

SUBJECT GUIDE

FEEDING AND CULTURE

MODULE	CONTENT	YEAR	TERM	CREDITS	TYPE
Basic sciences	FEEDING AND CULTURE	1º	1º	6	Mandatory
<b>LECTURER(S)</b>			<b>Postal address, telephone nº, e-mail address</b>		
<ul style="list-style-type: none"> <li>Rafael Giménez Martínez</li> <li>José Ángel Rufián Henares</li> <li>Cristina Samaniego Sánchez</li> </ul>			Department of Nutrition and Food Science. 3rd floor, Faculty of Pharmacy. Campus Universitario de Cartuja sn, 18012-Granada; Office Nº 1 and Nº 2. e-mail: rafaalg@ugr.es and rufian@ugr.es		
<b>DEGREE WITHIN WHICH THE SUBJECT IS TAUGHT</b>			<b>TUTOIALS</b>		
Degree in Human Nutrition and Dietetics			Tuesday, Thursday and Friday from 8:30 to 11:30 hours (Professor R. Giménez) Tuesday and Wednesday from 9:30 to 12:30 hours (Professor JA Rufian) Tuesday, Wednesday and Thursday from 9:30 to 11:30 hours (Professor C Samaniego)		
<b>PREREQUISITES and/or RECOMMENDATIONS (if necessary)</b>					
<b>BRIEF ACCOUNT OF THE SUBJECT PROGRAMME (ACCORDING TO THE DEGREE ¿??)</b>					
<ul style="list-style-type: none"> <li>• Concept of culture and eating behavior. The food and feeding socio-cultural functions.</li> <li>• Human food in different types of societies. Innovations and dietary adaptations.</li> <li>• Changes in food at different stages of history.</li> <li>• Socio-economic and demographic characteristics that influence the current supply.</li> <li>• Conditioning of physiological, psychological and sociological factors that influence food acceptability.</li> <li>• Marketing food. The influence of advertising on eating behavior.</li> </ul>					
<b>GENERAL AND PARTICULAR ABILITIES</b>					
<b>General habilities:</b> <ul style="list-style-type: none"> <li>• CG1: Recognize the essential elements Dietitian profession, including ethical, legal responsibilities</li> </ul>					



and the exercise of the profession, applying the principle of social justice to professional practice and develop it with respect for people, their habits, beliefs and cultures

- CG2: Develop the profession with respect to other health professionals, acquiring teamwork skills.
- CG3: Recognize the need to maintain and update professional skills, with special emphasis on learning, independently and continuously, of new knowledge, products and techniques in food and nutrition, as well as the motivation for quality.
- CG4: Know the limits of the profession and skills, identifying when necessary interdisciplinary treatment or referral to another professional.
- CG5: Making effective communication, both orally and in writing with people, health professionals and industry and the media, knowing how to use information technologies and communication, particularly those related to nutrition and habits life
- CG6: Understand, critically evaluate and how to use and apply sources of information related to nutrition, food, lifestyle and health aspects.
- CG7: Having the ability to produce reports and registration requirements concerning professional intervention Dietitian.
- CG8: Identify and classify foods and food products. Can analyze and determine its composition, properties, nutritional value, bioavailability of nutrients, and organoleptic modifications suffered as a result of technological and culinary processes
- CG14: Apply scientific knowledge of physiology, pathophysiology, nutrition and food planning and dietary advice to individuals and communities, throughout the life cycle, both healthy and sick.
- CG15: Develop and implement protocols for assessment of nutritional status, identifying nutritional risk factors
- CG17: Understand the structure of food services and food and nutrition units hospital, identifying and developing Dietitian functions within the multidisciplinary team.
- CG21: Be able to participate in health promotion and prevention of disorders and diseases related to nutrition and lifestyles, conducting food and nutrition education of the population.
- CG22: Assist in the planning and development of policies on food, nutrition and food safety based on the needs of the population and health protection.
- CG23: Assist in the development, marketing, labeling, marketing communications and food products according to the social, scientific and law.
- CG24: Interpret reports and administrative records relating to a foodstuff and ingredients.
- CG25: Participate in the management, organization and development of food services.
- CG26: Develop, monitor and cooperate in planning menus and diets tailored to the characteristics of the group to which they are intended.
- CG29: Acquire basic training for the research activity, being able to formulate hypotheses, collect and interpret information to solve problems using the scientific method and understand the importance and limitations of scientific thinking on health and nutrition.

#### Particular abilities:

- CE5: Know the historical, anthropological and sociological food, nutrition and dietetics in the context of health and disease.
- CE5: Know the different educational methods applied in health sciences and communication techniques applicable in food and human nutrition.
- CE6: Describe the anthropological foundations of human consumption. Describe and argue the cultural and social inequalities that may influence eating habits.
- CE7: Acquire teamwork skills as a unit in which the structure of uni-or multidisciplinary and interdisciplinary professionals and other staff related to the diagnostic evaluation and treatment of diet and nutrition.



- CE23: Participate in enterprise social marketing teams, advertising and health claims.
- CE24: Collaborate on consumer protection in the context of food security.
- CE28: Identify the basis of a healthy diet (adequate, balanced, varied and adapted).
- CE43: Handle basic ICT tools used in the field of Food, Nutrition and Dietetics.
- CE51: Plan and carry out education programs and nutritional diet in healthy subjects and patients.
- CE52: Acquire the ability to intervene in projects of promotion, prevention and protection with a community focus and public health.

#### OBJECTIVES (EXPRESSED IN TERMS OF EXPECTED RESULTS OF THE TEACHING PROGRAMME)

- Be able to understand the diversity of factors that determine and condition the power.
- Power explore the historical and cultural evolution of the patterns of production and consumption commensality.
- Understand the importance of nutrition in maintaining health and well-being and their relationship to disease.
- To reflect on the influence of the media on the current supply.
- Understand and convey to the general population health knowledge, mainly in relation to food.

#### DETAILED SUBJECT SYLLABUS

##### THEORETICAL

Item 1. INTRODUCTION. Notion and delimitation of the subject. Feeding and nutrition. Man as omnivorous animal. Concept of culture and eating behavior.

Item 2. DIET AND CULTURE. Human food in different types of societies. Concept of adaptation. Examples of food adaptation.

Item 3. FACTORS DETERMINING THE POWER. The cultural and ideological meaning of food. Diet and gender. Social differentiation and power. Commensality patterns in different cultures. Production, consumption and behavior.

Item 4. RELIGION AND FOOD. Permitted and prohibited foods. Relationship between food and rituals. Practices and eating behaviors related to religion.

Item 5. CULTURAL FUNCTIONS OF FOOD. Social relations. Expressing feelings, prestige, power or group membership.

Item 6. FOOD HISTORICAL BASES I. Major changes in human food in various stages of history: Prehistory, Antiquity, Middle Ages. Causes and consequences.

Item 7. FOOD HISTORICAL BASES II. Al-Andalus. Impact of the discovery of America in European diets and new world. Modern Age.

Item 8. FOOD AND SCIENTIFIC PROGRESS. The industrial revolution. Impact of scientific discovery and technological development in food.

Item 9. THE MEDITERRANEAN DIET. Introduction. Geographical framework. Definition, origin, evolution, characteristics and current importance.



Item 10. CONTEMPORARY FOOD I. Socio-economic and demographic factors that determine the current power. Food and immigration. Hunger and abundance in the world, myths and realities.

Item 11. CONTEMPORARY POWER II. New trends in food. Boom catering and fast food. Interest in diet and health.

Item 12. Acceptability FOOD. Introduction. Constraints physiological, psychological and sociological influence the acceptability of food. Quality Concept.

Item 13. ASSESSMENT METHODS FOOD Acceptability. Concept and current interest. Basis and methodology. Applications.

Item 14. COMMUNICATION TECHNIQUES. Marketing food. Marketing elements. Resources in food advertising. The influence of advertising on eating behavior

#### PRACTICAL:

- Practice 1. - Screening of videos related to socio-cultural aspects of food. Debate on them. Responding to a questionnaire.
- Practice 2. - Reading and books or articles of interest. Sharing.
- Practice 3. - The power in film and literature. Sequence analysis of films and books which show different cultural, ideological, religious or social related to food.
- Practice 4. - The marketing and advertising in the food sector. Search advertising claims: Analysis of messages and strategies.
- Practice 5. - Jobs targeted research and literature search. Work will be done in groups according to the scheme outlined:

Students will form working groups 3 people maximum. One student from each group will send a message to the teacher indicating the names of the members of your group. Establishing a deadline for sending this information. Students who have not joined a working group will be assigned to a group by the teachers. Proposed works: Each group should choose one of the proposed work and indicate the group.

If any group wants to do work on other topic proposed, teachers should inform well in advance in order to plan for it.

Elaboration and presentation of work: You have to submit in writing the work, to be supervised by teachers, before the day of your presentation and defense. The presentation and defense of the same will be done through a PowerPoint presentation in a time of 30 minutes, a time for discussion and questions. Teachers choose the day of the show. All forms of work, remain available to all students using the platform Swad.

Day exhibition. Each group will be assigned a day of work exposure (all students must attend a mandatory basis for the exhibition of the work).

Practices are mandatory. Attendance and participation will count towards the qualification of the practice. Exhibitions of works and discussions held during the practical sessions, questions asked in the partial and final exam.

#### READING

BENDER, Arnold E., y BENDER, David. *A dictionary of food and nutrition*. Oxford University Press. 1995.  
CONTRERAS J. *Alimentación y Cultura. Necesidades, gustos y costumbres*. Universidad de Barcelona.



1995.

CONTRERAS J.; García,M.. Alimentación y cultura : perspectivas antropológicas. Ariel, Barcelona. 2005

CONTRERAS J. *Antropología de la alimentación*. Eudema Universidad. Madrid, 1993.

CRUZ, J. *Alimentación y Cultura. Antropología de la conducta alimentaria*. Eunsa, Pamplona. 1991.

CRUZ, J. *Teoría elemental de la gastronomía*. Ed Eunsa, 2002.

DÍAZ MÉNDEZ,C; GÓMEZ BENITO C. Alimentación, consumo y salud. Ed, Fundación La Caixa. Barcelona, 2008.

FISCHLER C. El (h)omnivoros . *El gusto, la cocina y el cuerpo*. Anagrama, Barcelona, 1995.

GARCIA BAENA, A. La alimentación en Al-Andalus : cereales y aceite. Sarriá. Málaga, 2008.

GÓMEZ CANDELA, C. La alimentación en el siglo XXI. CSIC, Madrid, 2009.

GOODY, J. *Cocina, cuisine y clase. Estudio de sociología comparada*. Gedisa, 1995.

GRACIA ARNAIZ, M. *La transformación de la cultura alimentaria. Cambios y permanencias en un contexto urbano (Barcelona, 1960-1990)*. Ed. Centro de Publicaciones. Secretaria General Técnica. Ministerio de Educación y Cultura. 1997.

GRACIA ARNAIZ, M. *Somos lo que comemos. Estudios de alimentación y cultura en España*. Ed Ariel, Barcelona. 2002.

FLÓREZ TASCÓN, F.J. ¿Somos lo que comemos o comemos lo que somos? Alimentación y Antropología. Ed. Universitaria Ramón Areces. Madrid, 2011.

KARANEK R. E., y MARKS-KAUFMAN, R. *Nutrición y comportamiento*. Bellaterra, Barcelona. 1994.

KIPLE, Kenneth F. y ORNELLAS, Kriemhild C. *The Cambridge World History of Food*. Cambridge University Press. 2000.

SALAS-SALVADÓ, J; GARCIA LORDA, P. y SANCHEZ, J.M. La alimentación y la nutrición a través de la historia. Ed. Glosa, Barcelona 2005.

SASSON A. *La alimentación del hombre del mañana*. Unesco/Reverté. 1993.

#### FURTHER READING:

BELLO GUTIERREZ, J. Calidad de vida, alimentos y salud humana. Ed. Díaz de Santos. Madrid, 2005.

GRANDE COVIAN, F. La alimentación y la vida. Ed. Areté. Madrid 2000.

MAPA. Hábitos alimentarios de los inmigrantes en España. MAPA. Madrid, 2004.

#### RECOMMENDED INTERNET LINKS

[http://library.jwu.edu/research/websites/food\\_america.htm](http://library.jwu.edu/research/websites/food_america.htm).

<http://alicult.wordpress.com/tag/pagina-web/>

[www.aesan.msc.es/](http://www.aesan.msc.es/)

[www.naos.aesan.msps.es/](http://www.naos.aesan.msps.es/)

