



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

# Syllabus

HNSC 3350: Culture and Food Patterns

(Fall 2023)

Section: A01



## TABLE OF CONTENTS

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

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## COURSE DETAILS

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<b>Course Title &amp; Number:</b>	Culture and Food Patterns
<b>Number of Credit Hours:</b>	3 Credit Hours
<b>Class Times &amp; Days of Week:</b>	02:30 PM – 3:45 PM   Tuesday, Thursday Makeup classe (if any): Pre-recorded lectures (virtual)
<b>Location for classes:</b>	234 St. Paul's College
<b>Pre-Requisites: Or Co-Requisites</b>	PSYC 1200 or SOC 1200 AND HNSC 1200 and HNSC 1210

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## INSTRUCTOR CONTACT INFORMATION

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<b>Instructor Name:</b>	Ala'a Eideh
<b>Office Hours:</b>	I will be available right after the class for 10-15 minutes. Feel free to request an appointment during the week.
<b>Email:</b>	<a href="mailto:alaa.eideh@umanitoba.ca">alaa.eideh@umanitoba.ca</a>

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## COURSE DESCRIPTION

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### General Course Description

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

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## COURSE GOALS

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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 text \(textbook\) | Material is available on UM Learn \(class notes = PowerPoint and PDF files\)](#)

The course notes will be provided and available on UM Learn. The course notes include:

- [Handouts](#)
- [Review papers/ book chapters](#)
- [Course notes](#)
- [Links to videos](#)

### Supplementary Readings:

- Coté, C. (2016). "Indigenizing" food sovereignty. Revitalizing Indigenous food practices and ecological knowledges in Canada and the United States. *Humanities*, 5(3), 57. <https://doi.org/10.3390/h5030057>
- Daigle, M. (2019). Tracing the terrain of Indigenous food sovereignties. *The Journal of Peasant Studies*, 46(2), 297-315. <https://doi.org/10.1080/03066150.2017.1324423>
- Delormier, T., Horn-Miller, K., McComber, A. M., & Marquis, K. (2017). Reclaiming food security in the Mohawk community of Kahnawà: ke through Haudenosaunee responsibilities. *Maternal & child nutrition*, 13, e12556. <https://doi.org/10.1111/mcn.12556>
- Duguid, G. (n.d.). *Gwen's Collection of Favourites Spiced with Bits of Metis Folklore and Wisdom*. (Unpublished Book). St. Laurent, MB: Michif Fluent-Speaking Elders.
- Elliott, B., Jayatilaka, D., Brown, C., Varley, L., & Corbett, K. K. (2012). "We are not being heard": Aboriginal perspectives on traditional foods access and food security. *Journal of Environmental and Public Health*. <https://doi.org/10.1155/2012/130945>
- Frances Sizer, Eleanor Whitney & Leonard A. Pichè, *Nutrition: Concepts and Controversies*. Fifth Canadian edition, Nelson Education (2020). (Course notes from selected chapters)
- Fieldhouse, P. (1998). *Food and Nutrition: Customs and Culture*. London: Stanley Thornes. (Course notes from selected chapters).
- Jill G. Klein, N. Craig Smith, and Andrew John (2002), "Exploring Motivations For Participation in a Consumer Boycott", in *NA - Advances in Consumer Research Volume 29*, eds. Susan M. Broniarczyk and Kent Nakamoto, Valdosta, GA : Association for Consumer Research, Pages: 363-369.

- Kittler, P., Sucher, K., Nelms, M. (2017). *Food and Culture*. Wadsworth/ Thomas Learning. (Course notes from selected chapters).
- Morrison, D. (2011). Indigenous food sovereignty: a model for social learning. In H. Wittman, A. Desmarais, & N. Wiebe (Eds.), *Food sovereignty in Canada: Creating just and sustainable food systems* (pp. 97-113). Fernwood Publishing.
- Parker, B., Brady, J., Power, E., and Belyea, S. (2019). *Feminist Food Studies: Intersectional Perspectives*. (Course notes from selected chapters).
- Reiheld, A. (2014). Gender norms and food behaviour. In Paul Thompson & David Kaplan.
- Robin, T., Dennis, M. K., & Hart, M. A. (2020). Feeding Indigenous people in Canada. *International Social Work*, 0020872820916218.  
<https://doi.org/10.1177%2F0020872820916218>
- Statistics Canada (2019). Retrieved from <https://www12.statcan.gc.ca/census-recensement/2016/as-sa/98-200-x/2016016/98-200-x2016016-eng.cfm>

### 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 in-person. Students will need to use MindTap, Microsoft Word, Microsoft Office, and maybe other Apple/ Android applications/ Software tools.

### EXPECTATIONS: I EXPECT YOU TO

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- Please keep checking your UM email and UM Learn regularly for any class updates.
- Please read and do your best to locate information related to the course logistics and content on UM Learn before you send an email.
- Attend the classes, midterm and final exams on the specified date and time.
- Any student who misses the midterm test, the final test or any of the assignment(s) must notify the instructor by email within 48 hours of the missed test or assignment due date and provide appropriate documentation (medical certificate required) or compassionate reasons (documentation required).

**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. 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:**

No audio or video recording of lectures or presentations is allowed in any format, openly or surreptitiously, in whole or in part without Ala'a Eideh's permission. 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. 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 (please allow 1-2 weeks for assignments), providing a meaningful and easy to understand feedback (rubrics).
- I will treat you with respect and would appreciate the same courtesy in return. See [Respectful Work and Learning Environment Policy](#).

## 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](#).

Course materials will be available before the class (UM Learn).

Date	Class Content & Teaching Strategies
<b>Week 1</b> Sep. 7	Introductions, course outline and expectations <b>Topic 1:</b> Nutrition basic terms and definitions
<b>Week 2</b> Sep. 12 Sep. 14	<b>Topic 2:</b> Food Habits
<b>Week 3</b> Sep. 19 Sep. 21	<b>Topic 3:</b> Food Ideology
<b>Week 4</b> Sep. 26 Sep. 28	<b>Topic 4:</b> Social Functions of Foods
<b>Week 5</b> Oct. 3 Oct. 5	<b>Topic 5:</b> Psychological aspects of Food Choice  <i>Webinar reflection (1): Due by Oct. 8 (11:59 pm)</i>
<b>Week 6</b> Oct. 10 Oct. 12	<b>Topic 6:</b> Dietary Revolutions  <b>Topic 7:</b> Myths, Taboos, and Superstitions
<b>Week 7</b> Oct. 17 Oct. 19	<b>Topic 8:</b> Food for the Masses  <i>Mid-term test: Oct. 19</i>
<b>Week 8</b> Oct. 24 Oct. 26	<b>Topic 9:</b> Religion and Food
<b>Week 9</b> Oct. 31 Nov. 2	<b>Topic 10:</b> Food and Gender Roles  <i>Ethnic Food Store Visit Report: Nov. 5</i>
<b>Week 10</b> Nov. 7 Nov. 9	<b>Topic 11:</b> Morals, Ethics, Cultism and Quackery
<b>Week 12</b> Nov. 21 Nov. 23	<b>Topic 12:</b> Dietary Cuisines and Flavour Concept (an introduction)  Foodway group presentations
<b>Week 13</b> Nov. 28 Nov. 30	Foodway group presentations

<b>Week 14</b> <b>Dec. 5</b> <b>Dec. 7</b>	Foodway group presentations Revision for the final exam
<b>Final exam – TBA (December 12-22)</b>	

Evaluation due date	Assessment	Grade %
<b>Oct. 8</b>	Webinar reflection	10%
<b>Oct. 19</b>	Mid-term test	20%
<b>Nov. 5</b>	Ethnic food store visit report	15%
<b>Nov. 23 – Dec. 5</b>	Foodway group project presentations	15%
<b>Throughout the term</b>	Attendance/ class participation	5%
<b>December 11-23</b>	Final exam	35%
<b>Total</b>		100%

## GRADING

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

## VOLUNTARY WITHDRAWAL

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Fall 2023 voluntary withdrawal (VW) date is November 21, 2023.

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.

## ASSIGNMENT DESCRIPTIONS

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- **Mid-term and final exam:** Your understanding of the course content will be assessed through multiple choice questions/ short answers.

*The following course assessments (assignments, webinars, term papers ... etc) will be explained in details during the class. All the instructions will be available on UM Learn:*



- **Webinar Reflection(s):** You will be assigned 3-4 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.
- **Class Participation:** Students are 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.
- **Ethnic Food Store Visit Report:** 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.

- **Cultural Foodways Assignment:** (Please check UM Learn for details).

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## REFERENCING STYLE

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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: Author.

1. For APA referencing style (please click the link below) – how to cite your reference if it's a paper, book, video .. etc?  
[https://libguides.lib.umanitoba.ca/ld.php?content\\_id=35726641](https://libguides.lib.umanitoba.ca/ld.php?content_id=35726641)
2. For sample papers using APA referencing style (please click the link below)  
[https://owl.purdue.edu/owl/research\\_and\\_citation/apa\\_style/apa\\_formatting\\_and\\_style\\_guide/apa\\_sample\\_paper.html](https://owl.purdue.edu/owl/research_and_citation/apa_style/apa_formatting_and_style_guide/apa_sample_paper.html)
3. For more information about APA referencing style (please click the link below)  
<https://apastyle.apa.org>

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## 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 (please allow 1-2 weeks for exams/ assignments), providing a meaningful and easy to understand feedback.

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## 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)