



## **HHPH, 339, 01E, FOOD AND CULTURE**

MWF NHS 160A 9-9:50AM  
COURSE SYLLABUS: SPRING 2024

### **INSTRUCTOR INFORMATION**

Instructor: Kaylie Campbell, MS, RDN, LD, CSSD  
Office Location: NHS 134  
Office Hours: Monday & Wednesday 10-11AM; Tuesday & Thursday 12:30-2PM  
Office Phone: 903-886-5549  
Office Fax:  
University Email Address: Kaylie.Daniels@tamuc.edu  
Preferred Form of Communication: **EMAIL**  
Communication Response Time: 24-48 Hours

### **COURSE INFORMATION**

Materials – Textbooks, Readings, Supplementary Readings

Textbook(s) Required: Kittler, Pamela G., Sucher, Kathryn, P., Nelms, Marcia, N. (2017). Food and Culture (7th Edition.) Cengage Learning. ISBN: 9781305628052 or newest edition.

### **Course Description**

Overview of traditional food habits, eating patterns and food practices of various cultures and backgrounds. Discuss nutrition-related health problems of various ethnic and racial groups. Encompasses intercultural communication skills, realization of cultural differences, and concepts to help individuals be successful when communicating with other cultures and backgrounds.

**Student Learning Outcomes** (Should be measurable; observable; use action verbs)

1. Understand food selection, preparation, and storage with a cultural context.
2. Describe key components of traditional health beliefs and habits of various cultural groups.

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3. Define key elements of intercultural communication and elements for successful communication between different cultures.
4. Identify dietary laws, principles and restrictions of major religions and their impact on food choices in different regions.
5. Identify key foods of each food group for different world regions and how they have been adapted in the American diet.
6. Describe traditional meal composition and cycles of different cultures and groups.
7. Discuss immigration patterns, socioeconomic influences and current locations of different cultures who are in America today.
8. Identify health concerns and counseling strategies associated with nutritional intake among the different cultures or groups.

## **COURSE REQUIREMENTS**

### **Minimal Technical Skills Needed**

Using the learning management system, using Microsoft Word, PowerPoint, and Excel, using university email, and using Google Docs / Slides.

### **Instructional Methods**

We will review traditional habits, practices and eating patterns of various cultures and backgrounds through lecture, discussion and course readings. Activities include discussions, application of knowledge through quizzes and exams, film study of food and its use for representing socio-cultural constructs and a project/paper studying a dish selected from a culture of interest.

### **Student Responsibilities or Tips for Success in the Course**

This is a college level course requiring students to be disciplined, self-motivated, and good managers of their time. This 3-hour credit course can require up to nine hours of commitment each week. Some weeks may require less. Time will be spent reading course materials and completing assignments. It is expected that you read the material we are covering in class that day prior to arriving so you are prepared and ready to discuss in class.

### **Late Assignments**

Please see syllabus for due dates on all assignments. **Late Assignments are not accepted!! Please notify instructor immediately if you have a circumstance affecting your ability to complete an assignment.** Highly recommended that students do not wait until the last minute to complete assignments, discussion boards or exams. Communication is important! If you have questions, concerns, are struggling with understanding material, will be missing class, etc. please notify the instructor.

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## GRADING

Final grades in this course will be based on the following scale:

A = 90%-100%

B = 80%-89%

C = 70%-79%

D = 60%-69%

F = 59% or Below

Weights of the assessments in the calculation of the final letter grade.

Attendance/Participation	10%
Readings Discussions	10%
Film Assignment	15%
Food and Culture Project	20%
<u>Exams</u>	<u>45%</u>
TOTAL	100%

### Assessments

#### **Attendance/Participation (10%)**

Students will be required to participate in lecture and all section meetings. You have the chance to earn up to 5 points of participation each week. There will be a midterm evaluation available to you based on your participation. This will be based off of attendance and contribution to discussion and activities.

\*If students are unable to attend class due to a university excused absence (athletics, documented illness, death in the family, etc.) they may be able to make up missed participation points by completing an additional discussion/questions.

#### **Readings Discussions (10%)**

Students will be responsible for preparing discussion questions from course textbook readings and lead/co-lead at least one discussion period in class.

#### **Film Assignment (15%)**

Students will select from a provided list of films that have a strong use of food to represent socio-cultural constructs. Students will prepare a written review of the film and the ways that food is represented, and representative of these constructs; and will present their review (and relevant clips from the film) to the class for discussion. Guidelines will be provided on D2L and discussed in class.

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### **Food and Culture Project (20%)**

Students will select one food/dish from one the various regions, religions or cultures discussed throughout the semester. The students will write a paper discussing the food item/dish (history of the dish, why those ingredients, brief summary of the region/country/culture it represents, cooking techniques/utensils, etc.) Rubric and further guidelines for the paper will be provided on D2L and discussed in class. For the second part of the project students will create a graphic or presentation summarizing what they learned in the research for their paper. It may include information such as the recipe for the dish, origin/history, cooking method and fun facts. At the end of the semester students will present their graphic/presentation to the class.

\*\*For extra credit students may prepare their selected dishes to share and sample with the class.

### **Exams (4 Exams = 45%)**

You will take 3 exams over material presented in assigned readings (i.e. websites and articles); the chapters of the book; and lectures. Check your course calendar for exam dates. The purpose of the exams are to ensure that you have the basic knowledge to perform other activities in class such as discussing, researching, and writing about a variety of nutritional topics, and issues related to them.

## **TECHNOLOGY REQUIREMENTS**

### **LMS**

All course sections offered by Texas A&M University-Commerce have a corresponding course shell in the myLeo Online Learning Management System (LMS). Below are technical requirements

LMS Requirements:

<https://community.brightspace.com/s/article/Brightspace-Platform-Requirements>

LMS Browser Support:

[https://documentation.brightspace.com/EN/brightspace/requirements/all/browser\\_support.htm](https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm)

YouSeeU Virtual Classroom Requirements:

<https://support.youseeu.com/hc/en-us/articles/115007031107-Basic-System-Requirements>

## **ACCESS AND NAVIGATION**

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You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or [helpdesk@tamuc.edu](mailto:helpdesk@tamuc.edu).

**Note:** Personal computer and internet connection problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, Starbucks, a TAMUC campus open computer lab, etc.

## COMMUNICATION AND SUPPORT

If you have any questions or are having difficulties with the course material, please contact your Instructor.

### Technical Support

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778. Other support options can be found here:

<https://community.brightspace.com/support/s/contactsupport>

### Interaction with Instructor Statement

Students can expect a response to email messages and/or phone calls within 24-48 hours from the time that your communication was sent. All assignments will be graded and grades posted in a timely manner. Office hours are posted by my office door and announced at the beginning of the semester. Also see instructor information at the beginning of syllabus.

## COURSE AND UNIVERSITY PROCEDURES/POLICIES

### Course Specific Procedures/Policies

**Electronic Devices & Acceptable Use Policy:** Research indicates student performance is significantly (negatively) correlated with cell phone use. The active use of cellular phones or other electronic devices is distracting to your own learning, your classmates, and the professor. It is also considered extremely disrespectful and unprofessional in a classroom or work setting. **Cell phones should be silenced and put away upon entry into the classroom.** (This means out of reach, like in your backpack or off your desk; NOT in your lap, pocket, purse, or other place where you try to hide its' use.) **Excessive texting in the classroom will NOT be tolerated. The professor reserves the right to deduct points from your grade for each instance (see Attendance & Participation section above).** If you choose to utilize an electronic

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device to take notes during class, it is expected that it will be used solely for that purpose. The professor reserves the right to monitor all electronic device use during the class period to ensure appropriate use. Photos, video, or any other type of recording may not be taken in class without prior expressed written consent of every individual who may appear in such recordings

**Email Response Policy:** It is commonly accepted courtesy to give an individual at least 24-48 hours to respond to an email. In general, I will respond to your emails within 48 hours, EXCLUDING weekends, if I am not out sick or at a conference. This means if you email me on a Friday, it may be Monday afternoon or Tuesday before I can respond. If you do email me, please include the course name and/or number, as well as your specific concern/question/problem/etc. Please also utilize correct spelling, grammar, and complete sentences. You can also schedule an appointment for an online chat, conference phone call, or face-to-face meeting if needed, but please request appointments **at least** 24 hours in advance. Pace your work and when a need arises to email me, make sure you have enough time to cover the 48-hour expected response duration. Emergencies 'you create' on your side will not constitute emergencies on my side. Therefore you will NOT be excused for not meeting a due date just because you did not receive a response from me to your email/inquiry related to a pending assignment due.

**Religious observations:** Any student in this course who plans to observe a religious holiday which conflicts in any way with the course schedule or requirements should contact the instructor at the **beginning** of the semester to discuss alternative accommodations.

### **Syllabus Change Policy**

The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced in advance.

## **University Specific Procedures**

### **Student Conduct**

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct is described in detail in the [Student Guidebook](http://www.tamuc.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx).  
<http://www.tamuc.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx>

Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum:  
<https://www.britannica.com/topic/netiquette>

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## TAMUC Attendance

For more information about the attendance policy please visit the [Attendance](#) webpage and [Procedure 13.99.99.R0.01](#).

<http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/academic/13.99.99.R0.01.pdf>

## Academic Integrity

Students at Texas A&M University-Commerce are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

[Undergraduate Academic Dishonesty 13.99.99.R0.03](#)  
[Undergraduate Student Academic Dishonesty Form](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/documents/13.99.99.R0.03UndergraduateStudentAcademicDishonestyForm.pdf>

[Graduate Student Academic Dishonesty Form](#)

<http://www.tamuc.edu/academics/graduateschool/faculty/GraduateStudentAcademicDishonestyFormold.pdf>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/undergraduates/13.99.99.R0.03UndergraduateAcademicDishonesty.pdf>

Texas A&M University-Commerce acknowledges that there are legitimate uses of Artificial Intelligence, ChatBots, or other software that has the capacity to generate text, or suggest replacements for text beyond individual words, as determined by the instructor of the course.

Any use of such software must be documented. Any undocumented use of such software constitutes an instance of academic dishonesty (plagiarism).

Individual instructors may disallow entirely the use of such software for individual assignments or for the entire course. Students should be aware of such requirements and follow their instructors' guidelines. If no instructions are provided the student should assume that the use of such software is disallowed.

In any case, **students are fully responsible for the content of any assignment they submit, regardless of whether they used an AI, in any way.** This specifically includes cases in which the AI plagiarized another text or misrepresented sources.

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## **Students with Disabilities-- ADA Statement**

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

### **Office of Student Disability Resources and Services**

Texas A&M University-Commerce

Velma K. Waters Library Rm 162

Phone (903) 886-5150 or (903) 886-5835

Fax (903) 468-8148

Email: [studentdisabilityservices@tamuc.edu](mailto:studentdisabilityservices@tamuc.edu)

Website: [Office of Student Disability Resources and Services](#)

<http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/>

## **Nondiscrimination Notice**

Texas A&M University-Commerce will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

## **Campus Concealed Carry Statement**

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in Texas A&M University-Commerce buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and A&M-Commerce Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations.

For a list of locations, please refer to the [Carrying Concealed Handguns On Campus](#) document and/or consult your event organizer.

Web url:

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>

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Pursuant to PC 46.035, the open carrying of handguns is prohibited on all A&M-Commerce campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

### A&M-Commerce Supports Students' Mental Health

The Counseling Center at A&M-Commerce, located in the Halladay Building, Room 203, offers counseling services, educational programming, and connection to community resources for students. Students have 24/7 access to the Counseling Center's crisis assessment services by calling 903-886-5145. For more information regarding Counseling Center events and confidential services, please visit [www.tamuc.edu/counsel](http://www.tamuc.edu/counsel)

### Department or Accrediting Agency Required Content

### COURSE OUTLINE / CALENDAR

Tentative course calendar provided via D2L and the first day of class.

<i>ALL DUE DATES AND ASSIGNMENTS ARE SUBJECT TO CHANGE WITH NOTICE</i>					
Test	Week	Date	Chapter	Assignment Due <i>All Assignments below are due by 11:59PM CST on the dates below!</i>	
1	1	1/10	Syllabus Review, Expectations, Introductions Ch. 1 Food and Culture	<b>Syllabus Quiz</b>	
		1/12	Ch. 1 Continued		
	2	<b>1/15</b>	<b>NO CLASS CAMPUS CLOSED</b>		
		1/17	Ch. 2 Traditional Beliefs and Practices		
		1/19			
	3	1/22	Ch. 3 Intercultural Communication		
		1/24			
		1/26			
	4	1/29	Ch. 4 Food and Religion		
		1/21			
		2/2			
	5	<b>2/5</b>	<b>Exam 1 Review</b>		
		<b>2/7</b>	<b>Exam 1 (Ch. 1-4)</b>		

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2	6	2/12	Ch. 5 Native Americans		
		2/14	Ch. 8 Africans		
		2/16	Food Exploration Lab		
	7	2/19	Ch. 6 Northern and Southern Europeans		
		2/21			
		2/23	Food Exploration Lab		
	8	2/26	Ch. 7 Central Europeans, Former Soviet Union and Scandinavians		<b>Film Assignment</b>
		2/28			
		2/29	Food Exploration Lab		
9	3/4	<b>Exam 2 Review</b>			
	3/6	<b>Exam 2 (Ch. 5-8)</b>			
3	10	<b>3/11-3/15 SPRING BREAK</b>			
	11	3/18	Ch. 9 Mexicans and Central Americans		
		3/20			
		3/22	Food Exploration Lab		
	12	3/25	Ch. 10 Caribbean Islanders and South Americans	<b>Food and Culture Paper</b>	
		3/27			
		3/29	Food Exploration Lab		
	13	4/1	Ch. 11 East Asians		
		4/3	Ch. 12 Southeast Asians and Pacific Islanders		
		4/5	Food Exploration Lab		
14	4/8	<b>Exam 3 Review</b>			
	4/10	<b>Exam 3 (Ch. 9-12)</b>			
4	15	4/15	Ch. 13 People of the Balkans and Middle East	<b>Food and Culture Graphic/Presentation</b>	
		4/17	Ch. 14 South Asians		
		4/19	Food Exploration Lab		
	16	4/22	Ch. 15 Regional Americans		
		4/24	Food and Culture Presentations		
		4/26	*Potluck		
	17	4/29	Final Exam Review		
		<b>5/1-5/3</b>	<b>Study Period</b>		
	18	<b>5/8</b>	<b>FINAL EXAM (Ch. 13-15) 8-10 AM</b>		

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