



Name: Hilda A Pettit
 Organization: Vacca Office of Student Services

Submission Date: 4/20/2010



Course Catalog Update

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Course Catalog Update Information:

STU0004

Reference Number: CCU000750

Date: 17-MAR-10

Level: 2.00 of 3.00

Currently On The Worklist Of: Joanne Arhar, jarhar

Owner: Office of Curriculum Services, 330-672-8558 or 330-672-8559, curriculum@kent.edu

Basic Course Data		
Change type: Revise		
Faculty member submitting this proposal: Natalie Caine-Bish		
Requested Effective Term: 201110		
Campus: Kent		
College: EH-Education, Health and Human Services		
Department: HS-Health Sciences		
Course Subject: NUTR-Nutrition		
New Course Subject:		
Course Number: 43016		
New Course Number:		
Course Title: CULTURAL ASPECTS OF FOOD, NUTRITION AND HEALTH		
Title Abbreviation: CUL ASPCT FD NUTR HEALTH		
Slash Course and Cross-list Information: NUTR43016 + NUTR53016		
Credit Hours		
Minimum Credit/Maximum Credit: 3 to 3		
Contact Hours: Lecture - Minimum Hours/Maximum Hours: 3 to 3		
Contact Hours: Lab - Minimum Hours/Maximum Hours:		
Contact Hours: Other - Minimum Hours/Maximum Hours:		
Attributes		
Is this course part of the LER, WIC or Diversity requirements: Yes		
If yes, course attributes: 1. DIVG-Diversity Course-Global 2. 3.		
Can this course be repeated for credit: No Repeat	Course Limit:	OR Maximum Hours:
Course Level: Undergraduate	Grade Rule: B-Standard letter	
Rationale for an IP grade request for this course (if applicable):		
Schedule Type(s): 1. LEC-Lecture 2. 3.		
Credit by Exam: N-Credit by exam-not approved		
Prerequisites & Descriptions		
Current Prerequisite/Corequisite/Catalog Description: Cultural overview of racial, ethnic and religious population groups residing in the United States and the impact on food habits, nutritional and health status, and counseling concerns. Prerequisite: NUTR 23511.		
Catalog Description (edited):		
Prerequisites (edited):		
Corequisites (edited):		
Registration is by special approval only: No		
Content Information		
Content Outline:		
Content Hours per Course	Topic	Description
1	Introduction	

2	Cultural Identity and Sensitivity
2	Factors Influencing Food Habits
4	Religious Influences
3	Vegetarian Lifestyle
4	Native Americans
6	Europeans
3	African Americans
6	Latinos-Hispanics
9	Asians: Chinese, Japanese, Southeast Asians, Asian Indians
3	Greeks and Middle Eastern People
2	Regional U.S.

Display/Hide Delimited Course Outline

Total Contact Hours: 45

Textbook(s) used in this course: Kittler P. & Sucher K. Food and Culture in America

Writing Expectations: Several short papers on the nutritional content of diets, plus one term paper on culture and food habits.

Instructor(s) expected to teach: Karen Lowry Gordon

Instructor(s) contributing to content: Karen Lowry Gordon

Proposal Summary

Explain the purpose for this proposal:

The purpose of this proposal is to establish NUTR 43016 Cultural Aspects of Food, Nutrition, and Health as a Cultural Diversity, Global course.

Explain how this proposal affects program requirements and students in your unit:

see questionnaire

Explain how this proposal affects courses, program requirements and student in other units:

see questionnaire

Explain how this proposal affects enrollment and staffing:

see questionnaire

Units consulted (other departments, programs or campuses affected by the proposal):

see questionnaire

Revisions made to form (if applicable):

<input type="checkbox"/> Course Content	<input type="checkbox"/> Number
<input type="checkbox"/> Credit by Exam	<input type="checkbox"/> Prerequisites
<input type="checkbox"/> Credit Hours	<input type="checkbox"/> Schedule Type
<input type="checkbox"/> Cross-Listed / Slash	<input type="checkbox"/> Subject
<input type="checkbox"/> Description	<input type="checkbox"/> Title
<input checked="" type="checkbox"/> Diversity	<input type="checkbox"/> Title Abbreviation
<input type="checkbox"/> Grade Rule	<input type="checkbox"/> Writing Intensive (WIC)
<input type="checkbox"/> Liberal Education Requirement (LER)	<input checked="" type="checkbox"/> Other

Comments (250 Character Maximum):

NOTE: Please do not use the following restricted characters: (~ * / \ --)

Comments:

Date	User	Comment

4/19/2010	Susan M Augustine	Other Revisions: Textbook
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History:

Date	User	Status
4/19/2010	Lynne E Rowan	Approved
4/19/2010	Susan M Augustine	Submitted

Diversity Course Proposal Questionnaire

Please review the Diversity Requirement Objectives and Criteria before completing and submitting the questionnaire to the University Requirements Curriculum Committee accompanied by a Certification of Curriculum Proposal (CCP), Basic Data Sheet (BDS) and a typical course syllabus.

Department/School: Nutrition and Dietetics, School of Health Sciences

Course Number: NUTR 43016 **Credit Hours:** 3

Course Title: Cultural Aspects of Food, Nutrition, and Health

Diversity Category: Global

Prerequisite(s): NUTR 23511

Your responses should reflect the needs and resources of the integrated eight-campus system.

1. Explain how the course addresses specific diversity requirement objectives and criteria as a primary purpose. Please be explicit and concrete; this is the heart of the proposal.

The course's main focus is to teach global awareness and sensitivity to differing cultures. To treat diseases rooted in dietary intake, it is important to consider how the cultural background of individuals influences the communication, style, health beliefs and food choices. Furthermore, since many religious practices are rooted in dietary behaviors, this course also discusses the foundations of different religions to help understand dietary practices so students can understand in subsequent coursework how to suggest dietary changes that meet the cultural needs of the population. The course then describes specific disease processes and cultural implications of these diseases for specific ethnic groups. This course looks at a variety of major ethnic groups including: asian, middle eastern, european, hispanic, etc. The diversity focus of this course are ethnicity and culture.

The class begins with general discussion of cultural groups including communication styles, health beliefs, world views, family values, and religious and dietary practices and then expands the discussion into immigrant groups from these various cultures into the U.S. Because students from the Nutrition and Dietetics program will be practicing throughout the U.S. and will be in contact with a large variety of ethnic groups in their practice it is important that this course encourages global awareness, sensitivity and mechanisms to communicate and participate in diverse communities. This course also allows for students to engage in thought processes in communication, cultural differences, and how to find mechanisms to deal constructively with these issues through nutritional case studies on individuals of various ethnic groups. Students must develop diet plans based on mock patients ethnicity to learn how to incorporate ethnic foods into dietary counseling so that they may be more culturally sensitive and successful in practice by learning how to consider ethnic dietary practices.

Every student must also present on a cultural group. As part of their presentation, students must cook and provide a dish for the class to test taste. Not only are students learning how these foods are prepared, but they are exposed to a variety of cultural dishes increasing their

familiarity to ethnic foods and to appreciate the importance of food in culture and the traditions of ethnic groups different than themselves.

2. Describe the history of previous course offerings. Attach a summary of student course evaluations. To what extent, if any, has this course been modified to meet the objectives and criteria of the diversity requirement?

Cultural Aspects of Food, Nutrition, and Health has been offered since the start of the nutrition and dietetics degree. A course like this one is a foundation course in most nutrition and dietetics programs across the U.S. This course has not been modified to meet the objectives and criteria of the global diversity requirement because the activities and lectures students are engaged in already met the criteria set forth in the Diversity Requirement Objectives, Criteria, and Guidelines.

3. For what audience would this be a particularly good diversity course? Explain.

This course would be a good diversity course for Nutrition and Dietetics and Public Health majors because they are required to take this course as part of this major. If dietetic students are able to receive their global diversity credit with this course, then they will have more options within the Kent Core to choose from. Because of the nature of the Nutrition and Dietetics degree, many of the Kent Core courses are requirements for the major. Since they already have to take Cultural Aspects of Food, Nutrition, and Health and if they can receive global diversity credit for it, then they don't have to take a course within the Kent Core with global diversity which increases their choice within the Kent Core.

4. What faculty will teach this course? Have any special efforts been made to prepare these faculty members to deal with the diversity issues of this course? Explain.

Karen Lowry Gordon is currently teaching this course and has been teaching this course for 12 years. She is very familiar with the material and has created the curriculum being currently used in this course.

5. What maximum student enrollment per section do you propose? How many sections per year do you anticipate offering with current resources? What additional resources, if any, will you need?

One section of this course is offered every fall semester. Approximately 35-45 students enroll in this course. As the Nutrition and Dietetics Program grows, another section may need to be added to decrease the class size to continue to meet content requirements as well as still maintain cultural food presentations. No additional resources are needed at this time. Because this course is a requirement of Nutrition and Dietetics majors, the course will continue to be offered.

6. How will the teaching and learning be evaluated? How will the effectiveness of the course, specifically its diversity aspect, be assessed?

The first week of class students are required to complete a self-assessment in order to recognize their cultural perspective. Exams that include both short answer and essay responses will give the opportunity for students to discuss their knowledge and application of cultural diversity and its impact on dietary practices. Essay questions emphasize demonstrating the ability to utilize

proper verbal and nonverbal skill and understanding the culture to provide effective counseling. Students also discuss case studies on the the dietary intake of a particular ethnic group and its impact on their dietary recommendations. Students are required to complete a class presentation on a particular culture and cook a dish that is part of that particular ethnic groups diet and share it with the class. The presentation is graded on a rubric that includes students ability to demonstrate their knowledge of the cultural diversity of the ethic group chosen.

7. Does this course address primarily domestic (U.S.) diversity issues or global diversity issues, or both? Explain.

This course focuses more on global diversity by discussing cultural foods and practices of different ethnic groups, but this information is then integrated into the application of these ethnic groups as immigrants in the U.S. The goal of this course is to increase students' awareness of cultural sensitivity and cultural awareness so they can become better healthcare practitioners. Because so many diseases stem from or are influences by dietary intake, it is important that students gain cultural sensitivity so when dietary treatments are needed, individuals cultural preferences are taken into consideration to increase dietary compliance.

Name of person preparing form: Natalie Caine-Bish Submission date:

Signature of chair/director verifying curriculum committee approval

Date

FCS 53016
NUTR 53016

KENT STATE UNIVERSITY CERTIFICATION OF CURRICULUM PROPOSAL

CURRICULUM BULLETIN NUMBER 176
DATE PROPOSAL APPROVED BY EPC 8 / 23 / 99
EFFECTIVE SEMESTER/YEAR OF PROPOSAL Fall 2000
DATE OF PREPARATION 7/2/99

Purpose of Proposal Course Change
Course Title CULTURAL ASPECTS OF FOOD NUTRITION AND HEALTH
Department FCS Family and Consumer Studies
Course Number 53016
Minimum Credit 3 Maximum Credit 3

- Checked items are new
- Title
 - Title Abbreviation
 - Number/Slash ---If applicable---
 - Prerequisite
 - Credit Hours
 - Description
 - CIP/HEGIS
 - Grade Rule
 - Credit By Exam
 - Course Fee
 - LER Status (G)
 - WIC (W)
 - Diversity (D)

Describe Impact on Other Programs, Policies, or Procedures

Units Consulted (See Guidelines For Instructions)

REQUIRED ENDORSEMENTS

Chair/Director/Campus Dean Junkie Inyrd 7 16 199
College/School Dean Barbara Mitchell 7 17 199
Provost Tom Miller 8 123 199

Please **PRINT** this form before leaving the screen This form will not be saved

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Basic Data Sheet

Preparation Date 7/2/99 Requested Effective Year 2000F

Course Title CUL ASPCT FD NUTR HEALTH

Department NUTR

Course Number 53016

Slash Course 4
The only applicable combinations are 4 5, 4-5-7, 6 7

Course Title Abbreviation CUL ASPCT FD NUTR, HEALTH

KSU Type

Minimum Credit 3 Maximum Credit 3

Credit Connector F

Grade Rule GC

Credit By Exam CBE N

Activity Type LEC

Course Fee 0 Per Credit Hour

OBR Program Code 61

OBR Course Level 4

OBR Department 381

Prerequisite NUTR 23511; GRADUATE STANDING

Catalog Description Cultural overview of racial ethnic and religious population groups residing in the United States and the impact on food habits nutritional and health status and counseling concerns

For course revision, enter previous title, abbr, number, and credit

Previous Title

Previous Course Number 53016 Prev Min Hrs 0 Prev Max Hrs 0

Jannu Reed 7/6/99
Chair, Director, School Dean, or Campus Dean

Writing Expectations

Several short papers on the nutritional content of diets plus one term paper on a culture s food habits

Instructor(s) expected to teach this course

Staff

Instructor(s) Contributing to Content

Karen Lowry Gordon

Content Outline

Hrs

	Hrs
1 Introduction	01
2 Cultural identity and sensitivity	02
3 Factors influencing food habits	02
4 Religious influences	04
5 Vegetarian Lifestyle	03
6 Native Americans	04
7 Europeans	06
8 African Americans	03
9 Latinos/Hispanics	06
10 Asians-Chinese Japanese Southeast Asians Asian Indians	09
11 Greeks and Middle Eastern people	03
12 Regional U S	02

Total 45

Textbook(s) used in
this course

Kittler P and Sucher K FOOD AND CULTURE IN AMERICA,
1989 Van Nostrand Reinhold

UPDATE

RESET

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NUTR 5/43016
Cultural Aspects of Food, Nutrition and Health
Fall 2009

Instructor: Karen Lowry Gordon, Ph.D., R.D., L.D.
Office: 126 Nixson Hall
Telephone: 672-2248 or 672-2197 (front office)
Email: klowry@kent.edu

Class Schedule: Tuesday, Thursday 11:00 a.m.-12:15 p.m.
206 Nixson Hall

Office Hours: Monday 12:00-1:00 p.m.
Tuesday 9:30-10:30 a.m.; 12:30-1:30 p.m.
Wednesday 1:00-2:00 p.m.
Thursday 12:30-1:30 p.m. or by appointment.

Required Text: Food and Culture by P.G. Kittler and K. P. Sucher; 5th edition, 2008.

Course Description: Cultural overview of racial, ethnic and religious population groups residing in the United States and the impact on food habits, nutritional and health status and counseling concerns. Prerequisite: NUTR 23511

Course Objectives:

1. To provide an overview of the various racial, ethnic and religious population groups that reside in the United States and to examine the effect that culture has on food choices and traditions.
2. To examine the food habits of various cultures and determine what effect these have on nutrient intake and possible ways to make healthy modifications.
3. To develop a better understanding of cultural diversity and how it impacts on health care professionals as well as how to better counsel individuals from diverse cultural backgrounds.
4. To sample actual food dishes from various cultures in order to have a better understanding of the types of food consumed and preparation that affects dietary intake of the culture.

ADA Foundation Knowledge and Skills for Didactic Component Met by this Course:

1. COMMUNICATIONS

Graduates will have *knowledge of*:

Counseling theory and methods

Interviewing techniques

Graduates will have *demonstrated the ability to*:

Use oral and written communications in presenting an educational session for a group

Counsel individuals on nutrition

Use current information technologies

2. PHYSICAL AND BIOLOGICAL SCIENCES

Graduates will have *knowledge of*:

Exercise physiology

Genetics

3. SOCIAL SCIENCES

Graduates will have *knowledge of*:

Health behaviors and educational needs of diverse populations

5. FOOD

Graduates will have *knowledge of*:

Sociocultural and ethnic food consumption issues and trends

Availability of food and nutrition programs in the community

Environmental issues related to food

Role of food in promotion of a healthy lifestyle

Promotion of pleasurable eating

Food availability and access for the individual, family, and community

Graduates will have *demonstrated the ability to*:

Calculate and interpret nutrient composition of foods

Modify recipe/formula for individual or group dietary needs

6. NUTRITION

Graduates will have *knowledge of*:

Influence of socioeconomic, cultural, and psychological factors on food and nutrition behavior

Complementary and alternative nutrition and herbal therapies

Graduates will have *demonstrated the ability to*:

Translate nutrition needs into food choices and menus for people of diverse cultures and religions

7. MANAGEMENT

Graduates will have *knowledge of*:

Diversity issues

Course Requirements:

1. **Class attendance and participation.** Although attendance will not be taken, students are expected to attend class every week and participate in class discussions. Students should come to class each week with assigned readings completed and prepared for informed discussion of course material.
2. **Hourly examinations.** Four quizzes worth 75 points each will be given. They will cover the material from the previous 2-3 weeks. Quiz questions will be a combination of true/false, fill-in-the blank, multiple choice and short answer. The lowest quiz grade will be dropped and only the three highest scores will count towards your grade. **No make-up quizzes** will be given due to the ability to drop a quiz grade. Absence on the day of a quiz will result in that being the quiz score that is dropped.
3. **Case Study.** All graduate students must complete one case study worth 75 points. The case study is due October 15, 2009.
4. **Final examination.** For the final exam, each student must turn in a term paper covering the cultural aspects of food for a country/culture not discussed in class. The paper is worth 50 pts. In addition, each student must give an 8-9 minute presentation on the culture as well as provide ONE food dish representative of the culture to share with the class. The presentation is worth 20 pts. and the food is worth 5 pts. Thus, the total "final" will be worth 75 pts. The presentations will be given during the last four class sessions and on December 15th (finals week). All papers are due on December 15, 2009.

5. Course grades:

Final grades for **undergraduate** students will be based on a total of 300 points. Grades will be assigned on a straight scale where:

Final Course Grade

- A = 270-300 pts. (90-100%)
- B = 240-269 pts. (80-89%)
- C = 210-239 pts. (70-79%)
- D = 180-209 pts. (60-69%)
- F = less than 180 pts. (\leq 60%)

Final grades for **graduate** students will be based on a total of 375 points. Grades will be assigned on a straight scale where:

Final Course Grade

- A = 338-375 pts. (90-100%)
- B = 300-337 pts. (80-89%)
- C = 263-299 pts. (70-79%)

Course Outline

<u>Date</u>	<u>Topic</u>	<u>Assigned Reading</u>	
September	1 T	Introduction	Chapter 1
	3 R	Traditional Health Beliefs	Chapter 2
	8 T	Intercultural Communication	Chapter 3
	10 R	Intercultural Communication	
	15 T	Religious influences on food choices	Chapter 4
17 R	Quiz #1		
October	22 T	Jewish and Muslim diet	Chapter 12
	24 R	Vietnamese culture	
	29 T	Vietnamese diet	Chapter 5
	1 R	Native Americans	
	6 T	Native Americans	Chapter 9
	8 R	Quiz #2	
	13 T	Latino cultures	Chapter 10
	15 R	Caribbean Islanders	
	20 T	Asian cultures	Chapter 11
	22 R	Chinese culture	
27 T	Japanese culture	Chapter 11	
29 R	Quiz #3		

November	3 T	Asian Indian diet	Chapter 14
	5 R	Asian Indian Culture	
	10 T	African-American culture	Chapter 8
	12 R	African-American diet	
	17 T	Mid-East and Greek cultures	Chapter 13
	19 R	Mid-East and Greek cultures	
	24 T	Quiz #4	
	26 R	NO CLASS - Thanksgiving	
December	1 T	Student Presentations	
	3 R	Student Presentations	
December	8 T	Student Presentations	
	10 R	Student Presentations	
	15 T	Final Exam Scheduled 12:45-3:00 p.m.	

POLICIES AND PROCEDURES

Course Registration. It is the student's responsibility to ensure proper enrollment in classes. You are advised to review your official class schedule during the first week of the semester to ensure proper enrollment!

You have the opportunity to **adjust** your schedule. If registration errors are not corrected by the dates listed in the Registrar's website at <http://www.registrars.kent.edu/home/>, even if you continue to attend and participate in classes for which you are not officially enrolled, you will **NOT** receive credit for the course at the conclusion of the semester.

For dates to **drop** and **withdraw** from classes, please check the Registrar's website: <http://www.registrars.kent.edu/home/>.

Students with Disabilities. University policy 3342-3-18 requires that students with disabilities be provided reasonable accommodations to ensure their equal access to course content. If you have a documented disability and require accommodations, please contact the instructor at the beginning of the semester to make arrangements for necessary classroom adjustments. Please note, you must first verify your eligibility for these through Student Accessibility Services (contact 330-672-3391 or visit <http://www.registrars.kent.edu/disability/default.htm> for more information on registration procedures).

Academic Integrity. The Kent State University policy and procedures for student cheating and plagiarism will be followed, including notification of the Office of Student Conduct. Plagiarism essentially is the use of someone else's work, either in part or in total, as your own. The use of appropriate citations is important in any written work that you submit. Submitting the same paper in two courses is considered to be cheating.

NUTR 5/43016
Cultural Aspects of Food, Nutrition and Health
Final Exam Requirements

1. Each student must give an **8-9 minute** presentation on their selected culture; the presentation should cover immigration, cultural values, nutritional/dietary concerns and counseling issues, etc. Be sure to use appropriate visual aids in your presentation. The Powerpoint presentation should be sent to the instructor at klowry@kent.edu the evening before your presentation. The presentation is worth 20 pts.
2. Each student must provide **ONE** food dish representative of the culture for the class to sample on the day of their presentation. There are 44 students in the class so you will need to provide a large enough sample for everyone to try the food. The instructor will provide napkins, paper plates and forks. The food is worth 5 pts.
3. In lieu of the final exam, each student must turn in a typed term paper covering the cultural aspects of diet/food for their selected country/culture. The paper should be 3-5 pages in length and must include information on immigration, religious influences, cultural values, food habits, nutritional/dietary concerns and counseling issues, etc. There must be at least **five** references (at least 2 of the references must be from professional journal articles) cited in the paper. The paper is worth 50 pts. **All papers are due on December 15th by 3:00 p.m. Five points will be deducted for every day that it is late.**

Final Exam Evaluation Sheet

Name _____

Topic _____

I. Presentation (20 points)

	Failure	Poor	Fair	Good	Excellent	Score
Organization (5 points)	0-0.5	1-1.5	2-2.5	3-3.5	4-5	
Presentation (10 points)	0-5.5	6-6.5	7-7.5	8-8.5	9-10	
Knowledge (5 points)	0-0.5	1-1.5	2-2.5	3-3.5	4-5	
TOTAL						

Comments:

II. Food (5 points)

	Failure	Poor	Fair	Good	Excellent	Score
Appropriate (5 points)	0-0.5	1-1.5	2-2.5	3-3.5	4-5	
TOTAL						

Comments:

III. Paper (50 points)

	Failure	Poor	Fair	Good	Excellent	Score
Organization (10 points)	0-5.5	6-6.5	7-7.5	8-8.5	9-10	
Exposition (10 points)	0-5.5	6-6.5	7-7.5	8-8.5	9-10	
Content (30 points)	0-17.5	18-20.5	21-23.5	24-26.5	27-30	
TOTAL						

Comments: