

Instructor: Dr. Kólé Òdútólá

(Office Location): 351 Pugh Hall

(Office Hours): by appointment

(Phone): 352-273-2959.

Meeting times (10th to 11th Period: 5:10pm- 7:05pm)

(Class Venue): FSN 0130

Credits: 2

(E-mail): kodutola@ufl.edu

Title of the course: IDH 3931-United Tastes of/in America

Time of class: Tuesday period 10-11 (5:10pm to 7:05pm)

Venue: Food Science and Human Nutrition Building, Pilot Plant (Ground Floor) FSN 0130

Course description

This is a two-credit course; the idea will be to introduce students to other cultures through cooking of foods from different cultures in a very convivial atmosphere. The objective is to be united by our tongue and tastes buds while we play and learn a few things about our own culture (C₁) and the cultures of others (C₂).

There are two parts to the course; one is self-discovery by students in the guise of online research of foods from the selected countries, establishing/appreciating their own cultural perspectives/products, while the second part involves actual demonstration of how the foods are prepared and eaten. The second part will be demonstrated by guest presenters but active participation is expected from students. The code for the class will be “We taste but do not make haste to pass judgments”

Course objectives: At the end of this course students will be aware of and understand the reasons for different issues involved with foods, meals and drinks from other cultures and how these are different from their own culture and it is so. Students will closely observe how some of the meals are prepared and engage the facilitator/presenter of the day in discussions and insight about cultural practices and products that may not be obvious during that week’s session.

Learning outcomes: Students in this course will be able to understand/appreciate certain aspects of the food culture of some countries and learn things about the *language* of foods, drinks & snacks of the countries of our focus.

Assignments and Requirements-Each student will be expected to keep a **learning journal** and attend all the sessions. The final project will be an interview of fellow students about what they have learned from the course and what has changed in their eating habits and overall expenses on food/meals, drinks, and snacks.

ATTENDANCE POLICY: This is not one of those classes you can be absent at any time during the semester; none of the classes can be repeated. If you must be absent you must give at least a 24 hour-notice so that you are not included in rations prepared for the session. Class participation is essential for the sessions. How do I intend to determine your participation? I have adopted the rubric developed by Dr. Valeria Kleiman in a similar course. “In this class you will be assessed on any and all demonstrations of your willingness and ability to engage with the course material, with your classmates, and with the presenters. Evidence of engagement can take many formats, ranging from (but by no means limited to): Offering thoughts and reactions to readings; Asking questions in or out of class; Treating classmates, colleagues, professors with respect ; Sharing additional readings or resources with classmates; Offering assistance/guidance/advice Your Engagement will be tracked throughout the semester. Your final Engagement grade at the end of the term will be a holistic reflection of your overall semester efforts.

In short, “an interactive class, with questions, comments and contributions—are not only fun, they are productive. Active learning challenges you to get involved in the learning process, to enjoy learning for its own sake, to abandon the traditional passive student role, and to help teach each other. Your input, questions and comments will improve all of our learning. So please get involved!!

Question: In which article or book can you locate this "Food is fundamental, fun, frightening, and far-reaching" (1999: 9-30)."

REQUIRED TEXTS: There are no required text books for this course but there will be a few articles selected to help in the writing of the learning journals and the eating autobiography.

In this class curiosity will be rewarded and your ability to document your findings, reflect on observations and your ability to relate your own cultural practices (as they relate to foods, snacks, and drinks) and perspectives to other cultures you are unfamiliar with. Always remember that all cultures eat but their eating habits are generally influenced by cultural factors such as location, gender, age, social status, ethnicity, race and religion.

Course Materials: An electronic course packet will be made available to each student and extra points will be awarded to students who come across interesting materials they have read and are willing to share with others.

References you can also consult

(1). Belasco, W. (2008). *Food: The Key Concepts*, Berg Publishers. [There is an electronic version of chapter 1 available for those interested]

(2). Martin, S. (2015). *Life from scratch: A Memoir of Food, Family, and Forgiveness*, National Geographic [You can also visit her webpage <http://sashamartin.com/>]

(3)*. Opie, F. D. (2010) *Hog and hominy: Soul food from Africa to America*, Columbia University Press.

(4). Guptil, A. E., Copelton, D. A., & Lucal, B. (2013). *Food and society: Principles and paradoxes*. Malden, MA: Polity Press. (ISBN #: 978-0-7456-4282-6)

(5). Menzel, P., & D'Aluisio, F. (2010). *What I eat: Around the world in 80 diets*. Napa, CA: Material World. (ISBN #: 978-0-9840744-0-2)

(6). Klindienst, P. (2006). *The Earth Knows My Name: Food, Culture, and Sustainability in the Gardens of Ethnic Americans*, Beacon Press.

NOTES from #3-Frederick Douglass Opie “deconstructs and compares the foodways of people of African descent throughout the Americas, interprets the health legacies of black culinary traditions, and explains the concept of soul itself, revealing soul food to be an amalgamation of West and Central African social and cultural influences as well as the adaptations blacks made to the conditions of slavery and freedom in the Americas. Sampling from travel accounts, periodicals, government reports on food and diet, and interviews with more than thirty people born before 1945, Opie reconstructs an interrelated history of Moorish influence on the Iberian Peninsula, the African slave trade, slavery in the Americas, the emergence of Jim Crow, the Great Migration, the Great Depression, and the Civil Rights and Black Power movements. His grassroots approach reveals the global origins of soul food, the forces that shaped its development, and the distinctive cultural collaborations that occurred among Africans, Asians, Europeans, and Americans throughout history. Opie shows how food can be an indicator of social position, a site of community building and cultural identity, and a juncture at which different cultural traditions can develop and impact the collective health of a community.”

General: Please note that this syllabus is subject to change depending on the availability of invited guests. There is no exemption to the writing of weekly learning journals. The journals are to help you coordinate and systematize your learning. It gives you one more window to reflect on how you are constructing knowledge.

COURSE EVALUATION

Find below a breakdown of workload for this course:

Class attendance	200 Points
Participation/engagement:	200* Participation will be decided based on the rubric on page 1.
Weekly learning Journals/logs	200
Weekly Research	200 (based on the Culture, language, etc. of the place we are focusing upon*)
Final Semester project:	200*
<u>Total:</u>	<u>1000</u>

These are a few optional readings that can enrich the learning journals you will have to write and submit.

John Dufresne, *“Nothing to Eat but Food: Menu as Memoir in Mark Wine gardner (ed.), We are what we eat”*
Pages 80-92

Robert Launay, *“Tasting the World: Food in Early European Travel Narratives”*

Cornbread Nation 2: The United States of Barbecue edited by Lolis Eric Elle Kalcik, S "Ethnic food ways in America: symbol and the performance of identity" in *Ethnic and Regional Foodways in the US*

“Without food, you die. This fact has duped many people into overlooking or neglecting food’s sociological significance. Food is connected to core sociological issues of identity; after all, "you are what you eat."

When you eat, **how** you eat, **why** you eat, and **with whom** you eat are affected by your personality, your social interactions, and your ethnic, gender, economic, political, religious, geographic, family, and life-stage identities.

Biology may dictate that we eat; but **culture** teaches us what, how, and when.” **By Sue Cox (n.d)**

Images courtesy of **Melissa Carvalho**



Weekly sessions

Week 1- August 22nd 2017

General introduction of the course and expectations- The session will also be used to take a quick survey of where the students are from and the foods they like to eat. What is the difference between a meal and a snack? What drinks go with different foods in different cultures? Guest lecturer, **Logan Locascio**, will make a presentation on food blogging in Gainesville. We then research into what meals our presenter from East Africa will prepare the next week...recipe research by all students. Look up what different ethnic groups in Kenya consume

Demonstration of a quick sauce with rice and fried plantain, (The instructor). Our first meal together with a lot of talk

Week 2- August 29th 2017--What do Africans eat? Do your own research and share with the class. We will then take a look at different regions in Africa and how ecology affects choice of foods, snacks & drinks on the continent- Guest presenter expected is **Dr. Rose Lugano**

Focus of Learning Log: Food autobiography, writing my food story, what I like and what I do not like. Include observations and what you learned about the Kenyan meal show-cased in class.

We then research into what meals our presenter from Algeria will prepare the next week. Search for *Tagine bel Bereqok* and share with the class your findings

Week 3- 5th September 2017: Cooking, eating and discussions (with guest presenter, **Ms. Soraya Bouguettaya** in attendance). She will demonstrate how to make Tagine bel Bereqok, and Couscous from Algeria. According to her “it is a festive decadent dish savory/sweet. We eat it with bread. Usually we start our meals with light soup then a dish followed by salads and desserts. There is another dish called Couscous; the staple dish in North Africa and landmark of the Maghrib cuisine.”

Focus of Learning Log: What I learned from the presenter, about food, language, culture and history.....

Week 4- September, 12th 2017---What do Asians eat? Ms. Fang Li(also known by Vivian Li) will help us navigate the issue and we on our own will take a look at different regions in Asia and how ecology affects choice of foods, snacks & drinks on the continent- She plans to cook Dinner which may be about 2-3 dishes depending on the nature of the dishes. Her choice of what to cook will be from one of the ethnic groups in China. She is ethnically Han, and from the Guangzhou (Canton) region

Focus of Learning Log-continuation of food autobiography, writing my food story, what my family likes and what they do not like. How does what you eat compare with what Asians eat? Reflect and do some research too

We then research into what meals our presenter will prepare the next week and who does what...recipe research by all students



Image supplied by **Ms. Soraya Bouguettaya**

Week 5- 19th September 2017.No presenter yet--Presentation on Chemistry in the Cocina Latina

Region of focus: Latin America: Cooking, eating and discussions (with a guest presenter TBA in attendance)

Week 6- September 26th 2017-Guest presenter/ cooking facilitator Ms. Sharon Burney (African American program--What do people of the African-Americans eat? What are Soul Foods? A look at different ethnic groups within the African American community eat and how immigration, history, economy or class affect their choice of foods, snacks & drinks- **Student assignment:** continuation of food autobiography, writing my friends food story, what they like and what they do not like. The focus next week will be on Brazil and we will have Ms. Carvalho demonstrate a dish. What will be cooked the next class has been decided but you should research local drinks in Brazil and which group drink what...research by all students

Week 7. - 3rd October 2017 (Home coming is 6th to 7th October) What do Latin Americans eat? A look at different regions in Latin America and how ecology, economy or class affect choice of foods, snacks & drinks on the sub-region
Cooking, eating and discussions (with guest presenter, **Melissa Carvalho**, in attendance). The plan is to prepare feijoada (See a picture of what it may look like on page 3)

Week 8- 10th October 2017 [Time for snacks]

Buying food: Visit to Publix on 13th street

We then research into what meals our presenter will prepare the next week and who does what...recipe research as well as cost of the ingredients will be included in the log as well by all students.

Week 9- 17th October 2017-Guest presenter/facilitator (Ms Malka Dagan)

What do Israelis eat? A look at different ethnic/diasporic groups in/of Israel and how ecology, economy or emigration affect choice of foods, snacks & drinks of the people-

Student Assignment: continuation of food autobiography, writing my ethnic group food story, what we like and what we do not like. To write this section, you have to decide on your preferred identity. Are you Black, Caucasian, Asian or African? It does not matter which one you choose just be consistent.

We then research into what meals our presenter will prepare the next week and who does what...recipe research as well as cost of the ingredients will be included in the log as well, by all students.

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Week 10- October 24th Presenter TBA

What do Americans eat? A look at different states in America and how ecology, economy or immigration affect consumption of foods, snacks & drinks in the United States of America- continuation of food autobiography, writing my ethnic group food story, what we like and what we do not like. We then decide what food to cook the next week and who does what...recipe research by all students

Week 11- 31st October 2017.

Cooking, eating and discussions (with guest presenter in attendance)

Week 12- November 7th (November 10 - 11: Veterans Day)

What do Yoruba people eat? A look at different ethnic sub-groups in South-Western Nigeria and how ecology, economy or traveling affect consumption of foods, snacks & drinks among Yoruba people- continuation of food autobiography, writing my college days food story, what my classmates like and what we do not like. We then decide what food to cook the next week and who does what...recipe research by all students

Week 12 **14th November-** Cooking, eating and discussions (with guest presenter in attendance)

Week 13- 21st November- Meals for Thanksgiving Holiday (22nd to 25th Thanksgiving)

Week 14- November 28th 2017- Discussions/presentations- Connecting the dots. How does food relate to your major?

Week 15- December 5th (Last class for the semester) Discussion/ each student brings a meal and general round up of classes. Come and cook what you like

December 6th Last day of classes (9th to 15th December period to submit all papers due)



A typical Yoruba meal...
Image from
<http://akwaabanaijablog.com/2016/03/28/9ja-food-delicious-ewedu-the-1-food-of-the-yorubas/>

Accommodations

Students requesting classroom accommodation must first register with the Dean of Students Office. The Dean of Students Office will provide documentation to the student who must then provide this documentation to the Instructor when requesting accommodation. For more information see <http://www.dso.ufl.edu/drc>.

Course Evaluations

Students are expected to provide feedback on the quality of instruction in this course based on 10 criteria. These evaluations are conducted online at <https://evaluations.ufl.edu>. Evaluations are typically open during the last two or three weeks of the semester, but students will be given specific times when they are open. Summary results of these assessments are available to students at <https://evaluations.ufl.edu/results>.

Academic Integrity

Suggested wording: "UF students are bound by The Honor Pledge which states, "We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honor and integrity by abiding by the Honor Code. On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied: "On my honor, I have neither given nor received unauthorized aid in doing this assignment." The Honor Code (<http://www.dso.ufl.edu/sccr/process/student-conduct-honorcode/>) specifies a number of behaviors that are in violation of this code and the possible sanctions. Furthermore, you are obligated to report any condition that facilitates academic misconduct to appropriate personnel. If you have any questions or concerns, please consult with the instructor or TAs in this class.

refer to https://www.dso.ufl.edu/documents/UF_Complaints_policy.pdf (for residential classes) or <http://www.distance.ufl.edu/student-complaintprocess> (for online classes).

Resources Available to Students

Health and Wellness

- *U Matter, We Care*: umatter@ufl.edu; 392-1575
- *Counseling and Wellness Center*: <http://www.counseling.ufl.edu/cwc/Default.aspx>; 392-1575
- *Sexual Assault Recovery Services (SARS)*: Student Health Care Center; 392-1161
- *University Police Department*: <http://www.police.ufl.edu/>; 392-1111 (911 for emergencies)

Academic Resources

- *E-learning technical support*: Learningsupport@ufl.edu; <https://lss.at.ufl.edu/help.shtml>; 352-392-4357 (opt. 2)
- *Career Resource Center*: Reitz Union; <http://www.crc.ufl.edu/>; 392-1601
- *Library Support*: <http://cms.uflib.ufl.edu/ask>
- *Teaching Center*: Broward Hall; 392-2010 or 392-6420
- *Writing Studio*: 302 Tigert Hall; <http://writing.ufl.edu/writing-studio/>; 846-1138

A = 100-93	C(S) = 76-73
A- = 92-90	C-(U) = 72-70
B+ = 89-87	D+ = 69-67
B = 86-83	D = 66-63
B- = 82-80	D- = 62-60
C+ = 79-77	E = 59-0

NOTE: A grade of C- will not be a qualifying grade for major, minor, Gen Ed, Gordon Rule or Basic Distribution Credit courses. For further information regarding passing grades and grade point equivalents, please refer to the Undergraduate Catalog at

<https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx>



Food is Essential to life, therefore
make it good.

— S. Truett Cathy —

AZ QUOTES



Image from <https://theculturetrip.com/africa/kenya/articles/8-kenyan-dishes-everyone-should-try/>