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Syllabus

HNSC 3350 DO1: Culture and Food Patterns

Winter 2021

Faculty of Agricultural and Food Sciences



UNIVERSITY
OF MANITOBA

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COURSE DETAILS

| | |
|--|---|
| Course Title & Number: | HNSC 3350: Culture and Food Patterns |
| Number of Credit Hours: | 3 |
| Class Times & Days of Week: | Online study |
| Pre-Requisites: | [PSYC 1200 or SOC 1200] and HNSC 1200 and HNSC 1210 |

Instructor Contact Information

| | |
|---|---|
| Instructor Name & Preferred Form of Address: | Jessica Rutherford. I prefer to be addressed as Jessica. |
| Office Location: | Office hours are by telephone. |
| Office Hours or Availability: | E-mail me to arrange telephone office hours. |
| Email: | When sending me an e-mail please make sure your e-mail is written in a professional manner (polite and professional tone, proper grammar and spelling). I will endeavour to reply to your e-mails within 24 hours. There may be short periods of time when I am not able to respond within 24 hours. I will communicate this to you on "Course Announcements" well in advance. |
| Contact: | E-mail: Jessica.rutherford@umanitoba.ca |

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

The course contains 12 units. Each unit will be accompanied by detailed instructions identical to the kind that a lecturer gives in class.

An overview of the topics is provided in the following table:

| TOPICS | UNIT |
|--|-------------|
| Introduction An introduction to key terms and concepts. | 1 |
| Food Values and Habits Food Habit Research. Models and Paradigms of food selection. History of Canada's Food Guide. | 2 |
| Dietary Revolutions Food revolutions. Food staples around the world. wild foods. the establishment of dietary patterns and customs. | 3 |
| Social Functions of Food Social functions of food. Sharing and rituals. Feasts and festivals. | 4 |
| Food and Gender Gender roles in food procurement, preparation, serving and consumption. Definitions. | 5 |
| Food and Religion Definition. Functions of religion. Function of religious food practices. Introduction to world religions: Judaism, Christianity, Islam, Baha'l and Hinduism. | 6 |
| Psychological Aspects of Food Choices Food and Emotions. Disordered eating. Food preferences, aversions and cravings. Food environment. Flavour principles. | 7 |
| Bio-cultural View of Obesity Examination of obesity from a cultural lens. | 8 |
| Global Food Issues Food insecurity. World food supply. World food crisis. Malnutrition. | 9 |
| Fast-Food Society Characteristics of Fast Food. Nutritional implications of fast food. Development of the fast-food society. Understanding dietary change. | 10 |
| Group Assignments | 11 |
| Group Assignments | 12 |

You are strongly encouraged to follow the suggested order, since each unit serves as the foundation for the following one.

Course Goals

- To foster an understanding and appreciation of the influence that culture has on foodways.
- To begin to develop culture competence by becoming aware of one's own world view and developing an appreciation of cultural differences in relation to foodways.

Course Learning Objectives

Upon completion of the course you will be able to:

- Recognise the role culture plays in influencing group and individual food selection, preparation, consumption and in producing different attitudes and beliefs around food
- Describe the role that individual and psychological factors play in influencing food behaviour.
- Become familiar with World religions and understand religious influence on food choice.
- Identify how the food patterns of people from different cultures help them to meet their nutritional needs.

Textbook, Readings, and Course Materials

Required textbook

Fieldhouse, Paul. (1995). *Food and nutrition: Customs and culture*. (2nd ed.). London: Thorne.

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

ADOBE ACROBAT

To view or print a document in PDF format, you need a PDF viewer (Adobe Acrobat). If you have not already done so, you can download the [Adobe Acrobat Reader](#) for free.

NOTE: For printing, your printer driver needs to be configured for printing to a PostScript Level 1 printer.

Windows: Select "Level 1" in the PostScript options section of the Acrobat Exchange or Reader print dialog.

Macintosh: In the Chooser, select your printer driver. Then select your printer and click the Setup button. Follow any on-screen dialogs that may appear.

Expectations: I expect you to

- I will treat you with respect and would appreciate the same courtesy in return. See [Respectful Work and Learning Environment Policy](#).
- I expect you to be aware of assignment due dates and to plan accordingly.
- To post your questions about course assignments/content on the “Course Discussion” forum. It is likely that other students have the same question and they will then be able to see my response. Check the “Course Discussion” forum before posting a question to make sure it has not already been addressed. If you have a personal question or do not wish to share your question with the class you can send me an e-mail.
- I will communicate with you about important course information through a weekly course update on “Course Announcements”. You are expected to read these weekly announcements to keep up to date on important course information.

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.

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

- Post a weekly update on “Course announcements”.
- Respond to your questions on the “Course Discussion” forum within 48 hours.
- Respond to your e-mails within 24 hours.
- To endeavour to provide feedback on assignments within 7 days.

CLASS SCHEDULE AND COURSE EVALUATION**See Course Schedule posted on Course Website**

Grading

| Letter Grade | Percentage out of 100 | Grade Point Range | Final Grade Point |
|--------------|-----------------------|-------------------|-------------------|
| A+ | 90-100 | 4.25-4.5 | 4.5 |
| A | 80.0-89.9 | 3.75-4.24 | 4.0 |
| B+ | 75-79.9 | 3.25-3.74 | 3.5 |
| B | 70-74.9 | 2.75-3.24 | 3.0 |
| C+ | 65-69.9 | 2.25-2.74 | 2.5 |
| C | 60-64.9 | 2.0-2.24 | 2.0 |
| D | 50-59.9 | Less than 2.0 | 1.0 |
| F | Less than 50 | | 0 |

Voluntary Withdrawal

January 17th is the last day to drop this course and receive 100% refund. March 18th is the last day to withdraw with no refund. Students who did not drop the course by the deadline will be assigned a final grade. Withdrawal courses will be recorded on your official transcript. See [Registrar's Office](#) web page for more information. I am available to discuss your progress and strategies for improvement prior the withdrawal date.

ASSIGNMENT DESCRIPTIONS

Detailed assignment instructions and rubrics are available on the course website.

Your levels of knowledge will be evaluated via the assignments, the online tests, and the final examination. The following **Marking Scheme** explains how marks will be distributed to calculate the final grade.

| Assessment Activities | % |
|-----------------------------------|----|
| Discussion Forum | 15 |
| Cultural Food Patterns Assignment | 20 |
| Cultural Interview Assignment | 15 |
| End of unit quiz | 15 |
| Final Exam | 35 |

Assignments:

All students are required to complete all assignments.

Online Tests

End of Unit multiple choice online tests will be available on the website. You will have 1 hour to complete each test. The instructions will be posted in advance.

Final Examination

This examination will be scheduled during the regular final examination period by the Registrar's Office. The exact date, time, examination room, and seating arrangement will be specified in due course. The examination will consist of multiple choice and free-response questions, lasting the total of 3 hours. You will need to bring pens, a calculator, and student I.D. to the final examination.

Note: If you live outside of Winnipeg, please submit the "Application Form for Off-Campus Exams" immediately. This form is available on your course website.

Students with legitimate reasons may apply to the Dean of their faculty for an examination deferral. Students without a deferral, and who do not write the final examination, will be given a grade of **F NP**. The proposed date/time for **HNSC 3350 Deferred Examination** is TBA. If you have a University class or laboratory scheduled for this time, see the course coordinator, Dr. E.Smirnova, to make alternate arrangements for the deferred examination.

Referencing Style

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

Assignment feedback will be Cultural Food Patterns Assignment and the Cultural Interview Assignment. If you would like feedback on the quizzes or discussion forum please e-mail me to schedule a phone meeting.

Assignment Extension and Late Submission Policy

- Assignment due dates and time are indicated on the course website.
- Please review the assignment due dates within the first two weeks of class. I am willing to provide some flexibility on the due date of some assignments if you contact me within the first two weeks of class. Please plan ahead!
- 5% will be deducted per day for late assignments (i.e. if your assignment is 1 day late and you would have received a grade of 80% you would receive a grade of 75%) unless an extension has been provided. Assignments will be accepted up to 7 days after the due date but marks will be deducted as described above.

UNIVERSITY SUPPORT OFFICES & POLICIES

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 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 <http://umanitoba.ca/student/health-wellness/welcome.html>
Katie.Kutryk@umanitoba.ca

469 University Centre
(204) 295-9032

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

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 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