



HNSC 3350

CULTURAL AND PSYCHOLOGICAL INFLUENCES ON FOOD PATTERNS

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
Introduction An introduction to key terms and concepts.	1
Food Ideology 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'I 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 Culture Characteristics of Fast Food. Nutritional implications of fast food. Development of the fast-food society. Understanding dietary change.	10
Student Presentations	11
Student Presentations	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

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