



# HNSC 3350

## CULTURAL AND PSYCHOLOGICAL INFLUENCES ON FOOD PATTERNS

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### SYLLABUS

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### COURSE DESCRIPTION

The University of Manitoba Undergraduate Calendar describes this course as follows:

“A study of the cultural, sociological and psychological aspects of food patterns and behaviour. Not to be held with 030.329. Prerequisites: [PSYC 1200 (017.120) or SOC 1200 (077.120)] and HNSC 1200 (030.120) and HNSC 1210 (030.121).”

### COURSE 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.

### COURSE MATERIAL

#### MANDATORY

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

#### OPTIONAL RESOURCES

Barer-Stein, T. (1980). You eat what you are: A study of ethnic food traditions. Toronto, Ontario: McClelland and Stewart.

Barer-Stein, T. (1980). You eat what you are: Glossaries of foods and food terms. Toronto, Ontario: Culture Concepts.

Bryant et al. (2008). The Cultural Feast (2nd ed.)Thompson- Wadsworth

### SETTING UP YOUR COMPUTER

#### 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.

## COURSE CONTENT

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

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

## SPECIAL NEEDS

We encourage students with disability-related special needs to participate in our programs. If you are experiencing difficulties with your studies or assignments, or have a disability or illness which may affect your course of study, please discuss these issues with a counselor in one of the following Student Affairs offices as soon as possible:

- **Student Accessibility Services**, 155 University Center, 474-6213 (voice), 474-9790
- **Learning Assistance Center**, 201 Tier Building, 480-1481.
- **Student Counselling and Career Centre**, 474 University Center, 474-8592.

## GRADING

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 for 24 hours. You will have 1 hour to complete each test.

## 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.

The final exam will be written at the University of Manitoba (UM), Fort Garry campus or at an approved off-campus location. **Students needing to write at an off-campus location must declare a location by the specified deadline date** (see off-campus declaration and policy under Student Resources on course homepage). **Students writing at the UM Fort Garry campus do not need to declare an exam location.**

The Registrar's Office is responsible for the [final exam schedule](#) which is available approximately one month after the start of the course.

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, to make alternate arrangements for the deferred examination.

## FINAL GRADE

<b>A+</b> : 90.0 - 100%	<b>C+</b> : 65.0 – 69.9%
<b>A</b> : 80.0 - 89.9%	<b>C</b> : 60.0 – 64.9%
<b>B+</b> : 75.0 - 79.9%	<b>D</b> : 50.0 – 59.9%
<b>B</b> : 70.0 - 74.9%	<b>F</b> : 0 - 49.9%

## PLAGIARISM, CHEATING, AND EXAMINATION IMPERSONATION

You should acquaint yourself with the University's policy on plagiarism, cheating, and examination impersonation as detailed in the General Academic Regulations and Policy section of the University of Manitoba *Undergraduate Calendar*. Note: These policies are also located in your *Distance and Online Education Student Handbook* or you may refer to Student Affairs at <http://www.umanitoba.ca/student>.

**When in doubt about any practice, ask your professor or instructor. The Student Advocacy Office, 519 University Centre, 474-7423, is a resource available to students dealing with Academic Integrity matters."**

## DISTANCE AND ONLINE EDUCATION (DE) STUDENT RESOURCES

In your course website there are links for the following:

- Contacting Distance and Online Education Staff
- Distance and Online Student Handbook
- Distance and Online Education Website

## ACKNOWLEDGEMENTS

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University of Manitoba, Distance and Online Education

## Schedule “A”

The following information may be used to fulfill the requirement of Schedule “A.” Such information is to be provided to students within the first week of classes, either through a paper copy and/or a University student information system (including Aurora or UM Learn).

**Section (a) sample** re: A list of academic supports available to Students, such as the Academic Learning Centre, Libraries, and other supports as may be appropriate:

### Writing and Learning Support

The Academic Learning Centre (ALC) offers writing and learning supports to help you throughout your academic program. These supports are offered online during the Covid-19 pandemic.

Make an appointment with an ALC 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. The ALC also has an English as an Additional Language (EAL) specialist available to work with students on improving their English-language academic writing skills.

Consult an ALC learning specialist or attend an academic skills workshop to improve your time management, learning strategies and test-taking strategies. Get support in select courses by making an appointment with an ALC content tutor. The ALC also offers peer-facilitated study groups called Supplemental Instruction (SI) for certain courses that students have typically found difficult. In SI study groups, students ask questions, compare notes, discuss content, solve practice problems, and develop new study strategies in a group-learning format.

In addition to one-to-one and group sessions, you can also find writing and study tip sheets and videos on the ALC website.

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/>

Contact the Academic Learning Centre by calling 204-480-1481 or emailing [academic\\_learning@umanitoba.ca](mailto:academic_learning@umanitoba.ca). Bannatyne students can contact the Bannatyne Student Services office at 204-272-3190.

### University of Manitoba Libraries (UML)

Research begins at [UM Libraries](#). [Learn at the Libraries](#) is a great place to start, with information for students on academic writing, how to search the library, evaluating resources, and writing citations. 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 locating appropriate resources or managing citations, 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 online. When working remotely, students can also receive help online through [Ask Us!](#) chat. For further detail about the libraries' services and collections, [visit the Libraries' web site](#). Regularly check our [COVID-19 Update](#) page for available library services and access to resources for Fall 2020.

**Section (b) sample:** re: A statement regarding mental health that includes referral information:

**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 UMSU University Centre or S211 Medical Services Building  
(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.

<http://umanitoba.ca/student/case-manager/index.html>

520 UMSU University Centre  
(204) 474-7423 (Student Support Intake Assistant)

#### **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. Note that due to fire displacement, UHS is unable to provide in-person medical care on the Fort Garry Campus until October, 2020.

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

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

#### **Health and Wellness**

Contact our Health and Wellness Educator if you are seeking information on health topics, including physical and mental health concerns, alcohol and substance use harms, or sexual violence. You can also access peer support from a *Healthy U* peer health educator.

*Health and Wellness Educator*

<https://umanitoba.ca/student/health-wellness/welcome-about.html>

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

469 UMSU University Centre

(204) 295-9032

### **Sexual Violence Resource Centre**

Contact SVRC if you have experienced sexual violence or are seeking information about how to help somebody else. SVRC provides inclusive, survivor-centred, trauma-informed services, such as consultation, referrals, safety planning, and a range of on-site supports, including counselling by Klinik.

*Sexual Violence Resource Centre*

<https://umanitoba.ca/student-supports/sexual-violence-support-and-education>

[svrc@umanitoba.ca](mailto:svrc@umanitoba.ca)

537 UMSU University Centre

(204) 474-6562 (Sexual Violence Intake and Triage Specialist)

### **Student Services at Bannatyne Campus**

Contact SS@BC to access a full range of resources and supports for learners at the Rady Faculty of Health Sciences. Services are provided through a one-stop hub that includes a range of supports for personal and academic success, including counselling, mental health consultation, and spiritual care.

*Student Services at Bannatyne Campus*

<https://umanitoba.ca/student-supports/student-services-bannatyne-campus>

[bcss@umanitoba.ca](mailto:bcss@umanitoba.ca)

### **S211 Medical Services Building**

**(204) 272-3190 (Intake and Triage Specialist)**

**Section (c) sample:** re: A notice with respect to 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.

**Section (d) sample:** re: A statement directing the student to University and Unit policies, procedures, and supplemental information available on-line:

## 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> 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](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:

[https://umanitoba.ca/admin/governance/governing\\_documents/community/235.html](https://umanitoba.ca/admin/governance/governing_documents/community/235.html)

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)