

SEMESTER AT SEA COURSE SYLLABUS

Colorado State University, Academic Partner

Voyage:	Fall 2019
Discipline:	Hospitality Management
Course Number and Title:	RRM 400 Food and Society
Division:	Upper
Faculty Name:	Mary Harris
Semester Credit Hours:	3

Prerequisites: The standard CSU prerequisites of one (1) introductory sociology OR one (1) introductory psychology course AND any other two (2) humanities courses have been waived by the instructor.

COURSE DESCRIPTION

“People who love to eat are always the best people” - Julia Child.

This course is an exploration of cultural influences on nutrition and food choices with emphasis on traditional foods. Students will learn about the cuisines of the regions of the U.S. and the nations visited on our Semester at Sea voyage. We will discuss the ways in which food patterns of nations are determined by religious choices, age-old customs, taboos and traditions within the *culture and the impact of geographical location*, accessibility to and availability of *foods*. We will share our portside dining experiences and discuss the cultural origins of the foods we enjoyed on our journey through the Mediterranean, Africa, South and Central America. We will learn to cook some local foods in one of our ports of call.

LEARNING OBJECTIVES

- Understand the ways that culture influences food selection, preparation practices, and traditions.
- Assess the impacts of values, religion, gender and health on human dietary practices.
- Explain the historical, sociological, anthropological, economic, and political perspectives of food and its consumption.
- Analyze patterns of consumption related to social, political, and economic relationships.
- Evaluate trends in industrialization and contemporary agriculture practices along with their effects on the people, the place and the product.
- Discuss controversial issues related to what we eat, why we eat it and the impacts of our decisions.
- Identify and apply knowledge of food and society to practices in each of the countries the SAS voyage.

REQUIRED TEXTBOOKS

AUTHOR: Kitter PG, Sucher KP and Nahikian-Nelms M.

TITLE: Food and Culture

PUBLISHER: Cengage Learning

ISBN #: 978-1-305-62805-2

DATE/EDITION: 2017/7th ed

TOPICAL OUTLINE OF COURSE

Depart Amsterdam, The Netherlands — September 9

B1—September 12: Welcome to the Course
Course Objectives
What is Culture?
Cultural Food Habits

- Symbolic Uses of Food
- Cultural Identity vs Self-Identity
- Core Foods Model

Reading Chapter 1 pages 1 - 21
Exercise - What shapes your food habits?

B2—September 14: The American Paradox
Developmental Perspective of Food Culture
Reading Chapter 1 pages 23 - 28
Traditional Food Practices – Poland
Reading: Chapter 7 Russians

Gdansk, Poland — September 15-20

B3—September 22: Summary of Port Experiences with Food and Nutrition;
What Did the Polish Diet Look Like?

- Traditional Polish Foods You Experienced
- Describe the Slavic and Central European influences

B4—September 24: Traditional Food Practices – Mediterranean Diet Pattern
Reading: Chapter 6 - Northern and Southern European
Food in Celebrations

- Ordinary Food vs Special Dishes

Celebrating in Spain Video:
<https://www.travelchannel.com/shows/anthony-bourdain/video/p/3>

Lisbon, Portugal — September 26-28

Cadiz, Spain — September 29 – October 1

B5—October 2: Summary of Port Experiences with Food and Nutrition

Is there more than one “Mediterranean Diet Pattern?”
Describe differences between Portugal and Spain
How does this compare to the traditional diet of Poland? US?
Traditional Health Beliefs and Food Practices continued

B6—October 4: Regional Food Practices – Croatia
Video: Croatia Family Food and Culture
https://video.search.yahoo.com/yhs/search?fr=yhs-pty-pty_forms&hsimp=yhs-pty_forms&hspart=pty&p=documentaries+about+food+and+culture#id=2&vid=6054d19666c961f0539745ee79e9be36&action=click
Fish and Seafood as Basis of Coastal Dalmatian Cuisine
<https://www.youtube.com/watch?v=T0K2VQMnlzk>

Dubrovnik, Croatia — October 6-10

B7—October 11: Summary of Port Experiences with Food and Nutrition
How did the South Dalmatian cuisine differ from what you have experienced so far?
Intercultural Communication
Moving On to Africa: a New and Different Culture
Reading Chapter 8

B8—October 13: Traditional Health Beliefs and Food Practices
What is Health? World Views on Health and Disease
Reading Chapter 2

Casablanca, Morocco — October 15-20

B9—October 21: Summary of Port Experiences
Malnutrition - Environmental, Political and Economical Issues

B10—October 23: Religious Significance of Food
Reading Chapter 4
Oral Presentations – Group 1

B11 October 26: Traditional Food Patterns – Ghana
Videos: Village Food in West Africa (Ghana)
<https://www.youtube.com/watch?v=GZa2B-knFGw>
Ashanti Food in West Africa (Ghana)
<https://www.youtube.com/watch?v=SV27UZbTtZ8>

Tema, Ghana — October 28-30
Takoradi, Ghana — October 31 – November 1

B12—November 2: Summary of Port Experiences

Food Taboos and Folk Medicine

B13—November 5: Oral Presentations – Groups 2 and 3

B14—November 7: Exam I
Covers material and readings in classes B1 - B13

B15—November 9: Foodways of South America
Reading Chapter 10 Caribbean and South Americans

Salvador, Brazil – November 10-15

B16—November 17: Summary of Port Experiences
How does the Brazilian diet compare to what you experienced in the Mediterranean?

B17—November 19: Food and Body Image
Societal Influences on Eating Disorders
Reading Cournihan: Chapter 18 “Not Just a White Girls Thing: The Changing Face of Food and Body Image Problems” by S. Bordo

B18—November 22: Paradox: Obesity and Hunger
Why Do We Overeat?

Port of Spain, Trinidad and Tobago – November 24

A19—November 25: Foodways of the Caribbean Islands- Comparisons and Contrasts

A20—November 27: Masculinity and Femininity: Food Roles
Reading Cournihan: Chapter 11 Domestic Divo: Televised Treatments of Masculinity, Femininity and Food” by R. Swensen
Class Discussion of “Like Water For Chocolate”

A21—November 30: Food and Globalization
Toward Development of a World Cuisine
Reading Cournihan: Chapter 7 “Towards the Development of a World Cuisine” by J Goody

Guayaquil, Ecuador – December 2-7

B22—December 8: Summary of Port Experiences

B23—December 10: Mexican and Central American Cultures
Reading Chapter 9
Oral Presentations - Group 4

Puntarenas, Costa Rica – December 11-15

B24—December 17: Summary of Port Experiences

Going Back Home

- Contemporary Food Habits in the US
- Regional Differences

Reading Chapters 14 and 15

“Want Amid Plenty” Hunger in America

Reading: Cournihan: Chapter 38 “Want Amid Plenty”: From Hunger to Inequality” by Janet Popendieck

View Documentary – A Place at the Table

B25—December 19: Final Exam Covers material and readings in classes 15 - 25

Arrive San Diego, California — December 23

FIELD WORK

Semester at Sea field experiences allow for an unparalleled opportunity to compare, contrast, and synthesize the different cultures and countries encountered over the course of the voyage. In addition to the one field class, students will complete independent field assignments that span multiple countries.

Field Class & Assignment

The field class for this course is on **Monday December 2 in Guayaquil, Ecuador.**

Field Class attendance is mandatory for all students enrolled in this course. Do not book individual travel plans or a Semester at Sea sponsored trip on the day of your field class. Field Classes constitute at least 20% of the contact hours for each course, and are developed and led by the instructor.

Guayaquil, Ecuador

Take a morning tour of a Cacao farm to follow the production of chocolate from farm to healthful treat. In the afternoon visit the Mercado Caraguay for a traditional crab boil lunch at one of the small stands and then explore the market for medicinal foods.

Date and Time: Monday December 2, 1000 hours

Objectives: Students will gain insights into the production and health benefits of cacao and discover some healthy regional foods and fresh herbs with medicinal value.

Students will prepare by reading Nutritional Anthropology Chapter 31 From Aphrodisiac to Health Food: A Cultural History of Chocolate (assigned reading)

Evaluation: Students will prepare by participating in class discussion and viewing course materials related Brazil and Ecuador. They will be graded on two outcomes. 1) Participation and engagement with local guides and 2) A 2-3 page essay on how culture and society influence food habits for health. Include up to 5 photos.

Independent Field Assignments

Experiences in port will enhance course material by allowing you to experience local food and food customs. As you are eating and drinking in country, be sure to sample local cuisine, observe local food habits, and talk to locals about food sources, choices, and customs. In one port, interview a local (vendor at a market, wait staff at a restaurant, concierge at a hotel or other encounter in a safe environment) about traditional local foods. Your final report will consist of a 2-3 page summary of your experiences which included photos and a short video of your interview.

METHODS OF EVALUATION

Field Class (20%)

Independent Field Assignments (20%)

Exam 1 (20%)

To include material from classes 1-13, their readings, and class discussions

Final Exam (20%)

To include classes 15-25, their readings, and class discussions

Class Participation (10%)

You are expected to prepare for each class by reading the assigned chapter or paper, viewing movie if assigned to run on the loop and/or reflecting on recent port visits.

Field Class (20%)

Oral Presentation (10%)

Oral Presentations will be panels led by small groups during one of four times presentation times during the semester. Panels will share their experiences and lead discussions revolving around cultural comparisons and contrasts experienced in the various legs of the voyage.

EVALUATION SUMMARY

20% Field Class	20 points
20% Independent Field Assignments	20 points
20% Exam 1	20 points
20% Exam 2	20 points
10% Class Participation	10 points

10% Oral Presentation

10 points

GRADING SCALE

The following Grading Scale is utilized for student evaluation. Pass/Fail is not an option for Semester at Sea coursework. Note that C-, D+ and D- grades are also not assigned on Semester at Sea in accordance with the grading system at Colorado State University (the SAS partner institution).

Pluses and minuses are awarded as follows on a 100% scale:

<u>Excellent</u>	<u>Good</u>	<u>Satisfactory/Poor</u>	<u>Failing</u>
97-100%: A+	87-89%: B+	77-79%: C+	Less than 60%: F
93-96%: A	83-86%: B	70-76%: C	
90-92%: A-	80-82%: B-	60-69%: D	

ATTENDANCE/ENGAGEMENT IN THE ACADEMIC PROGRAM

Attendance in all Semester at Sea classes, including the Field Class, is mandatory. Students must inform their instructors prior to any unanticipated absence and take the initiative to make up missed work in a timely fashion. Instructors must make reasonable efforts to enable students to make up work which must be accomplished under the instructor's supervision (e.g., examinations, laboratories). In the event of a conflict in regard to this policy, individuals may appeal using established CSU procedures.

LEARNING ACCOMMODATIONS

Semester at Sea provides academic accommodations for students with diagnosed learning disabilities, in accordance with ADA guidelines. Students who will need accommodations in a class, should contact ISE to discuss their individual needs. Any accommodation must be discussed in a timely manner prior to implementation.

A letter from the student's home institution verifying the accommodations received on their home campus (dated within the last three years) is required before any accommodation is provided on the ship. Students must submit this verification of accommodations to academic@isevoyages.org as soon as possible, but no later than two months prior to the voyage. More details can be found within the Course Registration Packet, as posted to the [Courses and Field Classes page](#) no later than one month prior to registration.

STUDENT CONDUCT CODE

The foundation of a university is truth and knowledge, each of which relies in a fundamental manner upon academic integrity and is diminished significantly by academic misconduct.

Academic integrity is conceptualized as doing and taking credit for one's own work. A pervasive attitude promoting academic integrity enhances the sense of community and adds value to the educational process. All within the University are affected by the cooperative commitment to academic integrity. All Semester at Sea courses adhere to this Academic Integrity Policy and Student Conduct Code.

Depending on the nature of the assignment or exam, the faculty member may require a written declaration of the following honor pledge: "I have not given, received, or used any unauthorized assistance on this exam/assignment."

RESERVE BOOKS FOR THE LIBRARY

AUTHOR: Kitter PG, Sucher KP and Nahikian-Nelms M.
TITLE: Food and Culture
PUBLISHER: Cengage Learning
ISBN #:978-1-305-62805-2
DATE/EDITION:2017/7th ed

AUTHOR: Guptill, A.E., Copelton D.A., and Lucal, B.
TITLE: Food & Society: Principles and Paradoxes
PUBLISHER: Polity Press
ISBN #: 9781509501847
DATE/EDITION: 2017 / 2nd edition

FILM REQUEST

Title of Film: Like Water for Chocolate
Distributor: Touchstone Home Video

Title of file (Documentary): A Place at the Table
Distributor: Amazon Prime

ELECTRONIC COURSE MATERIALS

None

ADDITIONAL RESOURCES

AUTHOR: Counihan C and Van Esterik P, eds
TITLE: Food and Culture A Reader
VOLUME: 3rd Ed.
ARTICLE/CHAPTER TITLE:
Chapter 7 Industrial Food: Toward the development of a World Cuisine by J. Goody

Chapter 11 Domestic Divo: Televised Treatments of Masculinity, Femininity and Food” by R. Swensen

Chapter 18 Not Just a White Girls Thing: The Changing Face of Food and Body Image Problems by S. Bordo

Chapter 38 “Want Amid Plenty”: From Hunger to Inequality by J. Popendiec

AUTHOR: Dufour, DL, Goldman, AH and Pelto, GH, eds3ND eD

TITLE: Nutritional Anthhropology

VOLUME;

ARTICLE/CHAPTER TITLE:

Chapter 31 From Aphrodisiac to Health Food: A Cultural History of Chocolate