



## HOEC 100 – Foodways, Nutrition & Health

CRN# 72109 (3 units)

Fall 2011

**Instructor:** Lisa Yamashiro, MEd, RD  
(415) 561-1971  
[lisa.yamashiro@mail.ccsf.edu](mailto:lisa.yamashiro@mail.ccsf.edu)  
[www.ccsf.edu/lyamashi](http://www.ccsf.edu/lyamashi)

Tues & Thurs 9:00-11:15 a.m.  
John Adams Campus, Room #103  
1860 Hayes St. (near Masonic)

**Office Hours:** Tues & Thurs, other times by appointment. Email is the preferred way to contact me. I will respond within 24 hours during weekdays (M-F). If you do not hear back from me within 24 hours (M-F), assume I did not receive your email so please re-send it.

### Course Description

This course is the study of the cultural, social, and economic influences on food habits of different groups; their diet-related health risks and implications; cross-cultural communication strategies; food budgeting and meal planning; and foodservice safety and sanitation.

**Prerequisite:** HOEC 98

### Required Texts

NSF Center for Public Health Education. *Professional Food Manager Certification Training*, NSF HealthGuard version 5.0, 2009. NSF Center for Public Health Education at [www.nsf.org/cphe](http://www.nsf.org/cphe), (ISBN 0-9675817-6-1). Available from CCSF Bookstore.

California Food Guide. Sacramento, California: California Department of Health Care Services and California Department of Public Health; 2008. Available at <http://www.cafoodguide.ca.gov>. (Download Chapters 16-20 on Ethnic Dietary Issues, and Chapter 25 on Hunger and Food Insecurity)

Graves, DE, Suitor, DW. *Celebrating Diversity: Approaching Families Through Their Food* (rev. ed.). Arlington, VA: National Center for Education in Maternal and Child Health, 1998. (loaned from Consumer Ed Department, also available as PDF file from HOEC 100 webpage)

### Other Materials

Other supplemental written materials will be provided in class.

All students will have to pay a fee for the food safety certification exam (TBD, approximately \$30 payable in cash to the instructor).

Reference texts on reserve at John Adams library:

Kittler, P.G., and Sucher, K.P. *Cultural Foods, Traditions and Trends*, Wadsworth/Thompson Learning, 2000.

Kittler, P.G., and Sucher, K.P. *Food and Culture, 4<sup>th</sup> Edition*, Wadsworth/Thompson Learning, 2004.

## Method of Grading\*

|                                         |       |                           |
|-----------------------------------------|-------|---------------------------|
| Food safety Certification Exam          | 85    | <b>Grade Calculation:</b> |
| Quiz                                    | 25    | A 91-100%                 |
| Celebrate Diversity presentation/report | 60    | B 83-90%                  |
| Assignments                             | 35    | C 75-82%                  |
| Class participation & attendance        | 48    | D 67-74%                  |
|                                         | <hr/> | F <67%                    |
| TOTAL possible points*:                 | 253   |                           |

**\*subject to change**

NOTE: <75% of points earned disqualifies student from program

### **Student Learning Outcomes**

*Upon completion of this course the student will be able to:*

- Integrate knowledge of foodborne illness, time and temperature control, personal hygiene, purchasing and receiving, prevention of food contamination at all stages of food handling, and procedures for cleaning and sanitizing to meet the FDA Model Food Code requirements as the “person in charge”.
- Describe effective shopping techniques to purchase quality foods at reasonable prices.
- Compare and contrast food merchandising and promotional techniques.
- Plan healthy meals by integrating knowledge of nutrition, cultural food habits, food safety and sanitation, and food budgeting.
- Examine and compare general influences of social, economic, cultural, religious and psychological factors on food behavior of different ethnic groups in the United States.
- Compare and contrast cultural differences and dietary practices.
- Describe cultural influences on health and nutrition.
- Assess the causes of health disparities in diverse communities.
- Apply cross-cultural communication/counseling strategies when interacting with individuals from diverse cultural backgrounds.

## **Attendance and Participation**

Students are expected to attend class regularly, and be on time. This course is taught in such a way that each class builds on information discussed in the previous session. On occasion, some classroom activities must be completed in class, with points earned for participation. Classroom activity sessions will require working individually or in groups.

***Students must report an absence to the instructor via e-mail or phone as promptly as possible, just as you would for any job.*** Students who are absent will be responsible for all materials discussed, activities completed and/or assignments that are due. If you are absent, assignments may be dropped off, faxed, or emailed by the due date. As a rule, NO make-up quizzes, tests, and/or late assignments will be accepted. Only in extenuating circumstances, make-ups may be allowed only at the discretion of the instructor. It is the student's responsibility, NOT the instructor's, to take the initiative to make an appointment with the instructor, and/or to find out what he/she missed from fellow classmates.

Students with any absence must meet with the instructor for a conference.

Students with **3 absences** will receive a grade of "Incomplete" (if grade so far is C or better) or be withdrawn from the program. If a student is absent for two (2) consecutive days from class due to illness, a physician's note is required before the student is allowed back to the program.

Please DO NOT come to class if you are ill and risk passing it on to others – you will be sent home

Attendance at all classes is limited to enrolled students only. Others, including children, will not be allowed to attend class sessions. Any student who does not comply with this will be sent home.

## **Punctuality**

Students MUST arrive to class on time. We start and end our classes on time. Any student who arrives more than 10 minutes late is marked "tardy". Three tardies will be counted as one absence. Be sure to call in and leave a message if you are running very late. But realize that calling to say the student will be late does not excuse the tardiness.

## **Add and Withdrawal Deadlines and Policy**

The last day to ADD is October 4, 2011.

Last day to DROP for refund is September 29, 2011.

Last day to DROP without a "W" and to receive 50% non-resident refund is October 18, 2011.

Last day to DROP with a "W" is November 22, 2011.

Remember, it is the student's responsibility to drop or withdraw from a class if he/she does not want to be assessed fees or avoid a grade notation. It is an instructor's responsibility to clear his/her class rosters. Note the two different types of responsibilities. Instructors are not responsible for meeting student deadlines.

## **Class Participation**

This class is a community. We all have the same objective: to learn. Please work together and help each other. Classroom activity sessions will require working individually or in groups. There are times when your group will be assigned to you, and other times are self-selected. You must learn how to work effectively with a team, collaborate, delegate, take personal responsibility, and resolve potential conflict. A student absent during any activity session will not earn points for the activity and participation. On occasion, some classroom activities must be completed in class, with points earned

for participation. Missing a guest speaker presentation will also result in a loss of participation points (at least 5 pts/speaker).

NO texting or cell phone use during class session.

### **Homework Assignments**

Students are expected to submit assignments on time. Late assignments will NOT be accepted. All assignments must be completed by the student himself/herself, except for group assignments. No points will be given for work completed by someone else. Since assignments cannot be resubmitted for a better grade, it is important that the student submit his/her best work the first time. All written reports must be typed, double spaced, 1" margins, 12-point font. Please use spell/grammar check.

### **Group Oral Presentation**

Students will work in pairs or groups to present an oral presentation on a chosen topic, approved by the instructor. An outline of the presentation must be submitted. Since members of the group will receive the same grade, work must be divided equally and each person must do his/her assigned task. As a professional, you must learn to work effectively in a team and prevent/resolve conflicts.

### **Receipts for Food Expenses – Follow instructions EXACTLY!**

For any in-class food demonstrations/tasting, students should get approval and a budget limit from the instructor. Submit receipts for food expenses promptly to the instructor. Receipts should include only those items purchased for the class, and MUST be for the EXACT amount. **Do not submit receipts with personal items mixed in – they will NOT be accepted. Receipt must clearly state the name of the vendor, and items purchased. Write the CRN# 72109 at the top of the receipt.** If the items are not printed, neatly hand-write each item next to the price. Failure to follow proper procedures for reimbursement may result in the student NOT getting reimbursed.

**All of these course policies are established in an effort to create a fair, equitable learning environment for ALL students.**

**\*All City College of San Francisco students are expected to comply with the college's rules and regulations regarding student conduct as stated in the College Catalog and website.**



## Foodways, Nutrition & Health

HOEC 100, Fall 2011

| DATE                      | TOPIC                                                          | Reading/Assignments                          |
|---------------------------|----------------------------------------------------------------|----------------------------------------------|
| Thursday,<br>September 22 | Course overview; Intro to Food Safety                          | Read Ch 1 & 2                                |
| Tuesday,<br>September 27  | Food Safety Hazards & Contamination                            | Read Ch 1 & 2                                |
| Thursday,<br>September 29 | Personal Hygiene                                               | Read Ch 3 “Personal Hygiene”                 |
| Tuesday,<br>October 4     | Safe Food Handling                                             | Read Ch 4 “Safe Food Handling”               |
| Thursday,<br>October 6    | Equipment & Facilities                                         | Read Ch 5 & 6 “Equipment”, “Food Facilities” |
| Tuesday,<br>October 11    | HACCP                                                          | Read Ch 7 “HACCP”                            |
| Thursday,<br>October 13   | Review; Food Safety Certification EXAM                         | Review food safety textbook                  |
| Tuesday,<br>October 18    | Food Budget; Smart Shopping                                    |                                              |
| Thursday,<br>October 20   | Stores & Promotion; Food Labels                                |                                              |
| Tuesday,<br>October 25    | Meal Planning                                                  |                                              |
| Thursday,<br>October 27   | Review; Menu Planning; QUIZ                                    |                                              |
| Tuesday,<br>November 1    | Intro to Cultural Foodways; Personal Food Choices              | Read “Celebrate Diversity”                   |
| Thursday,<br>November 3   | Traditional Foodways                                           |                                              |
| Tuesday,<br>November 8    | “Unnatural Causes” – Health Disparities in Diverse Communities | Read CFG Ch 19                               |
| Thursday,<br>November 10  | Cultural Foodways – Filipino                                   | Guest speaker TBA<br>Read CFG Ch 18          |
| Tuesday,<br>November 15   | Cultural Foodways – Vietnamese                                 | Guest speaker TBA<br>Read CFG Ch 18          |

| <b>DATE</b>              | <b>TOPIC</b>                            | <b>Reading/Assignments</b>          |
|--------------------------|-----------------------------------------|-------------------------------------|
| Thursday,<br>November 17 | Cultural Foodways –<br>Chinese          | Guest speaker TBA                   |
| Tuesday,<br>November 22  | Cultural Foodways –<br>African American | Guest speaker TBA<br>Read CFG Ch 17 |
| Thursday,<br>November 24 | <b>HOLIDAY – no class</b>               |                                     |
| Tuesday,<br>November 29  | Cultural Foodways –<br>Latino           | Guest speaker TBA<br>Read CFG Ch 16 |
| Thursday,<br>December 1  | Cultural Foodways –<br>Jewish           | Guest speaker TBA<br>Read CFG Ch 20 |
| Tuesday,<br>December 6   | Oral Presentations<br>(3 groups)        |                                     |
| Thursday,<br>December 8  | Oral Presentations<br>(3 groups)        |                                     |
| Tuesday,<br>December 13  | Oral Presentations<br>(3 groups)        |                                     |
| Thursday,<br>December 15 | Oral Presentations<br>(3 groups)        |                                     |