

FN A185: CULTURAL FOODS

Item	Value
Curriculum Committee Approval Date	12/02/2020
Top Code	130600 - Nutrition, Foods and Culinary Arts
Units	2 Total Units
Hours	54 Total Hours (Lecture Hours 27; Lab Hours 27)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	Yes
Basic Skills	Not Basic Skills (N)
Repeatable	No
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• Area 7 Life Skills, Lifelong Learning, and Self-Development 7A Theory/ Non-activity (OE1)
Global and Multicultural Requirement (OGM)	Yes

Course Description

Exploration of America's diverse micro-cultures through food including origins, customs, psychological acceptance and nutrition information. Emphasis is placed on food preparation techniques, utensils, food service, and creation of an authentic atmosphere. Meets AA Cultural Diversity Requirement. Transfer Credit: CSU.

Course Level Student Learning Outcome(s)

1. Explain the food habits and practices related to traditional foods, utensils, preparation and serving for several of the cultures explored in class.

Course Objectives

- 1. Describe characteristics of major cuisines of the world.
- 2. Explore the origins, development, and diversity of food ways among America's micro-cultures.
- 3. Explain food habits and practices related to traditional foods, utensils, preparation practices, and serving of food in selected American micro-cultures.
- 4. Identify rituals and practices associated with traditional festivals and feasts.
- 5. Describe how the psychology of food acceptance varies from one country or region of the world to another.
- 6. Create atmospheres which are appropriate for meals of ethnic groups.
- 7. Recognize nutritional contributions made by food combinations traditionally consumed by selected ethnic groups and the impact on health and well-being.
- 8. Evaluate the nutritional impact of contemporary American food ways on traditional ethnic food ways.

- 9. Apply basic principles in the successful preparation and serving of ethnic meals.

Lecture Content

Microcultures in America Immigrants from Europe: Western Europe, Eastern Europe Immigrants from the Americas: Mexico, Central America, South America, Islands of the Caribbean Immigrants from Asia: China, Japan, Korea, Vietnam, Philippines Immigrants from the Near and Middle East: Greece, Lebanon, Iran, Israel Regional microcultures in the U.S. New England South: African-American, Cajun Southwest: Native American, Texas, New Mexico Pacific Northwest Origins and Development of Cultural Food Patterns Historic Geographic Economic Ethnic Religious: Islam, Judaism, Hinduism, Buddhism, Christian Food Habits and Food Ways Food customs--everyday traditional foods terminology preparation techniques utensils serving guides Feasts and festivals--food related rituals Psychology of food acceptance Ethnic Mealtime Atmospheres Table appointments General atmosphere Food service Etiquette Nutritional Aspects of Cultural Foods Nutrients present or lacking General nutritional status of ethnic groups Positive and negative impact of contemporary American food practices, including degree of acceptance Selection, Preparation, and Serving of Cultural Foods Meat, poultry, and fish Cheese Eggs Legumes Fruits and vegetables Grains and seed: breads and pastas Seasonings and flavorings (herbs and spices) Sauces Desserts Other traditional foods

Lab Content

See Course Content.

Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- Lab (04)
- DE Live Online Lab (04S)

Instructional Techniques

1. Lecture and application of ideas, along with the use of slides, video presentations, and demonstrations. 2. Laboratory experiences with individual and collaborative involvement. 3. A field trip experience will be provided to an ethnic market. 4. Student sharing of information.

Reading Assignments

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Writing Assignments

Two written reports along with individual laboratory reports will provide an opportunity to demonstrate critical thinking skills relating to the food ways of America's micro-cultures.

Out-of-class Assignments

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Demonstration of Critical Thinking

prepare two reports which will provide insight into America's diverse micro-cultures through information gathered on their food ways along with the effects of acculturation on food habits. complete evaluation forms on each laboratory experience. participate in mid-term and final examinations which include both objective and written questions to demonstrate critical thinking applications.

Required Writing, Problem Solving, Skills Demonstration

Two written reports along with individual laboratory reports will provide an opportunity to demonstrate critical thinking skills relating to the food ways of America's micro-cultures.

Textbooks Resources

1. Required Cutler, Nancy. FN 185 Cultural Foods Lab Book, ed. Costa Mesa, 0 Rationale: current year 2. Required Heyman, Patricia. International Cooking, A Culinary Journey, ed. Upper Saddle River: Prentice Hall , 2003 Rationale: -