# Professional Development for Educators Syllabus

## Course Information

**Title:** *Food & Culture*, T&L 2900

**Credits:** 2 Professional Development, S/U and LG

**Delivery:** Distance Based; enroll anytime, complete within 4 months

**Instructor:** Julie Zikmund, M.P.R., R.D., L.R.D.

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**Technical Requirements:** Any up-to-date internet browser

**Course Material:**

Each lesson has a recorded lecture in Tegrity that is posted within the Blackboard site. In addition to the lecture materials, there is a teaching resource for each lesson that provides you with multiple ideas for lesson plans. There are websites that are referenced throughout the course that enhance learning for participants.

Recommended Textbook:

Kittler, Pamela; Sucher, Katherine; Nelms-Nihikian, Marcia. *Food and Culture.* 7th edition. Publisher: Cengage Learning. (2017) ISBN: 978-1305628052

## Description

Food & Culture investigates food and cultural diversity. This is accomplished by identifying social, cultural, religious, ethnic, and person preferences on the food choices of individuals, families, and societies. Students learn that differential nutrition status, by making some people more fit than others, has widespread economic, political, and social consequences.

## Course Objectives/Outcomes

1. Appreciate food habits of various cultures of the globe
2. Outline the process involved in forming food patterns of individuals and families
3. Discuss the social, religious, economic, political, and cultural factors which affect food patterns and nutritional status
4. Analyze the relationships among availability of food, nutritional status, health, and behavior
5. Use concepts like culture, difference, and diversity
6. Recognize their own differences in relation to the larger society in order to understand and respect the social and cultural diversity of others
7. Discuss the impact of traditional and changing roles of individuals within a society on the nutrition status of that society
8. Begin to question assumptions about people different from themselves

### Module Topics and Assignments

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| --- | --- | --- |
| Assessment | Points possible per Assessment | Total Points Possible |
| Online Quiz / Assignments at the end of lessons 1 – 6 | 6 quizzes @ 10 points each | 60 |
| Nutrition Education Unit / Lessons Assignment  | 3 lessons @ 30 points each | 90 |
| Total Points Possible |  | 150 |

### Grading

You have the option of selecting the type of grading for this course – **Satisfactory/Unsatisfactory**, or **Letter Grading (A – F)**. Please be aware that once you’ve selected the type of grading option, you cannot request a change after the course has begun.

Participants will need to earn 70 or more points to earn an S grade.

* 150 – 105 = Satisfactory
* Below 104 = Unsatisfactory

Letter grades will be assigned as follows:

* 150 – 135 = A
* 134 – 120 = B
* 119 – 105 = C
* 104 – 90 = D
* Below 89 = F

### Scholastic Dishonesty

Students enrolled in this course are expected to be aware of the seriousness of scholastic dishonesty. Unacceptable behavior such as submitting someone else's work as your own, cheating on exams, or plagiarizing can result in failure of the course or other sanctions. For a more detailed description of these policies, please refer to the [UND Code of Student Life; Appendix IIIa-3](http://und.edu/student-affairs/code-of-student-life/).