

Western HealthSciences



Brescia School of Food and Nutritional Sciences

FN3400B – Culture and Food Winter 2026

Campus Supports

Western University is committed to a **thriving campus**. For help with:

- Both physical and mental health, go to [Wellness & Wellbeing](#)
- Studying with disabilities, go to [Accessible Education](#)
- Writing skills, go to the [Writing Support Centre](#)
- Learning skills and strategies, go to [Learning Development & Success](#)
- Contacting the ombudsperson, go to the [Office of the Ombudsperson](#)



Your course coordinator can also **guide you** to available campus resources and/or services.

Technical Requirements



Stable internet connection



Laptop computer



Calculator

Important Dates

Classes Begin	Reading Week	Classes End	Study day(s)	Exam Period
January 5	February 14-22	April 9	April 10-11	April 12-30
March 30, 2026: Last day to withdraw from a first-term half course without academic penalty				

Contact Information

Course Coordinator/instructor	Contact Information	Office Hours
Dr Brenda Hartman	bhartma5@uwo.ca	TBD
Cherie Thompson – Lab Instructor	cthom269@uwo.ca	

NOTE: All course information including grades, assignment outlines, deadlines, etc. are available via [OWL Brightspace](#). Download the Brightspace Pulse App to stay up-to-date on course communication and enable your notification settings within “Communications” in the top toolbar. Check the website regularly for course announcements. If you need assistance, visit [OWL Brightspace Help](#) or contact the [Western Technology Services Helpdesk](#). They can be contacted by phone at 519-661-3800 or ext. 83800.

Calendar Course Description (including prerequisites/anti-requisites):

Introduction to the study of social, cultural and communication factors which influence food habits of various ethnic groups that may differ from typical North-American diets. Variations in basic food preparation and culinary techniques will be explored (in the food laboratories).

Prerequisite(s): Foods and Nutrition 2130 or Foods and Nutrition 2232.

Unless you have either the requisites for this course or written special permission from your Dean to enroll in it, you may be removed from this course and it will be deleted from your record. This

decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites.

NOTE: If you wish to enroll in this course without the stated pre-requisite(s), you must obtain written approval from the course instructor. The approval should then be forwarded to your academic counsellor.

Delivery Mode: In-person

Component	Date(s)	Time
Lecture 001		
Lab 002		

Learning Outcomes

Upon successful completion of this course, you will be able to:

1. Explain the interrelationship between culture and food
2. Describe and apply basic food preparation and culinary techniques of various cultural groups
3. Gain skills to improve communication with and counseling of cultural groups
4. Discuss the changing demographics and the ways in which ethnicity may affect nutrition and health status
5. Understand the role of diet and traditional health beliefs, common nutrition-related problems and educational needs of various ethnic groups
6. Research and report on current issues on food and culture
7. Realize the influence of immigration on culture and cuisine of immigrants to Canada and enhance their knowledge on how to serve this diverse society as nutrition professionals).

Course Content and Schedule

Topics will be covered in the order listed and any dates listed are meant as a guideline and are subject to change. *Note: Assigned readings are meant as a guideline, additional readings may be assigned throughout the semester.*

Lecture Schedule (Please note: Schedule is subject to change)

Class/Topic	Date	Topic	Assignments and/or Readings Due
Week 1	Jan 5/7/9	Course Outline/Debate Discussion Food and Identity	Reading: Chapter 1 - Food and Culture 8th edition Reading: Harry G. West We are who we eat with: Food, distinction, and commensality. **
Week 2	Jan 12/14/16	Food Choice: Food and Religion	Reading: Chapter 4 - Food & Culture 8th edition
Week 3	Jan 19/21/23	Food Choice: Spices in Cultural Cooking Spice Dilemma Traditional Health Beliefs	News Article: The Divisive US Autumnal drink with a shady past (BBC article)** Reading: Monterroso, E., et al. Sociocultural influences on food choices and implications for sustainable healthy diets. **
Week 4	Jan 26/28/30	Food Choice: Staple Foods Traditional Health Beliefs	Reading: Chapter 2 - Food & Culture 8th edition Please be sure to read 'What is Your 'Worldview' of Healthcare page 46.

		Cultural Competence	
Week 5	Feb 2/4/6	Food and Culture: Indigenous and Canadian	<p>Quiz 1</p> <p>Reading: Olstad, D.L. et al. Protecting traditional cultural food practices: Trends in diet quality and intake of ultraprocessed foods by Indigenous status and race/ethnicity among a nationally representative sample of adults in Canada. **</p> <p>News Article: Meeting Canadian Food Guide 'next to impossible' for some: Manitoba researcher**</p> <p>News Article: Canada's new food guide: A fail on culture and sustainability **</p>
Week 6	Feb 9/11/13	Culture, Competence & Critical Analysis	<p>Buchtel, E. Cultural Sensitivity or Cultural Stereotyping? Positive and Negative Effects of A Cultural Psychology Class**</p> <p>Suresh, B & Floranza J. Culture Stereotypes and its impact in shaping public opinion in the 21st century.**</p> <p>Debate 1</p>
Week 7	Feb 15-21	Reading Week	
Week 8	Feb 23/25/27	Food and Culture: Mexican, Caribbean, Central & South American Culture Food Heritage: Tradition	<p>Link: https://wander-lush.org/food-culture-unesco/</p> <p>Debate 2</p> <p>Quiz 2</p>
Week 9	Mar 2/4/6	Food and Culture: N, S and Central Europe, People of the Former Soviet Union, and Scandinavia Food Heritage: Caffeine	<p>Fredholm, B.B. (2011). Notes on the History of Caffeine Use. In: Methylxanthines. Handbook of Experimental Pharmacology, vol 200. Springer, Berlin, Heidelberg. https://doi.org/10.1007/978-3-642-13443-2_1</p> <p>Debate 3</p>
Week 10	Mar 9/11/13	Food and Culture: Balkans and the Middle East Power & Food: Diplomacy & Inequality	<p>News Article: Diplomacy on the menu: How food can shape politics**</p>
Week 11	Mar 16/18/20	Food and Culture: Africa Power & Food: Slavery	
Week 12	Mar 23/25/27	Food and Culture: Asia & South Asia Culture, Competence & Critical Analysis	
Week 13	Mar 30 & Apr 1 Apr 3	East and Southeast Asian/ Pacific Islanders Culture Intercultural Communication Good Friday	Reading: Chapter 3 - Food & Culture 8th edition

Week 14	Apr 6/8	Intercultural Communication	Reading: Chapter 3
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**** readings found on Brightspace**

Lab Policies (Specific to the Brescia School of Food and Nutritional Sciences)

Laboratory activities provide diverse hands-on experiences and expose students to learning about, and working with, different foods, which prepares them to work in any food and nutrition field. During food labs, students are required to prepare, process, store, and dispose of any type of food product, including dairy, eggs, meat, fish, and poultry, according to safe-food-handling principles and regulations. Further, students are required to clean and sanitize, according to regulations and best practice, all pots, dishware, utensils, and surfaces that have come in contact with all food products. Personal beliefs and practices which conflict with these course requirements are not grounds for academic accommodation.

Students in accredited Food and Nutrition programs are expected to meet the Practice Competencies in the Integrated Competencies for Dietetic Education and Practice and/or the Competencies of the Canadian Society of Nutrition Management. Students must demonstrate, prior to graduation, that they can actually perform required tasks. For example, students must demonstrate food preparation techniques and participate in the storage and disposal of food. This ensures that graduates will be able to meet the dietary needs of others, provide client-centred care, and effectively and safely manage food service operations.

Lab Schedule

Class/Topic	Date	Description	Assignments and/or Readings Due
1	Jan 19	• Spice Lab	
2	Jan 27	• Staple Foods	
3	Feb 2	• Lab Consultations	• No Lab; meetings will take place during assigned times (see Brightspace)
4	Feb 9	• Indigenous and Canadian Foods	
	Feb 16	• Fall Reading Week (No Labs)	
5	Feb 23	• Mexico, Caribbean, Central & South America	• Group Lab Presentation
6	Mar 23	• North and South Europe Central Europe, People of the Former Soviet Union, and Scandinavia	• Group Lab Presentation
7	Mar 9	• Balkans and Middle East	• Group Lab Presentation
8	Mar 16	• Africa	• Group Lab Presentation
9	Mar 23	• South Asia	• Group Lab Presentation
10	Mar 30	• East and Southeast Asian/Pacific Islanders	• Group Lab Presentation

Course Materials You Must Acquire and Their Costs

- Mukerjee Furstenau, N., Safaii-Waite, S. et al. Food and Culture, 8th ed. 2024, Cengage Learning. (available from the UWO bookstore as a textbook or e-book).
- The textbook listed in the course outline is the 8th edition of Food and Culture by Furstenau and Safaii-Waite. (The paperback is listed for \$213.75 and \$80.00 for the e-edition in the Western Bookstore).
 - If you purchase the 7th edition used, please be aware that there are some differences in the materials and page numbering.
- Course readings. On Brightspace by week

The following apparel is required for the **Food Lab**:

- White uniform or lab coat
- Clean lab shoes (closed toe and heel)
- Hair net (first one provided, replacement \$1.00)

You will not be permitted in the lab without proper lab attire and will result in an incomplete lab.

- Lab Fees: \$50.00 per student
- (Laboratory fees are billed along with your tuition. Payment must be made by the end of the third week of classes to continue in the course.)

Assessments and Evaluation

Below is the evaluation breakdown for the course. Any deviations will be communicated.

Component	Weight	Date/ Deadline	Flexibility	Learning Outcome
2 Quizzes (online)	15% (7.5% each)	Jan 30 & Feb 27	Not Applicable	1,2,4,5,7
In Class Debate	25%	*See Brightspace for schedule	72-hour no late penalty ^{2,3}	1,2,4,5,6,7
Final Exam	25%	During April Exam Period (Time and Date TBD)	Not Applicable ⁴	1,2,3,4,5,6,7
Major Group Project (Lab Project): Hosting a lab of a country and their culture (see Brightspace for instructions)	25%	*See Brightspace for schedule	Not Applicable-Designated Assignment ¹	1, 2, 3, 4
Lab participation (1 marks x 10 labs) <i>*Please note that mark deductions for lab participation (0.25% per offence) may occur during labs for lateness (under 30 minutes) or unclean lab stations. After 30 minutes, you will receive an incomplete participation (deduction of 1 mark) for the lab. This along with other lab expectations will be discussed during the first lab.</i>	10%	Participation in each lab	Not Applicable-see policy below ⁵	

Integrated Competencies for Dietetic Education and Practice (ICDEP) (Specific to the Brescia School of Food and Nutritional Sciences, Honors Specialization in Nutrition and Dietetics)

As an accredited dietetic program in Canada, we are required to meet the ICDEP. These competencies consist of 7 interrelated Domains (areas) of Practice Competencies: Food and Nutrition Expertise, Professionalism and Ethics, Communication and Collaboration, Management and Leadership, Nutrition Care, Population Health Promotion, and Food Provision. This course is designed to ensure that students who complete the course as outlined obtain certain competencies in the above domains. This is required to meet entry level dietetic practice.

Notes:

1. Designated Assessment: This assessment has been designated as being central to the evaluation of learning outcomes in this course. Accordingly, students must provide documentation for any absence from this evaluation. Students must not provide medical or compassionate documentation to the instructor.
2. Students are expected to submit their assignments by the deadline listed. Should extenuating circumstances arise, students are permitted to submit their assignment up to 72 hours past the deadline without a late penalty. No Academic Consideration is required for this extension.
3. Academic Consideration requests may be granted only for extenuating circumstances that began before the deadline and lasted longer than the extension. Students must not provide medical or compassionate documentation to the instructor.
4. You cannot use undocumented absences for final exams.
5. Missing more than three (3) laboratories, without accommodation, will result in failure in the laboratory and an “incomplete” in the course. Successful completion of the laboratory will be necessary in order to receive credit for the course.

For this course, using generative AI, including ChatGPT or other AI writing assistants for graded course assessments is a scholastic offence which may be subject to the penalties outlined in the academic calendar. Representing as one's own, an idea or expression of an idea that was AI- generated may be considered an academic offense in this course. Students may not copy or paraphrase from any generative AI applications, including ChatGPT and other AI Writing and coding assistants, for the purpose of completing assignments in this course. The use of generative AI in this course will be considered plagiarism, a scholastic offence.

General information about assessments

- All assignments are due at 23:59 EST unless otherwise specified.
- Students are responsible for ensuring that the correct file version is uploaded; incorrect submissions including corrupt files could be subject to late penalties (see below) or a 0.
- Written assignments will be submitted to Turnitin (statement in policies below).
- A student might not receive the same grade as their group members if it is determined that the distribution of work was not equal.
- After an assessment is returned, students should wait 24 hours to digest feedback before contacting their evaluator; to ensure a timely response, reach out within 7 days.
- Prior to the filing of a written request for relief, students must attempt to resolve the concern regarding a mark or grade through informal consultation with the instructor. If the student is dissatisfied with the decision of the instructor or does not receive a decision from the instructor, a written request for relief must be submitted to the Undergraduate

Chair of the School offering this course, within three (3) weeks from the date that the mark was issued.

The table below outlines University-wide grade descriptors.

Letter grade	Number grade	Description
A+	90-100	One could scarcely expect better from a student at this level
A	80-89	Superior work which is clearly above average
B	70-79	Good work, meeting all requirements, and eminently satisfactory
C	60-69	Competent work, meeting requirements
D	50-59	Fair work, minimally acceptable
F	below 50	Fail

Rounding of Grades (for example, bumping a 79 to 80%)

This is a practice some students request. The final grade documented is the grade that you have achieved. There is no rounding to the next grade level, or 'giving away' of marks. Please don't ask me to do this for you; the response will be "please review the course outline where this is presented".

Course-specific conditions:

- Assignments are due at time and date noted. The mark will be reduced by 20% on assignments submitted late. Assignments submitted after 7 days of the due date will not be accepted for marking, except with documentation to show a confirmed personal illness or a death in her/his immediate family.
- As quizzes have a flexible deadlines, there will be no make-up quizzes for a student who has missed a quiz except with documentation to show a confirmed personal illness or a death in her/his immediate family.
- It is expected that students have access to a computer and internet. There will be no make-up quizzes for internet or computer failure.

INC (Incomplete Standing): If a student has been approved by the Academic Advising Office (in consultation with the instructor/department) to complete term work at a later date, an INC will be assigned. Students with INC will have their course load in subsequent terms reduced to allow them to complete outstanding course work. Students may request permission from Academic Advising to carry a full course load for the term the incomplete course work is scheduled.

SPC (Special examination): If a student has been approved by the Academic Advising Office to write a Special Examination and the final exam is the only outstanding course component, an SPC will be assigned. If the class has a makeup exam, the student is expected to write the makeup exam. If the class doesn't have a makeup exam or the student misses the makeup exam for reasons approved by the Academic Advising Office, the student will write the exam the next time the course is offered. Outstanding SPCs will reduce the course load for the term the exam is deferred as outlined in [Types of Examinations](#) policy.

Academic Policies and Statements

Support Services

There are various support services around campus and these include, but are not limited to:

1. Academic Support and Engagement - <http://academicsupport.uwo.ca>
2. Wellness and Well-being - <https://www.uwo.ca/health/>
3. Registrar's Office - <http://www.registrar.uwo.ca/>

4. Ombuds Office - <http://www.uwo.ca/ombuds/>

The websites for Registrarial Services (<http://www.registrar.uwo.ca>), and the same for affiliated university colleges when appropriate, and any appropriate Student Support Services (including the services provided by the USC listed here: <http://westernusc.ca/services/>) and the Student Development Services, should be provided for easy access.

Students who are in emotional/mental distress should refer to Mental Health@Western (<https://www.uwo.ca/health/>) for a complete list of options about how to obtain help.

Statement on Gender-Based and Sexual Violence

Western is committed to reducing incidents of gender-based and sexual violence and providing compassionate support to anyone who has gone through these traumatic events. If you have experienced sexual or gender-based violence (either recently or in the past), you will find information about support services for survivors, including emergency contacts at:

https://www.uwo.ca/health/student_support/survivor_support/get-help.html

Statement on Harassment and Discrimination

Western is committed to providing a learning and working environment that is free of harassment and discrimination. All students, staff, and faculty have a role in this commitment and have a responsibility to ensure and promote a safe and respectful learning and working environment. Relevant policies include Western's Non-Discrimination/Harassment Policy (M.A.P.P. 1.35) and Non-Discrimination/Harassment Policy – Administrative Procedures (M.A.P.P. 1.35). Any student, staff, or faculty member who experiences or witnesses' behaviour that may be harassment or discrimination **must report the behaviour** to the Western's Human Rights Office. Harassment and discrimination can be human rights-based, which is also known as EDI-based, (sexism, racism, transphobia, homophobia, islamophobia, xenophobia, antisemitism, and ableism) or non-human rights-based (personal harassment or workplace harassment).

Student Code of Conduct

The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at Western University, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed and set out the disciplinary procedures that the University will follow. For more information, visit <https://www.uwo.ca/univsec/pdf/board/code.pdf>

Absence from Course Commitments

Students must familiarize themselves with the Policy on [Academic Consideration – Undergraduate Students in First Entry Programs](#)

Students missing course work for medical, compassionate, or extenuating circumstances can request academic consideration by completing a request at the [central academic consideration portal](#). Students are permitted one academic consideration request per course per term without supporting documentation. Note that supporting documentation is always required for academic consideration requests for examinations scheduled by the office of the registrar (e.g., December and April exams) and for practical laboratory and performance tests (typically scheduled during the last week of the term).

Students should also note that the instructor may designate one assessment per course per term that requires supporting documentation. This designated assessment is described elsewhere in this document. Academic consideration requests may be denied when flexibility in assessment has already been included. Examples of flexibility in assessment include when there are assessments not required for calculation of the final grade (e.g. 8 out of 10 quizzes), when there is flexibility in the submission timeframe (e.g. 72 hour no late penalty period), or when timed assessments (e.g., quizzes) are available over an extended period of time (e.g., when you are

given a 72 hour time period to start – and finish – the assessment).

Please note that academic considerations in this course are granted by the academic advisors in your home unit and implemented by the instructor of this course in accordance with information presented in this course syllabus. Supporting documentation for academic considerations for absences due to illness should use the [Student Medical Certificate](#) or, where that is not possible, equivalent documentation by a health care practitioner. If your absence relates to accommodations that are already supported by [Accessible Education](#), please work with your accessible education counsellor regarding your missed course work.

Accommodation for Religious Holidays

Students should review the policy for [Accommodation for Religious Holidays](#). Where a student will be unable to write examinations and term tests due to a conflicting religious holiday, they should inform their instructors as soon as possible but not later than two weeks prior to writing the examination/term test. In the case of conflict with a midterm test, students should inform their instructor as soon as possible but not later than one week prior to the midterm.

Special Examinations

A Special Examination is any examination other than the regular examination, and it may be offered only with the permission of the Dean of the Faculty in which the student is registered, in consultation with the instructor and Department Chair. Permission to write a Special Examination may be given on the basis of compassionate or medical grounds with appropriate supporting documents. To provide an opportunity for students to recover from the circumstances resulting in a Special Examination, the University has implemented Special Examination dates. The Faculty of Health Sciences has set School-specific dates for these Special Examinations. Please speak with your instructor about the date on which the Special Examination for this course will be held.

Scholastic Offences

Scholastic offences are taken seriously and students are directed to read the policy on [Scholastic Discipline for Undergraduate Students](#).

Plagiarism

Student work is expected to be original. Plagiarism is a serious academic offence and could lead to a zero on the assignment in question, a zero in this course, or your expulsion from the university. You are plagiarizing if you insert a phrase, sentence or paragraph taken directly from another author without acknowledging that the work belongs to him/her. Similarly, you are plagiarizing if you paraphrase or summarize another author's ideas without acknowledging that the ideas belong to someone else. All papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between Western University and Turnitin.com (www.turnitin.com).

Use of Artificial Intelligence for the Completion of Course Work

Within this course, you may only use artificial intelligence tools (e.g., "ChatGPT") in ways that are specifically authorized by the course instructor. All submitted work must reflect your own thoughts and independent written work.

Re-submission of Previously Graded Material

Without the explicit written permission of the instructor, you may not submit any academic work for which credit has been obtained previously, or for which credit is being sought, in another course or program of study in the University or elsewhere.

Use of Statistical Pattern Recognition on Multiple Choice Exams

Computer-marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.

Accessibility Statement

Please contact the course instructor if you require material in an alternate format or if you require any other arrangements to make this course more accessible to you. You may also wish to contact Accessible Education (AE) at 661-2111 x 82147 for any specific question regarding an accommodation or review [The policy on Accommodation for Students with Disabilities](#). If you think you may qualify for ongoing accommodation (e.g. separate room to write exams, flexibility with deadlines, etc.) that will be recognized in all your courses, we encourage you to visit [Accessible Education](#) for more information.

Correspondence Statement

The centrally administered e-mail account provided to students will be considered the individual's official university e-mail address. It is the responsibility of the account holder to ensure that e-mail received from the University at their official university address is attended to in a timely manner. Students are further expected to attend to announcements presented through Brightspace, and to read emails generated in this way.

Use of Electronic Devices

During Exams

Unless you have medical accommodations that require you to do so, or explicit permission from the instructor of the course, you may not use any electronic devices (e.g., cell phones, tablets, cameras, smart glass, smart watches, or iPods) during ANY tests, quizzes, midterms, examinations, or other in-class evaluations. **These devices MUST either be left at home or with your belongings at the front of the room. They MUST NOT be at your test/exam desk or in your pocket. Any student found with a prohibited device will be referred for investigation of a Scholastic Offence, per the policy listed above. The typical first-offence penalty for possession of a prohibited device is zero on the test or exam.**

During Lectures and Tutorials

Although you are welcome to use a computer during lecture and tutorial periods, you are expected to use the computer for scholastic purposes only, and refrain from engaging in any activities that may distract other students from learning. From time to time, your professor may ask the class to turn off all computers, to facilitate learning or discussion of the material presented in a particular class.

Copyright and Audio/Video Recording Statement

Course material produced by faculty is copyrighted and to reproduce this material for any purposes other than your own educational use contravenes Canadian Copyright Laws. Unless explicitly noted otherwise, you may not make audio or video recordings of lectures – nor may you edit, re-use, distribute, or re-broadcast any of the material posted to the course website.

Contingency Plan for an In-Person Class Pivoting to 100% Online Learning

In the event of a situation that requires this course to pivot to online content delivery, all remaining course content will be delivered entirely online, either synchronously (i.e., at the times indicated in the timetable) or asynchronously (e.g., posted on Brightspace for students to view at their convenience). The grading scheme will **not** change. Any remaining assessments will also be conducted online as determined by the course instructor.

Note that disruptive behaviour of any type during online classes, including inappropriate use of

the chat function, is unacceptable. Students found guilty of Zoom-bombing a class or of other serious online offenses may be subject to disciplinary measures under the Code of Student Conduct.

Online Proctoring

Tests and examinations in this course may be conducted using a remote proctoring service. By taking this course, you are consenting to the use of this software and acknowledge that you will be required to provide **personal information** (including some biometric data) and the session will be **recorded**. Completion of this course will require you to have a reliable internet connection and a device that meets the technical requirements for this service. More information about this remote proctoring service, including technical requirements, is available on Western's Remote Proctoring website at: <https://remote-proctoring.uwo.ca>.

Academic Appeals and Scholastic Offences

Students can file a **request for relief from academic decisions** if the request is based on one or more grounds listed in the policy. Students can read more about the policy [here](#) and a link to the procedures is listed in the Support Services sections of this document.

Students may **appeal** some academic and scholastic disciplinary decisions by a Dean or their designate, to the Senate Review Board Academic (SRBA). Students can read more about the policy [here](#) and a link to the procedures is listed in the Support Services section of this document.