

# EXPLORING CULINARY CULTURES:



**CULTURES: an advanced study of global food customs**

This workshop, adapted from a course at California Polytechnic State University taught by Dr. Doris Derelian, is an exploration of the evolution of food customs and practices from a global perspective. We will look back at the challenges and successes of populations worldwide who have developed their own eating cultures based on geography, climate and available resources.

Among tribes, societies and population groups, all the world's foodstuffs can be identified. Even the most "American" food is from another place on our planet. We will compare and contrast foods across continents with special attention to the movement of crops, livestock and cooking techniques that formed in one location and migrated to another. Every part of the world has, within its boundaries, taste profiles especially known to people. Where did those tastes originate and how have they changed over time?

This 5-day workshop will have required readings, lectures, discussions, classroom assignments using laptops, as well as food tours and tastings. Come and learn of the cultural contributions that shape the way you eat, the way your family has eaten and what might change in the future.

Assigned readings prior to class: 3 hours

Professionals in nutrition should be able to deliver and discuss historical and cultural perspectives on worldwide foods and food practices with a clear understanding of the resulting food cultures in the United States. This workshop is designed to provide the experiences needed to accomplish these goals.

Participants will be able to:

1. Gain a multicultural perspective on foods and food practices by analyzing the influence of customs and culture especially as food relates to religion, health/medicine, and human survival;
2. Evaluate traditional and contemporary food choices of major cultural and ethnic groups that make up the United States and the world by both socio-economic and historical events;
3. Using critical thinking, evaluate attitudes about and experiences with personal food choices, expectations and interactions; and,
4. Increase communication skill regarding the historical development and cultural influences of everyday availability of foods in today's world.

## Commission on Dietetic Registration

### Learning Codes:

- 1040 Cultural sensitivity
- 1060 Foreign language, cultures
- 8015 Cultural/ethnic food and culinary practices
- 8018 Environ. Agri. & Tech influences on food systems

### Practice Competencies

- 1.3.6 Develops and implements culturally appropriate strategies when delivering service.
- 1.3.9 Recognizes and incorporates knowledge of cultural and/or religious foods, practices and preparation.
- 4.2.2 Reflects on own values, beliefs and biases.
- 8.2.1 Assesses the physical, social and cultural needs of the individual, group, community or population.

## Agenda

### Monday, April 20, 2020

Time	Topic	Faculty	
9:00 am-9:30 am	Introductions Orientation Course overview Discussion of syllabus	Mary Abbott Hess Cathy Powers	
9:30-noon	Food from early man to the dark ages Prehistoric man Tasting Video – food of the Roman period	Doris Derelian	2.5
Noon-1:30 pm	Lunch break	Independent	
1:30 pm–2:30 pm	Personal food histories Project: Preliminary evaluation and food history tracing assignment	Doris Derelian	1
2:30 pm–4:30 pm	Foods of Egyptians	Doris Derelian	2
2 hours evening	Independent research – complete food history assignment	Independent	2
		<b>TOTAL</b>	<b>7.5</b>

## Tuesday, April 21, 2020

Time	Topic	Faculty	
9:00 am-10:00 am	Class meets at: The Spice House 1512 N. Wells St. Chicago, IL 60610  Lecture: Cinnamon, ginger, and vanilla Globalization, uses and comparative tastings	Nathan Villa	1
10:00 am-11:00 am	The Spice House exploration and question answer session	Nathan Villa	1
11:00 am-1:00 pm	Lunch break and return to classroom	Independent	
1:00 pm-2:30 pm	Food as medicine	Doris Derelian	1.5
2:30 pm-5:00 pm	Food and religion	Doris Derelian	2.5
Evening	Individual research and assigned readings	Independent	
		<b>TOTAL</b>	<b>6</b>

## Wednesday, April 22, 2020

Time	Topic	Faculty	
9:00 am-10:00 am	Presentation of assignments and discussion	Participants	
10:00 am-12:30 pm	The Columbian Exchange Food history of the Americans International guidelines for food choices	Doris Derelian	2.5
12:30 pm-1:00 pm	Lunch break	Independent	
1:00 pm-5:00 pm Pilsen	Lecture on bus and guided tour of Mexican food and culture including: Immigration, demographics and transitions Food markets, tastings Traditional foods Mexican museum in Pilsen	Judith Dunbar Hines	4.0
5:30 pm-7:00 pm	Discussion and dinner of traditional Mexican foods	Judith Dunbar Hines	1.5
		<b>TOTAL</b>	<b>8</b>

## Thursday, April 23, 2020

Time	Topic	Faculty	
9:00 am-11:30 am	Exploration of global immigration, migration, transportation and gentrification	Doris Derelian	2.5
11:30 am-12:30 pm	Lunch break		
12:30 pm-2:30 pm	Lecture	Doris Derelian	2
2:30 pm-3:30 pm	Walk to Bang Chop Thai Kitchen 605 W. Lake St. Chicago, IL 60661		
3:30 pm-5:00 pm BangChop	Contrasting Southeast Asian Foods and how they are prepared	Mary Nguyen Aregoni	1.5
5:00 pm-7:00 pm	Guided tasting and dinner	Mary Nguyen Aregoni	2
Evening	Reading assignment		
		<b>TOTAL</b>	<b>8</b>

## Friday, April 24, 2020

Time	Topic	Faculty	
9:00 am-noon	Lecture and group discussion of: Why we eat what we eat How Americans eat Discussion of assigned readings about the American family Meal Eating etiquette	Doris Derelian	3
	Personal applications and sharing sessions	Participants	
Noon-1:30 pm	Lunch break	Independent	
1:30 pm-4:00 pm	The Food Choice Dietary Patterns model and it's application Special occasion foods and their meanings	Doris Derelian	2.5
4:00 pm-4:30 pm	Program evaluation	Mary Abbott Hess Cathy Powers	
		<b>TOTAL</b>	<b>5.5</b>

Total: 35 hours