



HHPH, 339, 01W, FOOD AND CULTURE

WEB BASED

COURSE SYLLABUS: SPRING 2026

INSTRUCTOR INFORMATION

Instructor: Kim Rahebi, PhD, MPH, CPH
Office Location: Virtual / Zoom
Office Hours: Fridays from 2pm-3pm or by Appointment
Cell Phone: 214-909-2672
Office Fax:
University Email Address: Kim.Rahebi@etamu.edu
Preferred Form of Communication: email
Communication Response Time: 1-2 business days

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.

The syllabus/schedule are subject to change.

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 and 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.

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.

GRADING

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

The syllabus/schedule are subject to change.

- 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.

Participation/Discussions	20%
Film Assignment	15%
Food and Culture Project	25%
<u>Exams</u>	<u>40%</u>
TOTAL	100%

Assessments

Online Participation/Activities (20%)

Students will participate and interact within the course by completing self-evaluation worksheets, discussion posts and other activities as assigned during modules to contribute to the online classroom community. Credit is given for completing activities and regularly logging in to complete course material.

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.

Food and Culture Project (25%)

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 and provide virtual peer feedback.

The syllabus/schedule are subject to change.

Exams (4 Exams = 45%)

You will take 4 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 East Texas A&M University 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

YouSeeU Virtual Classroom Requirements:

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

ACCESS AND NAVIGATION

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.

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 ETAMU 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.

The syllabus/schedule are subject to change.

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

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.

The syllabus/schedule are subject to change.

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>

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>

ETAMU 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 East Texas A&M University 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>

East Texas A&M University acknowledges that there are legitimate uses of Artificial Intelligence, ChatBots, or other software that has the capacity to generate text, or

The syllabus/schedule are subject to change.

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.

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

East Texas A&M University

Velma K. Waters Library Rm 162

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

Fax (903) 468-8148

Email: studentdisabilityservices@tamuc.edu

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

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

Nondiscrimination Notice

East Texas A&M University 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.

The syllabus/schedule are subject to change.

Campus Concealed Carry Statement

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in East Texas A&M University 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 East Texas A&M University 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>

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

East Texas A&M University 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

Department or Accrediting Agency Required Content

Mental Health and Well-Being

The university aims to provide students with essential knowledge and tools to understand and support mental health. As part of our commitment to your well-being, we offer access to Telus Health, a service available 24/7/365 via chat, phone, or webinar. Scan the QR code to download the app and explore the resources available to you for guidance and support.



The syllabus/schedule are subject to change.

COURSE OUTLINE / CALENDAR

Tentative course calendar provided via D2L.

<i>ALL DUE DATES AND ASSIGNMENTS ARE SUBJECT TO CHANGE WITH NOTICE</i>				
Test	Week	Chapter	Assignment Due <i>All Assignments are due by Sunday 11:30PM CST</i>	
1	1	Course Orientation Ch. 1 Food and Culture	Syllabus Quiz	
	2	Ch. 2 Traditional Beliefs and Practices	Self-Evaluation of Food Habits	
	3	Ch. 3 Intercultural Communication	Self-Evaluation of Therapeutic Food Use	
	4	Ch. 4 Food and Religion	Cultural Communication Table	
	5	Ch. 5 Native Americans	Exam 1 (Ch. 1-4)	
2	6	Ch. 6 Northern and Southern Europeans		
	7	Ch. 7 Central Europeans, Former Soviet Union and Scandinavians	3/2: Film Assignment	
	8	Ch. 8 Africans		
	9	SPRING BREAK		
3	10	Ch. 9 Mexicans and Central Americans	Exam 2 (Ch. 5-8)	
	11	Ch. 10 Caribbean Islanders and South Americans		
	12	Ch. 11 East Asians	4/6: Food and Culture Paper	
	13	Ch. 12 Southeast Asians and Pacific Islanders		
4	14	Ch. 13 People of the Balkans and Middle East	Exam 3 (Ch. 9-12)	
	15	Ch. 14 South Asians Food Exploration Lab	4/27: Food and Culture Presentation	

The syllabus/schedule are subject to change.

	16		Ch. 15 Regional Americans	
	17		Exam 4 (Ch. 13-15)	

The syllabus/schedule are subject to change.