



## Course Syllabus

<b>Course Code</b>	<b>Course Title</b>	<b>ECTS Credits</b>
NUTR-465	Food, Culture and Nutrition	6
<b>Prerequisites</b>	<b>Department</b>	<b>Semester</b>
NUTR-110	Life & Health Science	Fall/Spring
<b>Type of Course</b>	<b>Field</b>	<b>Language of Instruction</b>
Core requirement	Nutrition/Dietetics	English/Greek
<b>Level of Course</b>	<b>Lecturer(s)</b>	<b>Year of Study</b>
1 <sup>st</sup> Cycle	Dr Dona Hileti	4 <sup>th</sup>
<b>Mode of Delivery</b>	<b>Work Placement</b>	<b>Corequisites</b>
face-to-face	N/A	None

### Course Objectives:

The main objectives of the course are to:

- Develop awareness of the factors that influence food selection, food preparation and dietary habits at the individual and population level.
- The course will emphasize the determining role of religion and culture in food choice and the association between ethnicity and health as mediated by dietary practice and it will introduce the concept of cultural competency in relation to nutrition counseling.

### Learning Outcomes:

After completion of the course students are expected to be able to:

1. Understand the relationship between food choices and cultural and religious identity
2. Understand the symbolic meanings that can be assigned to food
3. Understand the relationship between culture and health (in relation to dietary practice)
4. Know about the various definitions of health across cultures
5. Appreciate the importance of cultural competency in nutrition counseling
6. Use Food Guides to health eating in cross-cultural setting
7. Make dietary assessments culturally relevant

**Course Content:**

1. Cultural concepts (race/ethnicity, immigrant, minority, culture)
2. The Cyprus culture and religious profile
3. Models of food choices
4. Flavour principals, core/complementary food, sympathetic/taboo foods
5. Dietary patterns of major religious groups
6. Dietary patterns of minor religious groups
7. Health disparities among cultural groups as related to dietary patterns
8. Food choices vs. economic factors and literacy
9. Acculturation and health mediated by diet and beliefs
10. The Biomedical vs. Traditional beliefs and models
11. Cultural components in dietetics practice
12. The Mediterranean diet as related to culture
13. Special food for special cultural occasions

**Learning Activities and Teaching Methods:**

Lectures, and Assignments.

**Assessment Methods:**

Test, Mid-Term, Final exam, Class participation and attendance

**Required Textbooks / Readings:**

Title	Author(s)	Publisher	Year	ISBN
FOOD AND CULTURE: A READER	Counihan Carole	Routledge	2007	978-0415977770
FOOD AND CULTURE	Pamela Goyan Kittler, Kathryn P. Sucher	Brooks Cole; 4 <sup>th</sup> edition	2003	0534561128

**Recommended Textbooks / Readings:**

<b>Title</b>	<b>Author(s)</b>	<b>Publisher</b>	<b>Year</b>	<b>ISBN</b>
Everyone Eats: Understanding Food and Culture	E. N. Anderson	NYU Press	2005	0814704964
The Cultural Politics of Food and Eating	James L. Watson	Blackwell Publishing, Incorporated	2005	0631230939
Food and Culture: A Nutrition Handbook	Pamela Goyan Kittler, Kathryn P. Sucher	Wadsworth Publishing Company; 3 <sup>rd</sup> edition	2000	0534551645
Cuisine and Culture: A History of Food & People	Linda Civitello	Wiley	2003	0471202800
How We Eat: Appetite, Culture, and the Psychology of Food	Leon Rappoport	Ecw Press	2003	1550225634
Food in the Ancient World	Shaun Hill, John Wilkins	Blackwell Publishing Professional	2006	0631235515
Whitebread Protestants: Food and Religion in American Culture	Daniel Sack	Palgrave Macmillan	2001	0312294425

Social Aspects of Obesity (Culture and Ecology of Food and Nutrition)	Igor De Garine	Routledge; 1 <sup>st</sup> edition	1995	2884491856
Food Folklore: Tales and Truths About What We Eat (The Nutrition Now Series)	The American Dietetic Association, Roberta Larson Duyff	Wiley	1999	0471347167
A Sociology of Food & Nutrition: The Social Appetite	John Germov, Lauren Williams	Oxford University Press, USA; 2 <sup>nd</sup> edition	2004	0195516257