



**El Camino College**  
**COURSE OUTLINE OF RECORD – Official**

<b>Subject:</b>	NUTR
<b>Course Number:</b>	150
<b>Descriptive Title:</b>	Food and Culture
<b>Division:</b>	Industry and Technology
<b>Department:</b>	Nutrition Science
<b>Course Disciplines:</b>	Family and Consumer and Studies
<b>Catalog Description:</b>	This course explores the origins of foods, health beliefs and practices, and preparation techniques customary to a variety of cultures. The course also investigates the social, religious, and therapeutic uses of foods and studies the influence on contemporary food habits in the United States. Students will analyze food access and nutritional status of diverse populations, and discuss global and local efforts made to reduce hunger and create social change.
<b>Prerequisite:</b>	
<b>Co-requisite:</b>	
<b>Recommended Preparation:</b>	Eligibility for English 1A
<b>Enrollment Limitation:</b>	
<b>Hours Lecture (per week):</b>	3
<b>Hours Laboratory (per week):</b>	0
<b>Outside Study Hours:</b>	6
<b>Total Course Hours:</b>	54
<b>Course Units:</b>	3
<b>Grading Method:</b>	Letter Grade only
<b>Credit Status:</b>	Credit, degree applicable
<b>Transfer CSU:</b>	Yes
<b>Effective Date:</b>	Fall 2024
<b>Transfer UC:</b>	Yes
<b>Effective Date:</b>	proposed
<b>General Education ECC:</b>	
<b>Term:</b>	
<b>Other:</b>	
<b>CSU GE:</b>	
<b>Term:</b>	
<b>Other:</b>	
<b>IGETC:</b>	Area 4 - Social and Behavioral Sciences
<b>Term:</b>	
<b>Other:</b>	

<p><b>Student Learning Outcomes:</b></p>	<p><b>SLO #1</b></p> <p>Following textbook reading and class discussion, students will be able to describe the staple foods, meal patterns and etiquette, and therapeutic foods used in various cultures.</p> <p><b>SLO #2</b></p> <p>Following textbook reading, class discussion, and individual research, students will be able to compare and contrast the traditional cuisine of one culture or ethnic group to the contemporary food habits in the American diet.</p> <p><b>SLO #3</b></p> <p>Following textbook reading and class discussion, students will be able to demonstrate culturally appropriate nutrition intervention strategies to promote behavior change in diverse populations.</p>
<p><b>Course Objectives:</b></p>	<ol style="list-style-type: none"> <li>1. Describe cultural factors that influence food habits.</li> <li>2. Cultivate cultural sensitivity during communication and nutrition education.</li> <li>3. Identify food staples, meal patterns, and therapeutic diets specific to each culture.</li> <li>4. Discuss the influence of various cultures on the American diet.</li> <li>5. Evaluate the nutritional adequacy of culturally diverse diets.</li> <li>6. Describe methods to improve food access and reduce hunger.</li> </ol>
<p><b>Major Topics:</b></p>	<p><b>I. NUTRITION BASICS (3 hours, lecture)</b></p> <ol style="list-style-type: none"> <li>A. Nutrient classes and food sources</li> <li>B. Current guidelines and recommendations</li> </ol> <p><b>II. FOOD AND CULTURE (3 hours, lecture)</b></p> <ol style="list-style-type: none"> <li>A. Acculturation</li> <li>B. Food habits and behaviors</li> <li>C. Cultural competency and intercultural nutrition</li> </ol> <p><b>III. AMERICAN DIET AND HEALTH PARADOX (3 hours, lecture)</b></p> <ol style="list-style-type: none"> <li>A. Enrichment, fortification, and functional foods</li> <li>B. Overweight and obesity</li> <li>C. Compare and contrast prevalence of chronic disease</li> <li>D. Therapeutic diets</li> </ol> <p><b>IV. TRADITIONAL HEALTH BELIEFS AND PRACTICES (3 hours, lecture)</b></p> <ol style="list-style-type: none"> <li>A. Biomedical worldview</li> <li>B. Religion</li> <li>C. Cultural perceptions</li> </ol> <p><b>V. INTERCULTURAL COMMUNICATION (3 hours, lecture)</b></p> <ol style="list-style-type: none"> <li>A. Verbal and non-verbal communication</li> </ol>

	<ul style="list-style-type: none"> <li>B. Communication skills</li> <li>C. Nutrition assessment and nutrition education</li> </ul> <p><b>VI. FOOD AND RELIGION (3 hours, lecture)</b></p> <ul style="list-style-type: none"> <li>A. Judaism</li> <li>B. Christianity</li> <li>C. Islam</li> <li>D. Hinduism</li> <li>E. Buddhism</li> </ul> <p><b>VII. CULTURAL INFLUENCES (27 hours, lecture)</b></p> <ul style="list-style-type: none"> <li>A. Cultural Perspective <ul style="list-style-type: none"> <li>1. History in the United States and current representation</li> <li>2. Ethics, family, health beliefs</li> </ul> </li> <li>B. Traditional Food Habits <ul style="list-style-type: none"> <li>1. Staple foods</li> <li>2. Meal composition and meal cycle</li> <li>3. Therapeutic uses of foods</li> </ul> </li> <li>C. Contemporary food habits in the United States <ul style="list-style-type: none"> <li>1. Adaptations of food /habits</li> <li>2. Nutritional status</li> </ul> </li> </ul> <p><b>VIII. REGIONAL AMERICANS (6 hours, lecture)</b></p> <ul style="list-style-type: none"> <li>A. Regional profile</li> <li>B. Traditional fare</li> <li>C. Health implications</li> </ul> <p><b>IX. FOOD ACCESS AND SOCIAL CHANGE (3 hours, lecture)</b></p> <ul style="list-style-type: none"> <li>A. Food surplus and food scarcity</li> <li>B. Food Insecurity and hunger</li> <li>C. Malnutrition and at-risk countries</li> <li>D. Global and local nutrition assistance programs</li> <li>E. Sustainable lifestyle and plant-based diets</li> </ul>
<b>Total Lecture Hours:</b>	54
<b>Total Laboratory Hours:</b>	0
<b>Total Hours:</b>	54
<b>Primary Method of Evaluation:</b>	1) Substantial writing assignments
<b>Typical Assignment Using Primary Method of Evaluation:</b>	Compose a two- to three-page report describing the traditional cuisine of a region of the United States and analyze the nutrient content of the diet. Submit report to the instructor.

<b>Critical Thinking Assignment 1:</b>	Compose a three- to five-page report detailing the traditional cuisine of one chosen culture and compare and contrast to the American diet discussing the influence on contemporary food habits of the United States. Submit report to the instructor.
<b>Critical Thinking Assignment 2:</b>	Compose a two- to three-page written report and give a verbal presentation after visiting an ethnic food market to discuss the traditional significance of foods observed, product substitution and ingredient availability, and influences on health. Submit report to the instructor.
<b>Other Evaluation Methods:</b>	Matching Items, Performance Exams, Quizzes, Term or Other Papers, True/False, Written Homework, Multiple Choice
<b>If Other:</b>	
<b>Instructional Methods:</b>	Discussion, Group Activities, Lecture, Multimedia presentations
<b>If other:</b>	
<b>Work Outside of Class:</b>	Required reading, Study, Written work (such as essay/composition/report/analysis/research)
<b>If Other:</b>	
<b>Up-To-Date Representative Texts:</b>	Kittler, P., Sucher, K., & Nahikian-Nelms, M., <i>Food and Culture</i> 7 <sup>th</sup> ed. Cengage Learning, 2017. (Discipline Standard) Furstenau, N., Safaii-Waite, S., Sucher, K., & Nahikian-Nelms, M., <i>Food and Culture</i> , 8 <sup>th</sup> ed. Cengage Learning, 2024.
<b>Alternative Texts:</b>	
<b>Required Supplementary Readings:</b>	
<b>Other Required Materials:</b>	
<b>Requisite</b>	
<b>Category</b>	
<b>Requisite course:</b>	
<b>Requisite and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s).</b>	
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<b>Requisite Skill:</b>	Eligibility for English 1A
<b>Requisite Skill and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s), if applicable</b>	Summarize, analyze, evaluate, and synthesize college-level texts.  Write a well-reasoned, well-supported expository essay that demonstrates application of the academic writing process.
<b>Enrollment Limitations and Category:</b>	
<b>Enrollment Limitations Impact:</b>	
<b>Course Created by:</b>	Jill Gray
<b>Date:</b>	10/13/2023
<b>Original Board Approval Date:</b>	03/21/2024
<b>Effective Term:</b>	FALL 2024