

Course Outline – FN3400B: Culture and Food

Winter 2025

General Information

Course: FN3400B Section: 001 Lecture: 001 Tuesdays 3:30-5:30 Thursdays 3:30-4:30 Lab: 002 Mondays 2:30-5:30 003 Tuesdays 6:30-9:30

Instructor Information

Name: Dr. Hartman E-mail: bhartma5@uwo.ca Office hours for students: TBD Location:

Lab Instructor Information

Name: E-mail: Office hours for students: TBD Location:

Course Description

Introduction to the study of social, cultural and communication factors which influence food habits of various ethnic groups that may differ from typical North-American diets. Variations in basic food preparation and culinary techniques will be explored (in the food laboratories).

Prerequisite(s): Foods and Nutrition 2130 (previously FN2132) or Foods and Nutrition 2232.

Required Course Materials

Mukerjee Furstenau, N., Safaii-Waite, S et al. Food and Oulture, 8th ed.. 2024, Cengage Learning. (available from the UWO bookstore as a textbook or e-book).

The following apparel is required for the Food Lab:

White uniform or lab coat

Clean lab shoes (closed toe and heel)

Hair net (first one provided, replacement \$1.00)

You will not be permitted in the lab without proper lab attire and will result in an incomplete lab.

Lab Fees: \$45.00 per student

(Laboratory fees are billed along with your tuition. Payment must be made by the end of the third week of classes to continue in the course.)

Learning Outcomes: Upon successful completion of this course, students will be able to

- 1) Explain the interrelationship between culture and food
- 2) Describe and apply basic food preparation and culinary techniques of various cultural groups
- 3) Gain skills to improve communication with and counseling of cultural groups
- 4) Discuss the changing demographics and the ways in which ethnicity may affect nutrition and health status
- 5) Understand the role of diet and traditional health beliefs, common

Course Content

Topics will be covered in the order listed and any dates listed are meant as a guideline and are subject to change.

Weekly Organizer Lectures

Note: Assigned readings are meant as a guideline, additional readings may be assigned throughout the semester.

Class/Topic	Date	Description	Assignments and/ or Readings Due
Week 1	Jan 7 & 9	Introduction: Food and Culture	Reading: Chapter 1 - Food and Oulture 8th edition
			Reading: Ingram Using Campinha- process of cultural competence model to examine the relationship between health literacy and cultural competence (PDF on OWL)
			New York Times Article - Is American Dietetics a White- Bread World? These Dietitians Think So (PDF on OWL)
Week 2	Jan 14 & 16	Traditional Health Beliefs	Reading: Chapter 2 Food & Oulture 7th edition Please be sure to read
Week 3	Jan 21 & 23	Intercultural Communication	Reading: Chapter 3 Food & Culture 7th edition
Week 4	Jan 28 & 30	Food and Religion	Reading: Chapter 4 Food & Oulture 7th edition

Week 5	Feb 4 & 6	Indigenous and Canadian Oultures	Reading:
			Canada's Food Guide Required Reading Page 19, 41, 45 (however, encouraged to read majority of the report) PDF on OWL
			Earle Traditional Aboriginal Diets and Health PDF on OWL
			Sheehy - Traditional food patterns and dietary

			Demographics Specialty Cooking in Jamaica page 292 Table 10.1 Table 10.2 Regional variations of food habits
9	Mar 4 & 6	North and South Europe Central Europe, People of the Former Soviet Union, and Scandinavia	Reading: Chapter 6 Food & Culture 7th edition All sections except US Immigration Patterns and Demographics Reading: Chapter 7 Food & Culture 7th edition All sections except US Immigration Patterns and Demographics
10	Mar 11 & 13	Balkans and the Middle East	Reading: Chapter 13 Food & Culture 7th edition All sections except US Immigration Patterns and Demographics & table 12.3 Table 13.1 Coffee Beneficial for page 432 Romania Fare, Albanian Fare, Moroccan cooking Other Readings: Al-Rawi - Traditional Arabic & Islamic medicine: validation and empirical assessment of a conceptual model in Qatar (PDF on OWL) Coats Food-based dietary guidelines for Arabic-speaking countries

	Cultural Controversy (page 351)
	Reading: Chapter 12 Food & Culture 7th edition
	All except US information, in Malaysia, Sngapore,
	Australian/New Zealand Fare
	Table 12.1, Table 12.2, Table 12.3
	New American Perspectives (page 398)
	Other Required Readings:
	Hao Introducing Traditional Chinese Nursing (PDFon OWL)
	Zhao Nutrition and TOM
	perspective (PDF on OWL)

Lab Policies (Specific to the Brescia School of Food and Nutritional Sciences)

Laboratory activities provide diverse hands-on experiences and expose students to learning about,

Without the explicit written permission of the instructor, you may not submit any academic work for which credit has been obtained previously, or for which credit is being sought, in another course or program of study in the University or elsewhere.

Computer-marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.

required to follow-up with course instructors, in a timely fashion, to identify the ways in which the academic consideration will be implemented.

A student completing tests or examinations with flexible submission times (e.g., where one or more evaluation is a take-home assessment) cannot request alternative arrangements unless a conflict cannot be avoided by rescheduling writing the exam to a different time within the window specified by the instructor. e exams within a 23-hour period).

The student should discuss any concerns about a potential conflict and/or request academic considerations with their academic advising unit prior to the deadline to drop a course without academic penalty

In the case of online tests and examinations, use of wherein student can write two proctored exams concurrently, will be interpreted as arrangements for continuous proctoring.

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