

**Course Description:**

Understanding religious and ethnic foods with application to product development, production, and nutritional practices; emphasis on different cultures, food rules and priorities with attention given to different religious and ethnic groups within the US and around the world.

**Prerequisites:**

Junior or senior classification or approval of instructor; basic knowledge of food science and nutrition helpful. Cross-listed with FSTC 300.

**Instructor:** Dr. Mian N. Riaz; Director

Office hours: By appointment

E-mail: mnriaz@tamu.edu

**Teaching Assistant:** Ms. Fariha Irshad, Ph.D. Student, Food Science and Technology

Office hours: Every Tuesday and Thursday: 10:00am- 12:00pm, Heep center room 436

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**Please email Dr.Riaz for course content related questions only. For all other questions regarding exams, quizzes, assignments or anything related to E-campus, please email the TA.**

## Reference Books:

Halal Food Production. Mian N. Riaz, CRC Press 2004

Kosher Food Production. Zushe Y. Blech, Blackwell Publishing, 2008

Food and Culture. Pamela G. Kittler, Thomson Wadsworth, 2007

Class material will be available on E-Campus

## Course Objectives and Learning Outcomes

Upon completion of this course, the student will be able to:

- Describe factors associated with development of food preferences and requirements for foods for various religion and cultures. These include attitudes, beliefs, traditions geographic area, etc.
- Characterize principles and concepts that govern different religious and cultural foods.
- Discover availability of religious and cultural foods in the market.
- Identify status or approval of food ingredients for specific cultural or religious groups.
- Explain the process of certification of food products, according to requirements of specific religions and cultural groups.
- Describe the manner in which production of foods for specific religious/cultural groups can be done in the food industry.
- Apply knowledge of requirements for foods for specific religious and cultural groups to food preparation in food services, such as health care institutions, airlines, schools and colleges.

## Grading:

Exam 1	20%	100
Exam 2	20%	100
Exam 3	20%	100
Religious and Cultural Food Project	20%	100
Quizzes	10%	50

International Activity (one page report)	5%	25
Market Study for religious and Ethnic Food (Case Study)	5%	25
<b>Total</b>	<b>100%</b>	<b>500</b>

Grading Scale: A=100–90%, B=89.9-80%, C=79.9–70%, D=69.9–60%, F=59.9% & below.

**Quizzes:** Quizzes will be available online through E-Campus and will be timed. There will be 10 quizzes over the semester. First quiz will be during the first week of classes and last quiz will be during the last week of classes. Instructions will be provided for the rest of the quizzes.

Quiz 1	Assessment	September 7
Quiz 2	Lectures 1-3	September 14
Quiz 3	Lectures 4-6	September 21
Quiz 4	Lectures 7-9	October 5
Quiz 5	Lectures 10-12	October 12
Quiz 6	Lectures 13-14	October 19
Quiz 7	Lectures 15-17	November 2
Quiz 8	Lectures 18-20	November 9
Quiz 9	Lectures 21-22	November 16
Quiz 10	Assessment	November 30

**Exams:** Exams will be given **IN PERSON** according to the dates mentioned below from 5:30pm-6:30pm in Kleberg rooms 113 & 115.

**-Last name beginning with A-F: room 113**

**-Last name beginning with G-Z: room 115**

Exam	Date
Exam 1 (lectures 1-7)	September 27
Exam 2 (lectures 8-14)	October 25
Exam 3 (lectures 15-22)	December 01

### Assignments:

1. International Activity (one page report). Such as to attend a cultural activity or international event and submit a report.
2. Case Study (Market Study for religious and Ethnic Food)
3. Religious and Cultural Food Project\*

\*Students will be assigned to team (n=4/team) and each team will be assigned one religious or ethnic food topic. Each team will be assigned a food product that is designed /appropriate for a specific religion or culture. They will analyze the food, according to the criteria provided. Detailed instructions will be provided later in the semester along with a grading rubric.

### Tentative Lecture Schedule Fall 2017\*

	<b>Lecture topics</b>
1	General introduction
2	Religious and Ethnic diversity
3	Muslim Dietary Requirements and Principle of Halal Food Products based on religious and cultural practices
4	Halal Requirements for Meat, Poultry and Seafood based on religious and cultural practices
5	Halal Requirements for Dairy, gelatin, alcohol and Enzymes, based on religious and cultural practices
6	Halal requirements for ingredients, labeling, and packaging, based on religious and cultural practices
7	Halal Certification
	<b>Exam I</b>
8	Basic concepts in Kosher food, kosher law and meat and poultry requirements, based on religious and cultural practices
9	Kosher requirements for seafood. Insects, dairy, flavors, etc
10	Kosher requirements for fruits and vegetables, kosher baking, separation of meat and dairy, and Passover food, based on religious and cultural practices
11	Kosher certification and identification of labels
12	Food in Christianity (Catholic and Jehovah's Witness dietary requirements)
13	Food in Christianity (The Church of Jesus Christ of Latter-day saints: Dietary practices and health)
14	Food in Christianity (Seventh-day Adventist: Dietary standards and concern)
	<b>Exam II</b>

15	Basic concepts of Vegetarian food, Vegetarian foods for Chinese Buddhists
16	Miscellaneous Religion ( Taoism, Sikhism, Scientology, American Indian and Eskimos, Baha'i Faith)
17	Ethnic food (Societal and cultural factors in development of African food patterns)
18	Ethnic food (Societal and cultural factors in development of Chinese food patterns)
19	Ethnic food (Societal and cultural factors in development of Mexican food patterns)
20	Ethnic food (Societal and cultural factors in development of Middle Eastern food patterns)
21	Ethnic food (Societal and cultural factors in development of Indian food patterns)
22	Ethnic food (Societal and cultural factors in development of Latin American food patterns)
	<b><i>Exam III</i></b>

\*Guest lectures, representing a follower of a specific religion or a member of a specific country or area of the world.

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***“Aggies do not lie, cheat or steal; nor do they tolerate those who do”***

If you have any questions regarding plagiarism or cheating, please consult the Texas A&M University Student Rules, under the section Scholastic Dishonesty.