



Course Descriptor
FSHNN461 Cultural Foods

Proposed Academic Year	Spring 2020-2021	Last Reviewed Academic Year	
Course Code	FSHNN461	Course Title	Cultural Foods
Credit hours	3	Level of study	Bachelor
College / Centre	College of Applied and Health Sciences	Department	Food Science and Human Nutrition
Co-requisites	Nil	Pre-requisites	FSHN N162, FSHN N262, FSHN N 362, FSHN N371

1. COURSE OUTLINE

Today's social life encompasses people from diverse countries and origin. Therefore it is important to understand the cultural differences in order to provide the best care to your social network regardless of race, origin, gender, age, religion, sexual orientation, social class, economic situation, and/or disability

2. AIMS

The purpose of this course is to train students in understanding the basic differences regarding aspects of food and nutrition related to different culture and tradition. It will help students to understand the history of human evolution and about agricultural revolutions.

3. LEARNING OUTCOMES, TEACHING, LEARNING and ASSESSMENT METHODS

Learning Outcomes (Definitive)	Teaching and Learning methods (Indicative)	Assessment (Indicative)
Upon successful completion of this course, students will be able to:		
1. Discuss the bio-cultural framework in order to understand factors affecting.	Discussion, lecture, in-class activities	Assignment, Quiz, Written exam
2. Describe food, as a source of identity and social organization that will help identify people of different countries.	Discussion, lecture, in-class activities	Assignment, Quiz, Written exam
3. Describe the pros and cons of human and	Discussion, lecture, in-class activities	Assignment, Quiz, Written exam



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	agricultural evolution with its brief history.		
4.	Outline various aspects of political inputs and their relation with food and health in different countries.	Discussion, lecture, in-class activities	Assignment, Quiz, Written exam
5.	Discuss the global food situation, social transformation and poverty.	Discussion, lecture, in-class activities	Assignment, Quiz, Written exam

4. ASSESSMENT WEIGHTING

Assessment	Percentage of final mark (%)
QUIZ	15
MIDTERM	25
ASSIGNMENT	20
FINAL	40
TOTAL	100%

5. ACHIEVING A PASS

Students will achieve **xx** credit hours for this course by passing **ALL** of the course assessments [*alternatively, list the compulsory pass assessments**] and achieving a **minimum overall score of xx%**

NB *Ensure that ALL learning outcomes are taken into account

6. COURSE CONTENT (Indicative)

Introduction (Basic idea of different cultural diets)

The Bio-cultural framework

The relationship between diet, cuisine, and various environmental factors such as sociocultural, political and physical.

Food as identity

food as an expression of personal identity, factors affecting food habits and choices, food and symbolism, cultural identity

Diet and evolution

Brief history of human evolution.

Comparison of nutrients in ancestral and modern diet.

Diet and revolution

Brief history, revolutionary changes, Revolutionary pattern, effect of Neolithic revolution.

Food systems (Industrial and non-industrial)

Definitions, parts of local and industrial food systems, difference between industrial and non-industrial food system,

Climate crisis, environmental, economic, energy and health problems.



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