

# North Hennepin Community College

## HLTH 2070: Socio-Cultural Aspects of Nutrition

### A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 3

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Students in this course will explore nutrition in the context of culture ; looking at common dishes, special occasion foods, and cultural foods with therapeutic uses. Students will examine how cultural values, health beliefs, economic status, and learned food practices shape the development of meal patterns, eating customs, and the nutritional status of ethnic, religious, and regional groups. Students will also be given the opportunity to prepare and taste cultural foods, like amaranth, epozote, plantains, miso, and mung beans from the various regions studied.

**B. COURSE EFFECTIVE DATES:** 08/22/2016 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Food and Culture
2. Traditional Health Beliefs and Practices
3. Food for Continued Existence
4. Food and Religion
5. Food and Ethnicity

### D. LEARNING OUTCOMES (General)

1. Describe the basic definitions and concepts of food and culture ; NHCC ELO 1  
Discuss the development of cultural and individual food habits ; NHCC ELOs 1, 2, 3
2. Explain how cultural perspectives, traditional food habits, and contemporary food habits differ among specific regional groups ; NHCC ELOs 1, 2, 3, 4  
Describe how food practices, preferences, and health are influenced by specific eastern and western religions - NHCC ELOs 1, 2, 3, 4
3. Compare the specialized equipment, utensils, ingredients, and common food among various cultural groups ; NHCC ELOs 1, 2, 3, 4  
Identify local sources for cultural food ingredients and meals ; NHCC ELOs 1, 2, 3, 4
4. Select, prepare, and serve representative dishes from various cultural groups ; NHCC ELOs 1, 2, 3, 4  
Identify and locate educational resources that provide information about customs and cultural influences for different cultural groups ; NHCC ELOs 1, 2, 3
5. Discuss geographic factors impacting food availability ; NHCC ELO 1  
Describe nutritional deficiencies in the diets of specific cultural groups ; NHCC ELOs 1, 2, 3, 4
6. Identify cultural foods with therapeutic uses ; NHCC ELO 1  
Identify disparities in the incidence of illness and death among specific cultural groups related to diet ; NHCC ELOs 1, 2, 3, 4

## **E. Minnesota Transfer Curriculum Goal Area(s) and Competencies**

None

## **F. LEARNER OUTCOMES ASSESSMENT**

As noted on course syllabus

## **G. SPECIAL INFORMATION**

Knowledge of Human Cultures and the Physical and Natural World; Through study in the sciences, mathematics, social sciences, humanities, histories, languages, the arts, technology and professions. Intellectual and Practical Skills; Including: Inquiry and analysis; Critical and creative thinking; Written and oral communication; Quantitative literacy; Information literacy; Teamwork and problem solving. Personal and Social Responsibility and Engagement; Including: Civic knowledge and involvement; campus, local and global; Intercultural knowledge and competence; Ethical reasoning and action; Foundations and skills for lifelong learning. Integrative and Applied Learning; Including: Synthesis and advanced accomplishment across general education, liberal studies, specialized studies and activities in the broader campus community.