**Nutrition 153**

**Cultural Foods**

**Spring 2019**

**CRN: 65628**

**Units:3**

**Class Time: Fully Online**

**Class location: Online**

**Professor: Soodeh Nezamabadi**

**COURSE COMMUNICATION**

**Communication:**

Please send any email communications you have to my email address: **professorsoodeh@gmail.com**

**Please Do not** use the district email snezamab@sdccd.edu. The district email has shown time and time not to deliver your time sensitive messages to us faculty.

**I would hate NOTHING MORE to miss your lovely messages.**

**That is why I have created a unique email address just for my students to make sure I receive ALL your messages ☺**

I will be responding to any questions within 24 hours except for the weekends. Over the weekends, I will be responding within 48 hours.

All communications must happen in professional manner.

\*\****Please specify the course you are taking in your message title*** \*\*

**OFFICE HOURS**

*Tuesdays 9-10 am (via zoom)*

Since the class is fully online the office hours will be held via Zoom conference call.

These sessions are one-on-one with the instructor.

You need to let me know if you are going to have a chat with me prior to the date for accommodations.

Email me to obtain the zoom link ☺

**TEXT BOOK REQUIRED**

Food & Culture, 7th edition, Kittler, Nelms

**Publisher: Cengage**

The REQUIRED textbook or eBook are available through the Mesa College Bookstore:

<http://www.bookstore.sdccd.edu/mesa/buy_book>

**COURSE DESCRIPTION**

This course examines the regional, ethnic, cultural, religious, historical and social influences on food patterns and cuisine, as well as how food is viewed as an expression of cultural diversity. Traditional foods of geographic areas and cultures, geographic factors in food availability, global food issues, dietary habits, religious influences and an overview of nutritional problems of ethnic groups are discussed and assessed. Connection is drawn between major historical events and how and why these events affected and defined the culinary traditions of different societies. Also presented are nutrition consequences of ethnic food choices, sanitation and safety practices, and applications of food and nutrition services. This course is for students interested in a career in nutrition, dietary service supervisor certificate, culinary, hospitality management, and those with an interest in ethnic cuisine.

**COURSE LEARNING OUTCOMES**

1. Recognize the relationship between culture /ethnicity and nutritional status.

2. Identify cultural food patterns of various regions and cultures and the impact of the patterns on subsequent generations.

**ACADEMIC INTEGRITY**

• Students are expected to adhere to the Student Code of Conduct at all times. Students who violate the Student Code of Conduct will be removed from class

by the faculty for the class meeting in which the behaviour occurred, and the next class meeting.

What it means for you in an online class:

Your access to class is removed for one week (5 instructional days).

**(Policy 3100.3):**This class will be conducted in accordance with the college’s student code of conduct and basic standards of academic honesty.  Cheating,

plagiarism or other forms of academic dishonesty are not acceptable and will not be tolerated.

**Plagiarism:**  Cheating/misrepresentation/plagiarism will result in a zero for that assignment. Further action may be taken.

**STUDENT WITH DOCUMENTEDLEARNING DISABILITY**

I have made every effort to make this course accessible to all students, including students with disabilities. If you encounter a problem accessing anything in this course, please contact me immediately by email and also contact the college’s Disability Support Programs and Services (DSPS) Office.

Students must provide verification of need from DSPS.  Disability must be documented through Disabled Students Programs and Services (DSPS) department on campus as soon as possible. Please contact the college’s Disabled Students Programs and Services (DSPS) office: Mesa College DSPS webpage: [**http://www.sdmesa.edu/dsps/**](http://www.sdmesa.edu/dsps/)

In accordance with Title IX, absences due to pregnancy or related conditions, including recovery from childbirth, shall be excused for as long as the student’s doctor deems the absences to be medically necessary. Students must notify the instructor in a timely manner and shall be afforded the opportunity to establish make up work or other alternative arrangements. If a student elects to withdraw from the course on or after census, a “W” shall be assigned, and the district will work with the student to ensure that the W is not considered in progress probation and dismissal calculations.

*If you need the above accommodations for pregnancy, a doctor’s note must be provided to your instructor.*

**IMPORTANT DATES**

**04/10/2019– Deadline to Receive, Process & Pay for Add Codes & to Drop Classes with No “W” Recorded.**

**05/03/2019– Withdrawal Deadline-No Drops Accepted After This Date.**

**It is YOUR responsibility to drop the class if you wish to no longer participate.**

**If you remain enrolled in class beyond withdrawal deadline, you will receive a letter grade NO EXCEPTIONS.**

**RESOURCES**

Students login with the following information:  
o **LoginURL:** https://sdccd.blackboard.com o **Username:** CSIDnumber  
o **Password:**8-digitbirthdate(mmddyyyy)

The student training webpage: http://www.sdccdonline.net/students/training/

**MEET & GREET ASSIGNMENT**

The meet& greet assignment in this course serves as your first day of attendance in the course. It MUST be completed so that I know you want to be in class.

This class is fully online and therefore this is the only way for me to know you will be taking the course.

*NOTE: see blackboard for the rules of on how to post on how to complete this assignment (it is very simple so long as you read it the rules and watch the video posted) ☺*

**You MUST complete this assignment by Thursday April 4th at 11:59 pm if you wish to stay enrolled in class.**

**Per school policy, anyone who does not post by this deadline will be dropped from the course, so arrangement is made for students that are waitlisted.**

**FINAL MARK BREAK DOWN FOR THE COURSE**

|  |  |  |
| --- | --- | --- |
| **Component** | **Points** | **Total Points** |
| **Meet & Greet** | 10 | **10** |
| **Quizzes (2)** | 30 | **60** |
| **Discussions (3)** | 12 | **36** |
| **Gems (4)** | 5 | **20** |
| **Semester Reflection** | 10 | **10** |
| **Semester Project** | 40 | **40** |
| **Course Final Mark** |  | **176** |

**FINAL MARKS ARE BASED ON THE POINTS BREAKDOWN BELOW**

|  |  |  |
| --- | --- | --- |
| **Total Points** | **Percentage** | **Final Grade** |
| **158.4-176** | 90-100% | **A** |
| **141-157** | 80-89% | **B** |
| **123-139** | 70-79% | **C** |
| **107-121** | 60-69% | **D** |
| **0-104** | 0-59% | **F** |

**Description of class project, and quizzes are available on blackboard ☺**

***THE INSTRUCTOR RESERVES THE RIGHT TO MAKE CHANGES TO THIS SYLLABUS.***

*As needed, modifications to this course syllabus may occur during the semester. You will be expected to make those changes on your copy of the outline, so please keep it with you, and record the changes as indicated.*

**COURSE CALENDAR**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **week** | **Agenda** | **Chapters Covered** | **Discussions** | **Quizzes/Gems** |
| **week 1 (Apr.1-Apr.7)** | **Meet & Greet ☺** |  | Meet & Greet Discussion  **Due April 4 @11:59 pm** |  |
| **week 2 (Apr.8-Apr.14)** |  | 1,3,4 | **Discussion I** | Gem 1 |
| **week 3 (Apr.15-Apr.21)** | Cultures I | 9,10 |  | Gem 2  *Quiz 1 (1,3,4,9,10)* |
| **week 4 (Apr.22-Apr.28)** | Cultures II | 6,7 | **Discussion II** | Gem 3 |
| **week 5 (Apr.29-May.5)** | Cultures III | 11,12 |  | *Project due May 12@ 11:59 pm* |
| **week 6 (May.6-May.12)** | Cultures IV | 13,14 | **Discussion III** | Gem 4 |
| **week 7 (May.13-May.19)** |  |  | Semester Reflection  **Due May 19th @11:59 pm** | *Quiz 2(6,7,11,12,13,14)* |
| **week 8 (May.20-May.24)** | **Final** |  |  |  |