COURSE OUTLINE

1.GENERAL

SCHOOL	AGRICULTURAL SCIENCES		
DEPARTMENT	FOOD SCIENCE AND TECHNOLOGY		
LEVEL OF COURSE	UNDERGRADUATE		
COURSE CODE	**FST_X02**	**SEMESTER OF STUDIES**	Winter semester
COURSE TITLE	FOOD AND CULTURE		

INDEPENDENT TEACHING ACTIVITIES *if credits are awarded for separate components of the course, e.g. lectures, laboratory exercises, etc. If the credits are awarded for the whole of the course, give the weekly teaching hours and the total credits*	**WEEKLY TEACHING HOURS**	**ECTS CREDITS**
Lectures	3	
Exercises	1	
Total	**4**	**5**
Add rows if necessary. The organisation of teaching and the teaching methods used are described in detail at (d).		

COURSE TYPE *general background, special background, specialised general knowledge, skills development*	Elective Specialized general knowledge
PREREQUISITE COURSES:	There are no prerequisite courses
LANGUAGE OF INSTRUCTION and EXAMINATIONS:	Greek.
IS THE COURSE OFFERED TO ERASMUS STUDENTS	No
COURSE WEBPAGE (URL)	https://eclass.upatras.gr/

2.LEARNING OUTCOMES

Learning outcomes

The course learning outcomes, specific knowledge, skills and competences of an appropriate level, which the students will acquire with the successful completion of the course are described.

Consult Appendix A

- *Description of the level of learning outcomes for each qualifications cycle, according to the Qualifications Framework of the European Higher Education Area*
- *Descriptors for Levels 6, 7 & 8 of the European Qualifications Framework for Lifelong Learning and Appendix B*
- *Guidelines for writing Learning Outcomes*

At the end of this course students will be able to:
-Set the science of nutrition in the context of the historical, anthropological and cultural approach.
-Perceive food choice as a consequence not only of physiological, but also of social, economic, cultural and political factors and mechanisms

General Competences

Taking into consideration the general competences that the degree-holder must acquire (as these appear in the Diploma Supplement and appear below), at which of the following does the course aim?

Search for, analysis and synthesis of data and information, with the use of the necessary technology	*Search for, analysis and synthesis of data and information, with the use of the necessary technology*
Adapting to new situations	*Adapting to new situations*
Decision-making	*Decision-making*
Working independently	*Working independently*
Team work	*Team work*
Working in an international environment	*Working in an international environment*
Working in an interdisciplinary environment	*Working in an interdisciplinary environment*
Production of new research ideas	*Production of new research ideas*

Research, analysis and synthesis of data, with the use of the relevant technologies
- Independent work
- Group work
- Respect of diversity and multiculturalism
- Promotion of free, creative and deductive thinking

3.SYLLABUS

Biological and cultural factors in shaping food choices. Personal choice, food availability mastering good taste. Theoretical approaches of anthropologists, sociologists and psychologists to the interpretation of dietary behaviour, both at the individual and collective level. Faux-nationalism, structuralism. The role of nutrition in Maslow's pyramid of human needs. Evolution of human nutrition from the ancient past to the present through historical circumstances, the technological progress and environmental limitations. Major milestones in the history of human nutrition fire, agriculture, animal husbandry, industry and technology, scientific development. The diet of the Palaeolithic man. Diet in antiquity. Nutrition during the industrial revolution. The role of nutrition in the evolution of the human species (conformation and brain formation). Dietary habits around the world: the role of religion in shaping dietary norms. Dietary rules and prohibitions in Judaism, Islam, Christianity, Buddhism and Hinduism. Fasting in the Orthodox Christian faith. Ramadan in Islam. The sacred cow in Hinduism. Peculiar eating habits and their possible interpretations in the light of ecology and culture. History of food and its role in human nutrition to date. Food crises: famine, plague, migration to an environment with a different food culture, food transition in developing countries genetically modified foods, chemical fertilizers, food additives. Modern nutrition policies and their impact on the shaping of dietary choices. The role of industry. Anthropological approach to the prevalence of diseases in modern societies, with emphasis on obesity.

4.TEACHING AND LEARNING METHODS - EVALUATION

DELIVERY *Face-to-face, Distance learning, etc.*	Face-to-face
USE OF INFORMATION AND COMMUNICATIONS TECHNOLOGY *Use of ICT in teaching, laboratory education, communication with students*	Use of Information and Communication Technologies (ICTs) (e.g. powerpoint) in teaching. Communication with students: through e-mail, department's website and platform e-class. The lectures content of the course for each chapter are uploaded on the internet, in the form of a series of .pdf files, where students can freely download them from the platform e-class.upatras.gr
TEACHING METHODS *The manner and methods of teaching are described in detail.*	

Activities	*Work Load per semester*
Lectures	39
Literature review & analysis	57
Tutorial	13

Lectures, seminars, laboratory practice, fieldwork, study and analysis of bibliography, tutorials, placements, clinical practice, art workshop, interactive teaching, educational visits, project, essay writing, artistic creativity, etc. *The student's study hours for each learning activity are given as well as the hours of non-directed study according to the principles of the ECTS*	Group projects: 16 ***Total number of hours for the Course (25 hours of work-load per ECTS credit)***: **125**
STUDENT PERFORMANCE EVALUATION *Description of the evaluation procedure* *Language of evaluation, methods of evaluation, summative or conclusive, multiple choice questionnaires, short-answer questions, open-ended questions, problem solving, written work, essay/report, oral examination, public presentation, laboratory work, clinical examination of patient, art interpretation, other* *Specifically-defined evaluation criteria are given, and if and where they are accessible to students.*	Written final examination Evaluation of group project. The aim of the project is for students to research data on one of the course topics and present it in the course context. The contribution of the written examination to the final grade is 70% and the assessment of the project is 30%. Both grades (written exam and assignment evaluation) must be projectable (greater than or equal to 5.0/10.0).

5. **ATTACHED BIBLIOGRAPHY**

- Anthropology of Nutrition, A.L. Matala, Papazisis Publications, Year of publication: 2008, (ISBN: 960-02-2224-X)
- History of Nutrition. F. Braundel, M. Marc, O. Murray, Society for the Study of Modern Hellenism - Mnemon, Year of Publication: 1998, (ISBN: 960-7089-15-4)
- Culture, People, Nature: an introduction to general anthropology, Harris, M., Allyn & Bacon, 7th edition, 1997, (ISBN-10: 0673990931)
- Food Politics, Nestle, M., University of California Press, 2nd Edition, 2007, (ISBN-10: 0520254031)
- The sociology of food: eating, diet and culture, Mennel, S.J., Murcott, A., van Otterllo, A.H., SAGE publications, 2nd Edition, 1993, (ISBN-10: 0803988389).
- The Mediterranean Diet: Constituents and Health Promotion, Matalas, A.L., Zampelas, A., Stavrinos, V., CRC Press, 1st Edition, 2001, (ISBN-10: 0849301106).
- Cows, Pigs, Wars and Witches: The riddles of culture, Harris, M., Vintage, 1989, (ISBN-10: 0679724680)
- Feasts, Fasts, Famine: Food for thought, Caplan, P., Berg Publishers, 1994, (ISBN-10: 0854963847)
- Famine and plenty in Europe, Montanari, M., Hellenic Letters, 1997, (ISBN: 9789603443063)
- http://www.scribd.com/doc/23247112/Food-in-Medieval-Times Food in Medieval Times
- http:/www.cambridge.org/us/books/kiple/contents.htm (The) Cambridge World History of Food (2-Volumes) edited by Kenneth F. Kiple, K.C. Ornelas Cambridge University Press, 2000