

PALOMAR COLLEGE
COURSE OUTLINE OF RECORD FOR
DEGREE CREDIT COURSE

Transfer course A.A. degree applicable course
(check all that apply)

COURSE NUMBER AND TITLE: FCS 150 Cultural Nutrition

UNIT VALUE: 3

MINIMUM NUMBER OF SEMESTER HOURS: 48

BASIC SKILLS REQUIREMENTS: Appropriate language and computational skills

ENTRANCE REQUIREMENTS

PREREQUISITE: None

COREQUISITE: None

RECOMMENDED PREPARATION: None

SCOPE OF COURSE:

Regional, ethnic, cultural, religious, historical and social influences on food patterns. Effect of socioeconomic class, gender and aging on diet, health and disease.

SPECIFIC COURSE OBJECTIVES:

Successful students will:

1. Investigate the relationship between ethnicity and nutrition responsive disease patterns.
2. Compare and contrast nutritional needs throughout the life cycle with emphasis on pregnancy, adolescence and the older adult.
3. Compare and contrast nutrition problems experienced by women with those of men.
4. Apply knowledge of cultural food influences to the study of the Food Pyramid.

5. Identify hunger regions in America and develop a low-cost nutritious, culturally-sensitive daily meal plan.
6. Identify cultural food patterns of Native Americans, African-Americans, Latinos/Latinas and Asian Americans.
7. Demonstrate an awareness of and sensitivity to one's own cultural nutritional heritage and values.
8. Demonstrate an awareness of cultural bias and how this might affect relationships with clients of various ethnic backgrounds.
9. Apply the concept of dietary balance to meet metabolic needs at all stages of the life cycle and to avoid the excesses that may be etiologic factors in chronic disorders.
10. Define yin and yang and identify factors influencing diet choices in Asia.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

- I. Cultural Influences on American Nutrition
 - A. Food and Culture
 - B. Food Habits
 1. Societal Factors
 2. Lifestyle Factors
 3. Cultural Perspective
 4. Nutrition
 - C. American Melting Pot
- II. Food and Religion
 - A. Western
 - B. Eastern
- III. Native Americans
 - A. Cultural Perspective
 - B. Traditional Food Habits/Regional Variations
 - C. Contemporary Food Habits
 - D. Nutrition and Disease
 1. Obesity
 2. Infant and Maternal Death Rate
 3. Diabetes
 4. Hypertension
 5. Alcoholism
- IV. African-Americans
 - A. Cultural Perspective
 - B. Traditional Food Habits
 1. Historical Influences
 2. Therapeutic Uses of Food
 3. Regional Variations
 - C. Contemporary Food Habits
 - D. Nutrition and Disease
 1. Hypertension
 2. Heart disease/Stroke
 3. Infant mortality

- 4. Eating disorders
- 5. Pica
- V. Latinos/Latinas
 - A. Mexicans
 - 1. Aztec Food Traditions
 - 2. Spanish Contributions
 - 3. Immigration Patterns
 - a. Socioeconomic Status
 - b. Demographics
 - B. Caribbean Islanders
 - C. Contemporary Food Habits
 - D. Nutrition and Disease
 - 1. Obesity
 - 2. Heart disease/Stroke
- VI. Asians
 - A. Food Habits
 - B. Yin and Yang Influence on Diet
 - C. Therapeutic Uses of Food
 - 1. Chinese
 - 2. Japanese
 - 3. Southeast Asians
 - D. Nutrition and Disease
 - 1. Colon cancer
 - 2. Stomach cancer
- VII. Malnutrition
 - A. World Hunger
 - B. Hunger in America (all groups)
 - 1. Historical perspective
 - 2. Food choices
 - 3. Political solutions
 - 4. Socioeconomic factors
 - a. Older adults
 - b. Teen mothers/single parents
 - C. Overnutrition

REQUIRED READING:

Kittler, Pamela G. and Kathryn P. Sucher. Food and Culture in America: A Nutrition Handbook. 2nd Edition. St. Paul: West Publishing Company, 1997.

SUGGESTED READING:

A list of journal articles, such as the following, will be given to the class. Students may select four to report on in class with a short summary in addition to the written review of one typewritten page.

- Gopalan, C. "The Contribution of Nutrition Research to the Control of Undernutrition: The Indian Experience." Annual Review of Nutrition 12 (1992) 1-8.
- Ham, R. J. "Nutrition Screening Initiative: Indices of Poor Nutritional Status in Older Americans." American Family Physician 92 (1992) 219-225.
- Law, Ami and Jacqueline M. Golding. "Sexual Assault: History and Eating Disorder Symptoms Among White, Hispanic and African-American Women and Men." American Journal of Public Health 86 (1996) 579-583.
- Sherry, B. and others. "Short, Thin or Obese? Comparing growth indexes of children from high- and low-poverty areas." Journal of the American Dietetic Association 92 (1992) 1092-1096.

REQUIRED WRITING:

Students will submit an abstract and summary of four journal articles dealing with a chosen culture. Each will be at least one typewritten page in length. Students will submit a six to nine page term paper exploring a culturally sensitive nutrition issue.

OUTSIDE ASSIGNMENTS:

Students are expected to spend a minimum of three hours per unit per week in class and on outside assignments, prorated for short term classes.

Each student will interview a class member for a 24 hour dietary recall. The information will be input into the computer for an analysis and comparison to one of the culturally correct food pyramids.

INSTRUCTIONAL METHODOLOGY:

Check all that apply:

- lecture
 laboratory
 lecture-laboratory combination
 directed study

This course may be offered as a distance education course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.

Yes No

If yes, check all that apply. (See guidelines for preparation for definitions.)

- telecourse
 mediated instruction
 computer assisted instruction

GRADING POLICY AND STANDARDS (include methods of determining whether the stated objectives have been met by students):

Term paper	40%
Journal articles	40%
Quizzes (4)	20%

IS COURSE REPEATABLE FOR REASON(S) OTHER THAN DEFICIENT GRADE?

Yes No Number of times course may be taken for credit:

If yes, identify specific provision of Title 5 Division 2 section(s) 55761-55763 and 58161 which qualifies course as repeatable:

CONTACT PERSON: Margaret Gunther, ext: 2350