



HMED 441
Special Study in Subject Matter Field: Food Studies
An Exploration of Food Studies

This 3 credit online course is a special topics course designed for those who want to explore the topic of food studies in preparation for teaching home economics/family studies in the secondary school or for general interest.

Course Description

Why does food matter? Why is there so much interest in food? What constitutes healthy food choices? How do we make sense of nutritional claims? What is the role of food guides? What factors (social, cultural, political, economic, technological) influence food preparation and consumption? These are some of the questions that will guide students through this course that focuses on the interdisciplinary of food studies. Students will gain an in depth understanding of the key concepts covered foods and nutrition courses taught in high schools. Investigation and analysis of food issues is part of the course. Also considered are the ways food preparation is influenced by principles, techniques and food science.

Course Objectives

- To become familiar with terminology and classification, related to nutrition and healthy eating
- To evaluate nutritional and food related claims
- To develop an inquiring attitude related to food preparation and consumption
- To apply knowledge of food safety, food science and food preparation principles and techniques
- To develop a critical perspective regarding the issues related to food studies

Course Summary

- Module One – An Introduction to Food Studies (1 week)
- Module Two – Healthy Eating: Nutrition, Applications and Issues (3 weeks)
- Module Three - Socio/Economic/Cultural/Political Perspectives on Food (3 weeks)
- Module Four – Food Safety (2 weeks)
- Module Five - Food Preparation: Tools, Techniques and Principles (4 weeks)

Required Course Materials:

Course readings will be accessible on-line.

Food, Health and Well-Being in British Columbia., Provincial Health Officer's Annual Report 2005

www.health.gov.bc.ca/pho/pdf/phoannual2005.pdf will be used as foundational reading for the first four modules.

Food Safe Certification is part of the course. Those students who have not taken Food Safe will be required to take the course. There is a fee of \$80 for the Food Safe Course - register through <http://www.foodsafe.ca/> (not an EPLT course)

Students are required to have a computer, access to the Internet, and a Campus Wide Login ID and password to access the website for HMED 441. Don't have a CWL account? Register at: <http://www.cwl.ubc.ca>

Technical Requirements

You must have a computer capable of running at least Netscape Navigator 6.2 or Microsoft Internet Explorer 6.0 or higher and access to the Internet at a connection speed of at least 56.6 kbps.

Course Structure:

This course will be presented online in a regular 13-week term. Course readings will be available online. Access to UBC Library proxy server is required for access to some of the online readings. The course is divided into five modules or units with each unit having an introduction, readings, and assignments. Students will participate in weekly discussions and group work. Students are expected to come online at least once per week and put in the same amount of time commitment as for an on-campus course.

Course Assignments:

There are a variety of assignments in this course:

- Small assignments (e.g., evaluation of Web Based Resources and creating reference lists, comparing food guides, defining and describing important terms, explaining techniques and processes of food transformations) – most modules
- Review quizzes - these are completed on line using the Quiz Section of Web CT – most modules
- Group Work - collaborative analysis
- Involves selecting a food product to analyze. Each person in the group will submit an image of a food product and label and then as a group you will select one image for in-depth analysis. Each person in the group contributes a section then the person whose image is selected submits the project to the assignment section of Web CT – this is a culminating project that involves applying the information from Modules 2, 3, and 4 and is due at the end of module four.
- Reading Responses and Discussion – all Modules
 - this is response to the readings that are posted in the Discussion Section of the course site and includes the expectation that you will read and respond to each other's postings. The general expectation is that you will submit postings to the Discussion section and respond to other classmates at least once a week. Your instructor will come on-line, once a week as well to respond to questions. This is usually mid-week so if you have any pressing questions have them posted at the beginning of the week.
- A book report is a major assignment and students will be responsible for obtaining a book from a list provided.
- Major Project/Paper – a Book Review – due at the end of term

Assignments at a Glance

- Quizzes - 15%
- Small Assignments - 15%
- Reading Responses and Discussion - 10%
- Collaborative Analysis - 25%
- Food Safe Exam (or alternate assignment if you already have Food Safe Certification) - 10%
- Major Project/Paper (Book Review) - 25%

All written assignments (except discussions, reading responses) in this course should adhere strictly to the APA style as outlined in the *Publication Manual of the American Psychological Association (5th Ed.)* (available in the bookstore and library). Abbreviated versions are available free in the library, on the APA website and at <http://www.library.ubc.ca/home/about/instruct/apastyle.html>. All sources used in writing must be cited and a complete bibliography provided. Papers should be word processed and double-spaced and should include a title page and page numbering. The use of headings and sub-headings (following APA guidelines) will help you in organizing your writing, and thus is encouraged. It is expected that students are familiar with, and abide by, the university rules regarding plagiarism.

Faculty of Education Grading

According to the Faculty of Education's Operational Definition of letter grade Categories (June, 1996) an assignment may be:

Letter Grade	Percent Range	Description
A+ A A-	90-100 85-89 80-84	Work of exceptional quality. Demonstrates excellent comprehension of the subject and use of existing literature and research. Consistently applies a high level of critical scrutiny to texts and discussions. Shows personal engagement with the topic; original insights and contribution. Flawless writing style.
B+ B B-	76-79 72-75 68-71	Work of good quality with no major weaknesses. All of the required elements of the assignment have been fulfilled. The writing is clear and explicit; the coverage and demonstrated comprehension of the topic is more than adequate. Some degree of critical thinking and personal involvement in the work is shown. Some flaws evident in writing style, grammar, and organization. Good use of existing knowledge in the subject.
C+ C C-	64-67 60-63 55-59	Adequate work. All of the required elements have been included, although some conceptual inadequacies are present. A fair comprehension of the subject is demonstrated, but weakness in content, style, organization, critical awareness, personal involvement and/or use of the literature are apparent.

UBC Library

- Learn about the UBC Library system (<http://www.library.ubc.ca>).
- Click on Site Map and learn about the full range of resources you can access here.
- Note discoveries and sources that may be useful to you for this course.
- Locate the connect from home icon and follow instructions. (VPN)
- Create a bookmark for HMED 441 and any sites you may want to return to and annotate them briefly.
- Do a catalogue search for any book of interest.
- Do a full text article search for a topic of interest.
- Visit to the Education Library (<http://www.library.ubc.ca/edlib/>). Discover all the resources available for you here.
- Check out the proprieties of electronic communication on the Netiquette website: <http://www.albion.com/netiquette/>

Extension Library Resources (if required): Register at: <http://www.library.ubc.ca/extension/>

For further information: (604) 822-3999 Toll free: 1 888-492-1122 or email: joanne.chilton@ubc.ca.