



Edit

# NUIP 3620-001: Fall 2024

## CULTURAL ASPECTS OF FOOD

### INSTRUCTOR INFORMATION

**Sydney Abbott, MS RD (she/her)**

*Assistant Professor*

*sydney.abbott@utah.edu*

**[Department of Nutrition and Integrative Physiology](https://health.utah.edu/nutrition-integrative-physiology/)**   
**[\(https://health.utah.edu/nutrition-integrative-physiology/\)](https://health.utah.edu/nutrition-integrative-physiology/)**

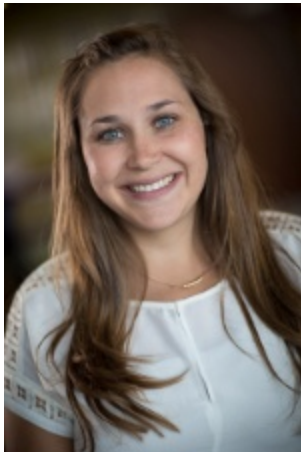
*Office Location: HPER West Room 108*

*Virtual Office Hours: Tuesdays 11:00am-12:00pm, or by appointment*

*Link: **<https://utah-health.zoom.us/j/93707749773?pwd=vCNXnL4aESsiyedlquOZWdx1edX4Tk.1>** (**<https://utah-health.zoom.us/j/93707749773?pwd=vCNXnL4aESsiyedlquOZWdx1edX4Tk.1>**)*

*Passcode: 3925*

*Additional information on how to access the Zoom office hours can be found **[here](https://utah.instructure.com/courses/977570/pages/contact-me-and-office-hours-2)** (**<https://utah.instructure.com/courses/977570/pages/contact-me-and-office-hours-2>**).*



### TEACHING ASSISTANT AND LAB INSTRUCTOR INFORMATION

**Teaching Assistant (Lab Instructor and Grading):**

**Name:** \*\*\*(she/her/hers)

**Email:** \*\*\*

**Office Hours:** \*\*\* on Zoom, or available by appointment



Link \*\*\*

## CLASS TIME & CREDIT HOURS

Class Time: Tuesdays, 4:35-7:05pm

Locations:

**CTIHB** (<https://map.utah.edu/>) Room 101 (Lecture: Report here 1st day of class)

HPR North Room 227 (Lab)

Credit Hours: 3.0

Course Format: In person

Final Exam: Tuesday, December 10th from 6:00-8:00pm MST (Online)

## COURSE DESCRIPTION

Every day, people throughout the world must procure, select, prepare and consume food to sustain life. The manner in which they do this reflects complex interrelationships and interactions among the individuals, their culture and the world in which they live. These activities related to food are called food ways. Food preferences, a part of food ways, are largely subject to cultural forces. Cultural causes may determine food combinations eaten and may result from environmental conditions, social determinants, personal factors and situational factors. A biocultural perspective will be used to integrate culture and nutritional considerations. This course will introduce students to an international frame of references so that they may think critically about food preferences from a long-standing approach or traditional approach, as well as, newly emerging issues. This course will focus on international issues including the causes and effects of famine, the exploitation and decline of world fisheries, global marketing of food products and climatic and economic parameters of food production world wide. These contemporary issues will be related to historical approaches in order to facilitate a more complete understanding of international food and nutrition phenomena. The course will include hands-on kitchen laboratories, including tasting different dishes, food preparation of cultural specialties and exploring the relationship between food, history, culture and traditions.

## STUDENT LEARNING OUTCOMES

By the end of this course, you will be able to:



- Evaluate the complexities of and variations across segments of historical and contemporary cultural practices as they pertain to food and its relative meanings
- Demonstrate critical self-awareness and -reflexivity of intersections surrounding food, culture, and identity by utilizing some of the theoretical lenses attended to during the course
- Analyze diverse perspectives and characterizations of food and nutrition, how cultures negotiate these varied understandings, and plausible limitations or constraints on creating comprehensive nutrition directives
- Compare and contrast their subjective cultural food practices with those of a recent immigrant to the U.S. and present their assessments/conclusions
- Appraise current culinary skills and knowledge and expand them through practical application in Food Labs.

## PREREQUISITES

*None*

## REQUIRED MATERIALS

Textbook:

Food and Culture, P.G. Kittler, K.P. Sucher, and M. Nelms; Eighth Edition 2023. Cengage Learning. ISBN 9780357730126 (Inclusive Access)

[➔ \(http://www.amazon.com/Everyone-Eats-Understanding-Culture-Second/dp/0814760066/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1432070707&sr=1-1&keywords=Everyone+eats\)](http://www.amazon.com/Everyone-Eats-Understanding-Culture-Second/dp/0814760066/ref=sr_1_1?s=books&ie=UTF8&qid=1432070707&sr=1-1&keywords=Everyone+eats)


Critical Book Analysis Book-Chosen during the first weeks of class

Additional readings and multimedia resources will be available electronically through Canvas.

## LEARNING ASSESSMENTS

### 1. Individual Food Culture Presentation:

a. Presentation: Students will record a five-minute presentation on how food influences their personal identity and/or culture(s). In the presentation, discuss how you define your identity and/or the culture(s) to which you belong and how food fits into this identity and/or these cultures. The presentation is completed individually, and then shared with a select group of classmates.

- b. Discussion: Watch and respond to all of the presentations within your assigned group. The responses should be in discussion format. All responses need to be academic in nature. 
2. Critical Book Analysis Paper:
    - a. Read one of the literature books from a provided list. All of the books on the list cover some aspect of food and culture. Then, write a 3-4 page paper, double-spaced, summarizing the key points of the book, offering your personal critique of the topic, and a discussion of the cultural aspect of the book personally found to be most significant.
  3. Lab Worksheets: Respond to questions discussing your experiences in lab and how you can apply the information in the future. Attendance to all labs is required in order to receive credit for this assignment. (30 points each)
  4. Group Presentation Project: Each student will complete this project in a group. The content of the presentation and paper will examine a specific cultural food topic that we covered in class (religion, sustainability, medicine, gender, communication, etc.). The presentation is an opportunity to explore the chosen topic in more detail. Course materials should be clearly included within the presentation and paper.
    1. Proposal: Complete a topic proposal for your presentation using provided template. The proposal is designed to help groups decide on a topic and plan for their presentation. Presentation topic must be approved by instructor to prevent duplicate presentations and ensure topic meets the assignment requirements. (15 points)
    2. Presentation: Presentation will be 20-25 minutes in total, 18-20 minutes for the presentation and 5-7 minutes for the interactive class activity. Upload one copy of presentation slides to Canvas prior to class presentation. (100 points)
    3. Group Contribution Peer Evaluation: Group members will be given the opportunity to evaluate the contributions of their group members, as well as themselves, to group projects over the course of the semester. These peer evaluations will be submitted during final presentations. (30 points)
  5. In-Class Quizzes and Participation: Every week there will be small activities included in class to assess current learning, expand on a certain topic, and provide you with the opportunity to apply your knowledge. Module activities will typically include a reading quiz and a worksheet. These points will only be available to those present and cannot be made-up or substituted (*Exception: I will drop your single lowest quiz/participation score during the semester*). You will need to have a phone or computer with internet access available in class to receive these points. (100 points)
  6. Final Exam: The final exam will be a comprehensive exam. The exam will consist of multiple choice questions from the final projects and 6 multi-part essay questions assessing understanding of material from throughout the semester. The exam will be taken online utilizing Canvas quizzes. It will be an open note, individual exam.

## POINT DISTRIBUTION



Assignment	Points Available
Individual Food Culture Presentation	
Presentation Video	75
Discussion	25
Critical Book Analysis	75
Food and Culture Labs (3)	90 (30 each)
Final Presentation	
Proposal	15
Presentation	100
Discussion	30
Weekly Module Activities	100
Final Exam	75
	<i>585 points total</i>

*\*Subject to change based on actual points available*

## FREQUENTLY ASKED QUESTIONS

- **What's the best way to go about managing my time for this class?**

Successful students (those that get A's and B's) use their time wisely. The standard formula for college coursework is that for every 1 hour of credit a student will spend 3 to 6 hours (and sometimes more) of studying and completing homework. Thus, a 3 credit course will require an average of 9 to 18 hours of homework (reading, research, studying) per week. As a result, successful students plan

their time so that they keep up with assignments by maintaining a pace that fits the course schedule. They also communicate with the instructor often so that they can receive feedback on their work.

- **How can I find out how I did on assignments?**

All assignments will be submitted via electronic uploads to Canvas. I encourage you all to review graded assignments by reviewing the rubric and to contact me with any questions.

- **I missed an assignment due date, now what?**

You must be present in class to receive credit on in class participation and worksheets. If you have an excused absence, it is your responsibility to contact me about a make-up assignment.

Late assignments will be deducted 10 points per day. Assignments submitted more than seven days late will receive a zero.

- **If you need to make up coursework due to illness, athletics, natural disaster, or other excused absence, please include all information from the template found here: [Communications and Office Hours \(https://utah.instructure.com/courses/977570/pages/communications-and-office-hours\)](https://utah.instructure.com/courses/977570/pages/communications-and-office-hours)**
- If you experience technical difficulties with submitting assignments, contact U-online for technical assistance immediately at 801-585-5959 or email me at [sydney.abbott@utah.edu](mailto:sydney.abbott@utah.edu).
- **What if I miss an exam?**

There will be no make-up exams without prearranged written permission from the instructor. If the incident resulting in a missed exam occurs on the due date - you will have 24 hours to contact me to make the necessary arrangements. Physician's verification is required for illnesses or other documentation (e.g., doctor's note, accident report, death certificate) for medical or emergency circumstances beyond your control. Late exams must be completed within one week of the *first* date the exam is offered. Contact your instructor via e-mail prior to the scheduled exam time or within 24 hours after the incident. Missed exams without permission or acceptable medical or emergency excuse will be assigned a grade of zero, per University policy.

If you know in advance that you need to take the exam at a different time than scheduled, your instructor will work with you to make arrangements. These *arrangements must be scheduled* at least 1 week before the exam for a time before the originally planned test date (i.e., if you have a university athletic event or debate meet).

- **Will there be extra credit available throughout the semester?** I do not offer any individual extra credit assignments. If extra credit were to be available, it will be available to the entire class and announced on Canvas.

## GRADE SCHEME



The following grading standards will be used in this class:

Grade	Range
A	100 % to 92.5%
A-	< 92.5 % to 89.5%
B+	< 89.5 % to 87.5%
B	< 87.5 % to 82.5%
B-	< 82.5 % to 79.5%
C+	< 79.5 % to 77.5%
C	< 77.5 % to 72.5%
C-	< 72.5 % to 69.5%
D+	< 69.5 % to 67.5%
D	< 67.5 % to 62.5%
D-	< 62.5 % to 59.5%
F	< 59.5 % to 0.0%

## COURSE RESPONSIBILITIES

### Mandatory Reporter:

**Duty to Notify:** As a University representative, most faculty, staff, and teaching assistants (other than professional mental health counsellors) are required to report information learned about instances of sexual misconduct, discrimination, and/or immediate threats to safety to the University of Utah Office of Equal Opportunity and Affirmative Action and/or the Office of the Dean of Students.

*If you do choose to disclose instances of sexual misconduct, discrimination, or violence to me, please be aware that I am a mandatory reporter and am required by University policies to notify the appropriate Office.*

### Canvas Requirements:

- **Electronic or equipment failure:** It is your responsibility to maintain your computer and related equipment in order to participate in the online nature of the course.
- **Document archiving:** You are responsible for making sure your assignments, including attachments, are received before the deadline. Students are also responsible for ensuring that the documents submitted are the correct document to be graded.
- **Naming conventions and software type:** You are responsible for submitting the assignment with the required naming convention, correct file extension (.doc, .docx, or .pdf), and using the software type and version required for the assignment. I will not accept assignments uploaded in Pages format.

- **Classroom equivalency:** Discussion threads, e-mails, and chat rooms are all considered to be equivalent to classrooms, and student behavior within those environments shall conform to the University of Utah Student Code. Specifically:
  - Posting photos or comments that would be off-topic in a classroom are still off-topic in an online posting.
  - Off-color language and photos are never appropriate.
  - Using angry or abusive language is called "flaming", is not acceptable, and will be dealt with according to the Student Code.
  - Course e-mails, e-journals, and other online course communications are part of the classroom and as such, are University property and subject to GRAMA regulations and the Student Code. Privacy regarding these communications between correspondents must not be assumed and should be mutually agreed upon in advance, in writing.

## PLAGIARISM AND CHEATING

It is assumed that all work submitted to your instructor is your own work. When you have used ideas of others, you must properly indicate that you have done so. All written work submitted in this course will be reviewed for plagiarism.

Plagiarism and cheating are serious offenses and may be punished by failure on an individual assignment, and/or failure in the course. Academic misconduct, according to the University of Utah Student Code,

*"...Includes, but is not limited to, cheating, misrepresenting one's work, inappropriately collaborating, plagiarism, and fabrication or falsification of information...It also includes facilitating academic misconduct by intentionally helping or attempting to help another to commit an act of academic misconduct."*

For details on plagiarism and other important course conduct issues, see the U's **[Code of Student Rights and Responsibilities \(http://regulations.utah.edu/academics/6-400.php\)](http://regulations.utah.edu/academics/6-400.php)**.

## UNIVERSITY POLICIES

### AMERICANS WITH DISABILITIES ACT (ADA)

The University of Utah seeks to provide equal access to its programs, services, and activities for people with disabilities.



All written information in this course can be made available in an alternative format with prior notification to the **Center for Disability & Access** [\(https://disability.utah.edu/\)](https://disability.utah.edu/) (CDA). CDA will work with you and the instructor to make arrangements for accommodations. Prior notice is appreciated. To read the full accommodations policy for the University of Utah, please see Section Q of the **Instruction & Evaluation regulations** (<http://regulations.utah.edu/academics/6-100.php>).

In compliance with ADA requirements, some students may need to record course content. Any recordings of course content are for personal use only, should not be shared, and should never be made publicly available. In addition, recordings must be destroyed at the conclusion of the course.

If you will need accommodations in this class, or for more information about what support they provide, contact:

### **Center for Disability & Access**

801-581-5020

[disability.utah.edu \(https://disability.utah.edu/\)](https://disability.utah.edu/)

162 Union Building

200 S. Central Campus Dr.

Salt Lake City, UT 84112

## **SAFETY AT THE U**

The University of Utah values the safety of all campus community members. You will receive important emergency alerts and safety messages regarding campus safety via text message. For more safety information and to view available training resources, including helpful videos, visit [safeu.utah.edu \(http://safeu.utah.edu/\)](http://safeu.utah.edu/).

To report suspicious activity or to request a courtesy escort, contact:

### **Campus Police & Department of Public Safety**

801-585-COPS (801-585-2677)

[dps.utah.edu \(https://dps.utah.edu/\)](https://dps.utah.edu/)

1735 E. S. Campus Dr.

Salt Lake City, UT 84112

## **ADDRESSING SEXUAL MISCONDUCT**

Title IX makes it clear that violence and harassment based on sex and gender (which includes sexual orientation and gender identity/expression) is a civil rights offense subject to the same kinds of accountability and the same kinds of support applied to offenses against other protected categories such

as race, national origin, color, religion, age, status as a person with a disability, veteran's status, or genetic information.



If you or someone you know has been harassed or assaulted, you are encouraged to report it to university officials:

### **Title IX Coordinator & Office of Equal Opportunity and Affirmative Action**

801-581-8365

[oeo.utah.edu \(https://oeo.utah.edu/\)](https://oeo.utah.edu/)

135 Park Building

201 Presidents' Cir.

Salt Lake City, UT 84112

### **Office of the Dean of Students**

801-581-7066

[deanofstudents.utah.edu \(https://deanofstudents.utah.edu/\)](https://deanofstudents.utah.edu/)

270 Union Building

200 S. Central Campus Dr.

Salt Lake City, UT 84112

To file a police report, contact:

### **Campus Police & Department of Public Safety**

801-585-COPS (801-585-2677)

[dps.utah.edu \(https://dps.utah.edu/\)](https://dps.utah.edu/)

1735 E. S. Campus Dr.

Salt Lake City, UT 84112

If you do not feel comfortable reporting to authorities, the U's Victim-Survivor Advocates provide free, confidential, and trauma-informed support services to students, faculty, and staff who have experienced interpersonal violence.

To privately explore options and resources available to you with an advocate, contact:

### **Center for Student Wellness**

801-581-7776

[wellness.utah.edu \(http://wellness.utah.edu/\)](http://wellness.utah.edu/)

328 Student Services Building

201 S. 1460 E.

Salt Lake City, UT 84112



## ACADEMIC MISCONDUCT

It is expected that students comply with University of Utah policies regarding academic honesty, including but not limited to refraining from cheating, plagiarizing, misrepresenting one's work, and/or inappropriately collaborating. This includes the use of generative artificial intelligence (AI) tools without citation, documentation, or authorization. Students are expected to adhere to the prescribed professional and ethical standards of the profession/discipline for which they are preparing. Any student who engages in academic dishonesty or who violates the professional and ethical standards for their profession/discipline may be subject to academic sanctions as per the University of Utah's Student Code: **[Policy 6-410: Student Academic Performance, Academic Conduct, and Professional and Ethical Conduct \(https://regulations.utah.edu/academics/6-410.php\)](https://regulations.utah.edu/academics/6-410.php)**.

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## COURSE SCHEDULE

**[Course Schedule \(https://utah.instructure.com/courses/977570/pages/course-schedule\)](https://utah.instructure.com/courses/977570/pages/course-schedule)**

*Note:* This schedule is subject to revision based on the needs of our class; any updates will be made available to students through Canvas.