

**COURSE DATA****Data Subject**

<b>Code</b>	33941
<b>Name</b>	Food and Culture
<b>Cycle</b>	Grade
<b>ECTS Credits</b>	4.5
<b>Academic year</b>	2018 - 2019

**Study (s)**

<b>Degree</b>	<b>Center</b>	<b>Acad. year</b>	<b>Period</b>
1205 - Degree in Human Nutrition and Dietetics	Faculty of Pharmacy and Food Sciences	2	Second term
1211 - D.D. in Pharmacy-Human Nutrition and Dietetics	Faculty of Pharmacy and Food Sciences	5	Second term

**Subject-matter**

<b>Degree</b>	<b>Subject-matter</b>	<b>Character</b>
1205 - Degree in Human Nutrition and Dietetics	9 - Food and culture	Obligatory
1211 - D.D. in Pharmacy-Human Nutrition and Dietetics	1 - Asignaturas obligatorias del PDG Farmacia-Nutrición Humana y Dietética	Obligatory

**Coordination**

<b>Name</b>	<b>Department</b>
MONCUSI FERRE, ALBERT	330 - Sociology and Social Anthropology

**SUMMARY**

This matter represents an introduction to the socioanthropological study of eating. It departs from the consideration of the alimentary habits like an specific object. But it also departs from the alimentary behaviour like a sociocultural practice to be interpreted. Eating is in the route between nature and culture and vice versa. This route goes through several principles that complement the strictly nutritional approach that predominates in the scientific study of eating:

1) Human eating has to be understood in the context of a sociocultural rationality that translates the limitations and biological possibilities and establishes what the human beings of each society defines like



“nature”;

2) We split from the difference between dietary and social norms. The former consist in dispositions based in pertinent knowledges of the nutritional science. These spread by the medical and sanitary means. Social norms, instead, consist in those conventions that in a determinate society structure the alimentary consumptions and his composition and the contexts and conditions in which consumption is produced. We are mainly interested on social norms.

3) The socioanthropological perspective bases on the application of a double imagination. In the first place we have those that Mills (1974) called “sociological imagination”. It comports the consciousness of the links between practices, speeches and individual perceptions and a social, cultural and historical context. Second we have the “anthropological imagination”, defined by Hannerz (1993) as the understanding of practices, beliefs and values of some human beings, through the implicit or explicit comparison with those that take place in other sociocultural contexts.

5) This program gives special attention to some surroundings in constant transformation and linked to structural dynamics of concrete societies. It refers to some questions that Western societies have considered problems or peculiarities of the eating nowadays. These are eating disorders, crises and alimentary risks. This includes, also, preferences, prescriptions and alimentary tastes. This subject tries to study those problems escaping from the image of the solitary individual consumer

## PREVIOUS KNOWLEDGE

### Relationship to other subjects of the same degree

There are no specified enrollment restrictions with other subjects of the curriculum.

### Other requirements

## OUTCOMES

### 1205 - Degree in Human Nutrition and Dietetics

- Saber aplicar los elementos esenciales de la profesión del dietista-nutricionista al mundo profesional, de acuerdo con los Derechos Humanos y los principios democráticos, de igualdad entre mujeres y hombres, de solidaridad, de protección del medio ambiente y de fomento de la cultura de la paz.
- Capacidad de obtener, procesar e interpretar datos e información relevantes en el ámbito de la alimentación y la nutrición humana, haciendo uso de las tecnologías de la información y la comunicación.
- Capacidad comunicativa oral y escrita en todos los ámbitos posibles del ejercicio de su profesión; espíritu crítico, adquiriendo habilidades de trabajo en equipo y asumiendo el liderazgo cuando sea apropiado.
- Reconocer los elementos esenciales de la profesión del dietista-nutricionista, incluyendo los principios éticos, responsabilidades legales y el ejercicio de la profesión, aplicando el principio de justicia social a la práctica profesional y desarrollándola con respeto a las personas, sus hábitos, creencias y culturas, con perspectiva de género.



- Know, judge and know how to use and apply the sources of information related to nutrition, food, lifestyles and health.
- Know the historical, anthropological and sociological evolution of food, nutrition and dietetics in the context of health and disease.
- Know the social, cultural and psychological factors that may affect the origin, development and treatment of eating disorders, and of food risks and crises.
- Know the origin of the different attitudes towards food and understand basic theoretical and methodological principles for the social and anthropological analysis of the food system and, in particular, food consumption, food preparation and eating habits.
- Recognise the plurality of points of view that make up the reality of food and nutrition through different social agents and discourses.
- Know the historical, anthropological and sociological evolution of food, nutrition and dietetics in the context of health and disease.
- Know about the various educational methods applicable to the health sciences, and the communication techniques used in food and human nutrition.

## LEARNING OUTCOMES

### INDICATORS OF LEARNING ACCORDING TO EACH TECHNIQUE

#### 1. Relating to specific seminars

- Capacity of writing synthesis in the description of the process (included questions carried out in the classroom and answers that have been given).
- Reflexiveness on possible aspects that remain for explaining, after each session.
- Correct formal written expression (orthography, editing, justified of paragraphs and coherence in use of sources)

#### 2. Relating to the seminars coordinated

- Capacity of coordination and contribution in a teamwork.
- Use of sources in different languages to Valencian and Spanish.
- Correct formal written expression (orthography, editing, justified of paragraphs and coherence in use of sources)
- Capacity of oral expression, adaptation to the time of exposition, defense and delivery in time limit and quality of the presentation (originality, complexity, type of letter, colors, density of information by slide, boards comprehension facility and figures, adequate order of the slides of the exposition, boards inclusion opportunity/adaptation and figures).



3. Relating to the guardianships

- Active participation in the classroom (oral intervention).

4. It written test exam)

- Capacity of synthesis in written expression of acquired knowledgments. Capacity to relate every content with others and comprehension of them.

## DESCRIPTION OF CONTENTS

### 1. The sociocultural focus on eating

Definition of eating

The concept of culture

The dimensions of eating from a socio-anthropological point of view

An approach to methods and techniques of social research applied to eating

### 2. Eating as a sociohistorical construction

Historical questions. Components and structure of the eating system: towards an operative schema

The sociocultural functions of eating

### 3. Eating and social differentiation

Eating and ages

Eating and gender

Eating and social classes

Eating and ethnicity

### 4. Eating and cultural meaning of food and eating

The omnivore paradox

Culinary order and eating ideology

Tastes and flavors

Eating religious or magical prescriptions

Eating secularized prescriptions

### 5. Risks and eating disorders at late modernity

General characterization of late modernity

Eating security and insecurity

Eating risks and crises

Eating disorders: obesity, anorexia and bulimia

Novel food



## WORKLOAD

ACTIVITY	Hours	% To be attended
Theory classes	35,00	100
Seminars	5,00	100
Tutorials	2,00	100
Development of group work	30,00	0
Development of individual work	5,00	0
Study and independent work	20,00	0
Preparing lectures	6,50	0
Preparation of practical classes and problem	6,00	0
<b>TOTAL</b>	<b>109,50</b>	

## TEACHING METHODOLOGY

Four types of activities will be carried out:

1. Theoretical sessions: master class by the professor, to introduce theoretical aspects of the diverse themes. The work of the students will consist on taking notes and asking questions and comments.
2. Specific seminars of matter: methodological aspects for the investigation of eating are introduced, from a socio-anthropological point of view.
3. Tutorships: Two sessions of tutorials will be carried out. The first one will be about the reading of a text and the second to respond questions of theory.
4. Coordinated seminars of school year: some students will expose a work based on themes of the program.
5. Final exam on theory, in official date.

## EVALUATION

Evaluation will be based, in the two calls, on:

- a) Individual and collective reports on issues related to the contents explained in class. It will assess the level of understanding of content and skills for the exhibition and discussion. This section will contribute to the final with a percentage between 10% and 30%. The attendance at the corresponding sessions is compulsory and works will be not recoverable.



b) Memory and seminars coordinated exposure (10%). The compulsory attendance at the seminars coordinated is reminded. The attendance at the corresponding sessions is compulsory and works will be not recoverable.

c) Make a written test to ensure knowledge and understanding of the theoretical set in each subject. This section will contribute to the final with a percentage between 50% and 70%. The exam must be passed to pass the subject.

## REFERENCES

### Basic

- CONTRERAS, Jesús (1993) Antropología de la Alimentación, Madrid; Eudema.
- CONTRERAS, J. y GRACIA, M. (2005), Alimentación y cultura. Perspectivas antropológicas, Barcelona, Ariel.
- CARRASCO, Sílvia (1992) Antropologia i alimentació: una proposta per a l'estudi de la cultura alimentària, Barcelona; Publicacions de la Universitat Autònoma de Barcelona.
- JACKSON, Peter (ed) (2015) Food Words. Essays in culinary culture, New York; Bloomsbury.
- GUIDONET, Alícia (2007), Lantropologia de l'alimentació, Barcelona; UOC.
- POULAIN, Jean Pierre (2002), Sociologies de l'alimentation, Paris; PUF.
- McINTOSH, W.A. (1996), Sociologies of food and nutrition, New York; Plenum Press.
- MENNEL, S., A. MURCOTT y VAN OTERLOO, A. (1992), The Sociology of Food. Eating, diet and culture, London; Sage.

### Additional

- CONTRERAS, J. (comp.), (1995) Alimentación y cultura: necesidades, gustos y costumbres, Barcelona; Publicacions de la Universitat de Barcelona.
- GERMOV, JJ. and L. WILLIAMS (eds) (1999), A sociology of Food and Nutrition. The Social Appetite, Oxford; Oxford University Press.
- GRACIA ARNAIZ, M. I. (ed) (2001), Somos lo que comemos: estudios de alimentación y cultura en España, Barcelona; Ariel.
- MAURER, D. and J. SOBAL (eds) (1995), Eating Agendas. Food and Nutrition as Social Problems, New York; Aldine de Gruyter.
- MACBETH, H. and J. MACLANCY (eds) (2004), Researching Food Habits. Methods and Problems, Oxford; Berghahn.
- POULAIN, J.P. (2002), Manger Aujourd'hui : attitudes, normes et pratiques, Paris ; Editions du Privat.
- Association for the Study of Food and Society (ASFS) <http://food-culture.org/>

Confederation of the food and drink industries of the United States  
[http://www.ciaa.be/pages\\_en/homepage.asp](http://www.ciaa.be/pages_en/homepage.asp)

Encuesta continua de presupuestos familiares (INE)  
<http://www.ine.es/inebase/cgi/um?M=%2Ft25%2Fe437&O=inebase&N=&L=>



Food Composition Databases and Tables <http://www.fao.org/infoods/COST99Inventory.doc>

Fundación slow food para la biodiversidad <http://www.slowfood.com/>

International Commission on the Anthropology of Food (ICAF) <http://erl.orn.mpg.de/~icaf/>

Ministerio de Sanidad y Consumo (estadísticas)  
<http://www.msc.es/estadEstudios/estadisticas/sisInfSanSNS/home.htm>

Organización de Las Naciones Unidas Para la Agricultura y la Alimentación <http://www.fao.org/>

Panel de Consumo del Ministerio de Agricultura, Pesca y Alimentación  
<http://www.mapa.es/es/alimentacion/pags/consumo/consumo.htm>

Sociedad Española para el Estudio de la Obesidad <http://www.seedo.es/>

Sociedad para el Estudio Interdisciplinario de la Alimentación y los Hábitos Sociales (SEIAHS)  
<http://www.seiahs.info/>

TERMCAT (diccionari multidisciplinari en català) <http://www.termcat.cat/>

WORLD FOOD HABITS. English-Language Resources for the anthropology of food and nutrition  
<http://ilt.ilstu.edu/rtdirks/>