



Course Descriptor

AHND 472 Cultural Aspects of Diet

ACADEMIC YEAR	Fall 2020-2021		
Course Code & Title	AHND 472	Cultural Aspect of Diet	
Credit hours	3 (3+0)	Level of study	Undergraduate
College / Centre	CAHS/FSHNN		
Co-requisites		Pre-requisites	AHND 380

1. COURSE OUTLINE

Basic theory related to nutritional requirements for all levels of athletic performance. Application of sports nutrition concepts for recreational to elite level athletes. Nutritional parameters of athletic performance including intervention planning, energy production, the energy nutrients, vitamins and minerals, principles of balanced diets, timing and composition of intakes, hydration, weight management strategies, and nutritional needs for special situations.

2. AIMS

The purpose of this course is to train students in understanding the basic differences regarding aspects of food and nutrition related to different culture and tradition. It will help students to understand the history of human evolution and about agricultural revolutions.

3. LEARNING OUTCOMES, TEACHING, LEARNING and ASSESSMENT METHODS (Indicative)

For Individual project in Food Science and Human Nutrition

Learning Outcomes (Definitive)	Teaching and Learning methods (Indicative)	Assessment (Indicative)
1. Discuss the bio-cultural framework in order to understand factors affecting.	Discussion, lecture, in-class activities	Assignment, Quiz, Written exam
2. Describe food, as a source of identity and social organization that will help identify people of different countries.	Discussion, lecture, in-class activities	Assignment, Quiz, Written exam
3. Describe the pros and cons of human and agricultural evolution with its brief history.	Discussion, lecture, in-class activities	Assignment, Quiz, Written exam
4. Outline various aspects of political inputs and their relation with food and health in different countries.	Discussion, lecture, in-class activities	Assignment, Quiz, Written exam
5. Discuss the global food situation, social transformation and poverty.	Discussion, lecture, in-class activities	Assignment, Quiz, Written exam
6.		

Students will achieve **03** credit hours for this course by passing **ALL** of the course assessments

4. ASSESSMENT WEIGHTING

Assessment	Percentage of final mark (%)
Midterm exam	25
Assignments	20
Quizzes	15
Final exam	40
TOTAL	100%

5. ACHIEVING A PASS

(Assignments and quizzes, Midterm examinations and Final examinations) and achieving a **minimum overall score of 50%**

6. COURSE CONTENT (Indicative)

LECTURE TOPIC	TIME (HOURS)
Introduction (Basic idea of different cultural diets) The Bio-cultural framework The relationship between diet, cuisine, and various environmental factors such as sociocultural, political and physical.	3
Food as identity food as an expression of personal identity, factors affecting food habits and choices, food and symbolism, cultural identity	3
Diet and evolution Brief history of human evolution.	3
Comparison of nutrients in ancestral and modern diet.	3
Diet and revolution Brief history, revolutionary changes, Revolutionary pattern, effect of Neolithic revolution.	3
Food systems (Industrial and non-industrial) Definitions, parts of local and industrial food systems, difference between industrial and non-industrial food system,	3
Climate crisis, environmental, economic, energy and health problems.	3
Food and Health: Obesity Introduction and prevalence, The nutrition transition, Health consequences of obesity, Aetiological factors (Host issues), Vector (carbohydrate, fat and protein) alcohol.	3
Environment, portion size, school and home environment, Food marketing Sector, Potential strategies to reduce obesity.	3
Global Hunger : Root causes and Proposed solutions	3
Migration, Culture and Identity	3
Food in world religions	3
Food Branding and Marketing	3
Food pyramids and food social change	3
Hunger Worldwide	3
TOTAL HOURS	45
Plus RECOMMENDED INDEPENDENT STUDY HOURS	
TOTAL COURSE HOURS	60

7. RECOMMENDED READING

1. Food and Culture 6th Edition by Pamela Goyan Kittler , Kathryn P. Sucher , Marcia Nelms. ISBN-13: 978-0538734974 . ISBN-10: 0538734973
2. Food and Culture: A Reader 3rd Edition by Carole Counihan , Penny Van Esterik. ISBN-13: 978-0415521048. ISBN-10: 0415521041

