



UNIVERSIDAD  
DE GRANADA



CENTRO DE  
LENGUAS  
MODERNAS

CURSO DE ESTUDIOS HISPÁNICOS (CEH)

CULTURA

FOOD AND CULTURE



## FOOD AND CULTURE

### GENERAL DESCRIPTION

- Concept of culture and eating behavior. Food and the socio-cultural functions of eating.
- Human nutrition in different types of societies. Food innovations and adaptations.
- Changes in human nutrition in the different stages of history.
- Socio-economic and demographic characteristics that influence current diets.
- Physiological, psychological and sociological conditions that influence food acceptability.
- Food marketing. Influence of advertising on eating behavior.

### CONTENTS

#### THEORETICAL CONTENTS:

**Topic 1. INTRODUCTION.** Notion and boundaries of the subject. Food and nutrition. Man as an omnivorous animal. Concept of food culture and behavior.

**Topic 2. DIET AND CULTURE.** Human nutrition in different types of societies. Concept of adaptation. Examples of dietary adaptation.

**Topic 3. FACTORS THAT CONDITION FOOD.** The cultural and ideological meaning of food. Diet and gender. Social differentiation and food. Patterns of mutuality in different cultures. Production, consumption and behavior.

**Topic 4. RELIGION AND FOOD.** Permitted and forbidden foods. Relationship between food and religious rituals. Food practices and behaviors related to religion.

**Topic 5. SOCIO-CULTURAL FUNCTIONS OF FOOD.** Social relations. Expression of feelings, prestige, power or group membership.

**Topic 6. HISTORICAL BASIS OF FOOD I.** Main changes in human nutrition in the different stages of history: Prehistory, Ancient Age, Middle Ages. Causes and consequences.

**Topic 7. HISTORICAL BASIS OF FOOD II.** Al-Andalus. Repercussion of the



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discovery of America in the European and New World food. Modern times.

**Topic 8. SCIENTIFIC ADVANCES AND FOOD.** The industrial revolution. Impact of scientific discoveries and technological development on food.

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

**Topic 10. CONTEMPORARY FOOD I.** Socio-economic and demographic factors that condition the current diet. Food and immigration. Hunger and abundance in the world, myths and realities.

**Topic 11. CONTEMPORARY FOOD II.** New trends in food. The rise of mass catering and fast food. Interest in diet and health.

**Topic 12. FOOD ACCEPTABILITY.** Introduction. Physiological, psychological and sociological conditions that influence food acceptability. Concept of quality.

**Topic 13. METHODS FOR EVALUATING FOOD ACCEPTABILITY.** Concept and current interest. Bases and methodology. Applications.

**Topic 14. COMMUNICATION TECHNIQUES.** Food marketing. Elements of marketing. Advertising resources in food. Influence of advertising on food behavior.

#### PRACTICAL CONTENTS:

- Introduction to food sensory analysis:
  - Olive oil tasting
  - Tasting of fermented foods
- Practical aspects of molecular cuisine
- Directed research and bibliographic search.
- The work will be carried out in groups according to the following scheme:
  1. Students will form working groups of 2 people maximum. One student from each group will send a message to the teachers indicating the names and surnames of the members of their group. There is a deadline for sending this information. Those students who have not joined a work group will be assigned to a group by the teachers.
  2. Work proposals: Each group must choose one of the work proposals and indicate the members of the group.
  3. If any group wants to do work on a topic not proposed, they should inform the teachers well in advance so that it can be planned.



## METODOLOGÍA

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For the development of the teaching and learning process, different training actions will be carried out that will allow the students to acquire the following planned competencies:

- Theoretical classes, through which it is ensured that students develop conceptual skills, of great importance to motivate them to reflection, facilitating the discovery of the relationships between different concepts and forming a critical mentality.
- Practical classes, whose purpose is to develop in the students the cognitive and procedural competences of the subject. They will consist in the resolution of problems or practical cases and in the development and exposition of works directed by the professor.
- Tutorials, through which the autonomous and group work of the students will be guided, different aspects of the subject will be deepened and the student's academic-integral formation will be oriented.
- Seminars, group work and individual work of the students will result in the development of generic and attitudinal competencies that permeate the entire teaching and learning process.

The teaching and learning process will be an active and meaningful process. Discussions in class, seminars and group work will allow students to be active and protagonists of their own learning process. The diversity of subjects should develop a multidisciplinary vision and provide them with cognitive and instrumental competences.

## EVALUATION

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- The grade for the course will be obtained considering that the theoretical exam will account for 70% of the final grade, 20% for the practical exams and the student's personal work and 10% for class attendance.
- The evaluation of the theoretical knowledge of the syllabus of the subject will consist of eliminatory partial exams and a final exam of the theoretical part. In the case of the written exams (partial and final) it is necessary to have obtained a minimum grade of 4.5 (out of 10) in order to obtain an calculation average between them.
- Autonomous work. This work will consist of further study on topics of the program, or related to the subject, and that have a current interest, the main objective is to encourage group work, as well as the search for information and literature review. The presentation will take place in the corresponding sessions, in order to initiate the student in the teaching tasks.
- Attendance to face-to-face classes will be mandatory and a minimum of 75%



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of the total number of classes will be required.

- Evaluation of the knowledge and practical skills of the course
  - For the evaluation of the internships, the following will be taken into account:
    - ◆ The development and interest shown during the execution of the internship (15% of the final grade of this internship).
    - ◆ The daily elaboration of the reports corresponding to each internship (15% of the final grade of these internships).
    - ◆ Qualification of the group work based on its objectives, contents, bibliographic review and exposition (70% of the final qualification of these practices).
- To pass the course it is necessary to pass the three parts of the course that are evaluated (theoretical exam, practical exam and work).

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