance. 10% will be deducted from your mark for each day late. For example, if the assignment is worth a 80 marks then 8 marks will be deducted for each day it is late.

UM Learn date stamps your submissions, so the late penalty will be applied starting immediately after the due date and time outlined in the course schedule. Again, extensions will only be granted for medical or compassionate circumstances. **You must contact me within 48 hours of the missed assessment (assignment or midterm) to qualify for an extension/deferral.** Assignments submitted more than 10 days after the due date will automatically receive a mark of 0. Marks from missed assessments will NOT be transferred to the final exam.

UNIVERSITY SUPPORT OFFICES & POLICIES

Accessibility

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, injuryrelated, 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

Attendance

Although this is an online course and attendance is not checked, you are expected to log in to the UM Learn course regularly.

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.

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

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>

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.

Intellectual Property

For information about rights and responsibilities regarding intellectual property view the Intellectual Property Policy (<https://umanitoba.ca/governance/governingdocuments/governing-documents-university-community#intellectual-property>)

Program-Specific Regulations

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 website (<https://umanitoba.ca/academics>).

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 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

Student Discipline

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

- 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

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 [https://umanitoba.ca/governance/sites/governance/files/2021-06/Intellectual Property Policy - 2013_10_01 RF.pdf](https://umanitoba.ca/governance/sites/governance/files/2021-06/Intellectual_Property_Policy_-_2013_10_01_RF.pdf)

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