

Montgomery County Community College  
 ESW/GEO 207  
 Food and Culture  
 3-3-0

**COURSE DESCRIPTION:**

This survey course introduces students to the study of Food & Culture, unraveling, in a regional approach, how historically and geographically meeting our human nutritional needs has been intertwined with the evolution of our modern eating habits. Beginning with the traditional beliefs and practices of the earliest global villages and continuing into today's American 'Melting Pot' of great culinary diversity, this course takes a multicultural and multiethnic approach to food and regional geography.

**REQUISITES:**

*Previous Course Requirements*

None

*Concurrent Course Requirements*

None

LEARNING OUTCOMES Upon successful completion of this course, the student will be able to:	LEARNING ACTIVITIES:	EVALUATION METHODS
1. Describe the core foods and flavor principles used in eleven diverse regional cuisines.	Lecture Group Discussions Meal Project Assigned Readings Research Resources	Examinations Meal Project Written Assignments
2. Recognize the global, universal, and world-wide impact of religious beliefs on food choices.	Lecture Group Discussions Meal Project Assigned Readings Research Resources	Examinations Meal Project Written Assignments
3. Examine popular utensils, cooking techniques, and food guides for various world cultural regions.	Lecture Group Discussions Meal Project Assigned Readings Research Resources	Examinations Meal Project Written Assignments
4. Analyze health outcomes of different immigrant populations upon arrival and acculturation in the United States.	Lecture Group Discussions Food Diary Assigned Readings Research Resources	Examinations Mapping Project Written Assignments

LEARNING OUTCOMES	LEARNING ACTIVITIES	EVALUATION METHODS
5. Assess a complete meal in a “new-to-the-student” traditional ethnic cuisine and evaluate them on various levels for authenticity, presentation, and flavor.	Lecture Group Discussions Meal Project Assigned Readings Research Resources	Examinations Meal Project Written Assignments
6. Synthesize an historical and geographical perspective on the origins of selected ingredients and flavor principles within a global context.	Lecture Group Discussions Meal Project Assigned Readings Research Resources	Examinations Meal Project Written Assignments

At the conclusion of each semester/session, assessment of the learning outcomes will be completed by course faculty using the listed evaluation method(s). Aggregated results will be submitted to the Associate Vice President of Academic Affairs. The benchmark for each learning outcome is that *70% of students will meet or exceed outcome criteria.*

#### SEQUENCE OF TOPICS:

1. Intro to Food and Culture
2. Traditional Health Beliefs & Practices
3. Food & Religion(s)
4. Native American Contributions
5. Northern & Southern European Traditions
6. Central European & Scandinavian Introductions
7. Africa, Continent of Diversity
8. Mexican & Central American Subtleties
9. Caribbean & South American Variations
10. Asia: Chinese, Japanese, & Korean Nuances
11. Southeast Asian & Pacific Island Legacies
12. Traditions & Peoples of the Balkans & the Middle East
13. South Central Asian Influences: India & Pakistan
14. Regional North American Fare: Four Distinct Cuisines

#### LEARNING MATERIALS:

##### Required text:

Goyan Kittler, Pamela and Sucher, Kathryn P. (2017). *Food and culture* (6<sup>th</sup> ed.). Cengage.

Other learning materials may be required and made available directly to the student and/or via the College’s Libraries and/or course management system.

## COURSE APPROVAL:

Prepared by: Stacey Roush and Claire Kratz Date: 3/10/2004

Revised by: Stacey Roush, Claire Kratz, Dr. Anne Livezey Date: 2/2009

VPAA/Provost Compliance Verification: Dr. John C. Flynn, Jr. Date: 9/11/2009

Revised by: Claire Kratz, Stacey Roush Dr. Anne Livezey Date: 7/3/2012

Revised by: Claire Kratz, Stacey Roush Dr. Anne Livezey Date: 5/13/2013

VPAA/Provost or designee Compliance Verification:  
Victoria L. Bastecki-Perez, Ed.D. Date: 8/20/2013

Revised by: Claire Kratz, Stacey Roush Dr. Anne Livezey Date: 1/8/2018

VPAA/Provost or designee Compliance Verification: Date: 1/10/2018



*This course is consistent with Montgomery County Community College's mission. It was developed, approved and will be delivered in full compliance with the policies and procedures established by the College.*