

NUTR 2323 COIN3: Food and People

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Syllabus - Food and People

Course Description

An examination of the relationship between food and human culture through a biocultural framework. Students will examine social, economic, and ecological factors affecting, and affected by, food practices and systems. Global and local food production, preparation, processing, distribution, and waste management, as well as social justice, gender, diversity, equity, and cultural competence are covered.

Instructor

Tristaca is a Registered Dietitian who relocated to Kelowna, BC after living in Halifax for 6 years. While in Nova Scotia, she taught a variety of courses in the School of Nutrition and Dietetics at Acadia University. In fact, she continues to teach 6 Nutrition courses through Acadia's distance education department. While at Acadia, Tristaca founded the first ever Canadian university convivium of Slow Food, aimed at helping dietetics students foster an appreciation for high quality, socially responsible food. She also spear-headed a collaboration between Acadia University and Magnolia Creek, a residential treatment center for eating disorders based in Alabama. This program will allow Acadia staff and faculty to receive mentorship and training to be better able to support students who may be struggling with disordered eating. In addition to her work at Acadia, Tristaca has also developed online nutrition curriculum for Thompson Rivers University, the National Coaching Institute, and Dietitians of Canada. In addition, she has been a content reviewer for several undergraduate nutrition textbooks and co-authored the Instructor's Manual for *Nutrition: Science and Applications, 2nd Canadian Edition*. She has also been both an item writer and appraiser of the Canadian Dietetic Registration Examination. As part of her nutrition practice, she specializes in sports nutrition and media communications.

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Tristaca Curley, MSc, RD

Email: tristaca.curley@acadiu.ca

Please note that I will respond to emails within regular business hours, Monday to Friday. As I teach 6 courses, please allow up to 3 business days for me to respond to your queries, although I will often respond sooner. Please also reference the course you are referring to in any email discussions, as I teach several courses.

Course Overview

This course looks at complex issues pertaining to our current food production, processing, and distribution through a social, political, and anthropological lens. Topics include: food and identity, nutrition and health, industrialization, globalization, food insecurity, and food and social change. As students complete this course, they are encouraged to reflect upon their own role as individual, consumer, and nutrition professional within these complex issues.

NUTR 2323 is broken into 6 modules, each with a specific focus. See the Course Schedule to access the modules.

There are 6 quizzes and 1 assignment. Study at your own pace (preparing for each module quiz and the assignment), keeping in mind that you have six months to complete the entire course.

Learning Objectives

After successfully completing this course, students will be able to:

- Describe the intersection between food and geographic identity, racial-ethnic identity, social class identity, and gender identity
- Compare and contrast the medical model of obesity and its impact with weight-neutral approaches and impacts
- Describe examples of political and corporate groups influencing public nutrition policy
- Discuss the social and environmental consequences of industrialized food systems
- Define food insecurity from both a global and local perspective in terms of contributing factors and effective interventions
- Reflect on the individual role of consumers, eaters, advocates and healthcare professionals within sustainable food systems

Course Materials

Text: Guptill, A.E., Copelton, D.A., and Lucal, B. (2023). *Food and Society: Principles and Paradoxes*, 3rd edition. Polity Press. ISBN: 9781509542246

See the [student handbook](#) for ordering information.

There will also be various readings and media resources throughout the course. These resources will be available in the applicable module. All readings are testable.

Evaluation

Participation	15%
Quizzes	30%
Assignment	25%
Final Exam	30%

Participation

Throughout the course there will be 6 forums where you will be asked to reflect on a specific issue and how it pertains to your current knowledge, experience, or life. Your participation mark will depend on your ability to critically analyze the topic question and integrate previous students' posting in your own posting. Each posting is worth 2.5% and you will be marked on only 1 posting per forum, so I suggest you read the forum topic, then read through the postings from fellow students, and then reflect on your response for a couple of days. This will lead to a richer discussion and will improve your grade!

Quizzes

You are required to complete 6 quizzes for this course. Each quiz is comprised of multiple-choice, matching and true /false questions, and is worth 5% of your final grade. Make sure to read each question VERY CAREFULLY!

Be sure you are familiar with the material *before* taking the quiz as each quiz is only *15 minutes* in duration, and can only be *taken once*. The timer will begin counting down once the quiz is opened. When the 15 minutes have passed the quiz will no longer accept new entries. The quizzes will test both your recall and your ability to synthesize information presented in the module. Be familiar with the terms defined within the textbook chapter. In every quiz there will be questions that ask you to apply the concepts you learned in the chapter to different scenarios. That also makes it interesting and should help you retain the information better. It is also important to do the chapters/modules and quizzes in order, as information given earlier in course provides the basis for information given later.

To prepare for quizzes, I suggest using the information provided in each module, the associated text chapters and any Module readings/resources. At the conclusion of your quiz you have immediate access to your results. Make sure you refer back to the text to understand any incorrect answers you gave. These questions may appear again on the final.

Click *Quizzes* on the left of your screen to access the quizzes.

Assignment - Reflection on Promoting Sustainable Food Systems

Purpose: To reflect on the role of students, consumers, and healthcare professionals in creating a sustainable, socially-equitable food system

Description: For this assignment you are going to focus on the consequences of our current food system and reflect on ways that an individual can effect change. Throughout this course, we have discussed the relationship between our food system and the environment, human health, and social justice. You are to discuss in detail, **using material presented throughout the course**, the relationship between our current food system and:

- 1) the environment
- 2) human health
- 3) social justice

In addition, include a discussion of what can be done to address these above issues by

- a) students
- b) consumers,
- c) and healthcare professionals

You may want to refer to the article posted in Module 6 entitled *Sustainable Food Systems: Dietitian's Roles*, which offers a high-level overview of some of these impacts and the role of dietitians specifically in addressing them. You are expected to synthesize information learned throughout different modules and critically analyze the role of students, consumers, and healthcare professionals in addressing these issues.

Format: APA (see Acadia Library's [guide](#) for information on how to prepare a reference list in APA format). Maximum length, 1000 words, or 4 pages, double spaced (not including title page and reference page). Please include a title page with your name, student number, title, my name, date (not included in the page count). Your grade will be based upon depth and scope of information presented, and quality of writing.

Please submit your assignment as a PDF to the Assignment tab. Remember to put your name, student number, course number, and assignment number on the assignment and keep a copy in the event the original is lost.

This assignment should be received **at least 1 week prior** to the date you wish to write the exam. This will allow adequate processing time for the request, and for setting the exam.

Course Schedule

You have 6 months to complete this course. You may set your own schedule, and can complete the course in much less than 6 months if you prefer.

Please do not leave all of your course work until a few weeks before your completion date. Although I will make every effort to accommodate your schedule within reason, I need time to grade assignments and mark exams..

Quick Overview: Recommended Schedule

Week 1-3	Module 1
Week 4-6	Module 2
Week 7-10	Module 3
Week 11-15	Module 4
Week 16-19	Module 5
Week 20-21	Module 6
Week 22-24	Final Exam Prep and writing

Exam

The final exam will be administered through Moodle and will cover the material from the entire course. **When you have completed all course work, a link to apply to write the final exam will appear in your course home page. Once you apply at that link, the exam will be available to you to write online at an agreed upon time.** It will consist of multiple choice, definitions, and a few short answer questions. Among the short answer questions there will be some choice. In other words, you may be presented with 4 short answer questions and asked to answer 3. As a tip, review the course objectives listed in each module. They highlight what I feel are the most important concepts from each chapter. In fact, many of them would make excellent final exam questions stated just as they are.

Student Handbook

You are responsible for becoming familiar with the contents of the Student Handbook. It contains important information about scheduling examinations (if applicable), applying for extensions, withdrawing from your course, ordering books, and computer and library services available to you. If you have questions about the policies outlined in the handbook (<https://courseware.acadiau.ca/openacadia/studenthandbook.html>), contact:

Open Acadia
21 University Avenue (Rhodes Hall)
Wolfville, NS B4P 2R6
Phone: 1-800-565-6568
Fax: 1-902-585-1068
Email: openacadia@acadiau.ca

Academic Integrity

Academic integrity demands responsible use of the work of other scholars. It is compromised by academic dishonesty such as cheating and plagiarism. A student who is uncertain whether or not a course of action might constitute cheating or plagiarism should seek in advance the advice of the instructor involved.

- Cheating is copying or the use of unauthorized aids or the intentional falsification or invention of information in any academic exercise
- Plagiarism is the act of presenting the ideas or words of another as one's own. Students are required to acknowledge and document the sources of ideas that they use in their written work.
- Self-plagiarism is also a form of plagiarism. It is the presentation of the same work in more than one course without the permission of the instructors involved.
- A student who knowingly helps another to commit an act of academic dishonesty is equally guilty.
- Penalties are levied in relation to the degree of the relevant infraction. They range from requiring the student to re-do the piece of work, through failure on that piece of work, to failure in the course, and to dismissal from the university.