



SUBJECT OUTLINE

Subject Name:

Sociology of Food

Subject Code:

NMDS1

SECTION 1 – GENERAL INFORMATION

Award/s:

Undergraduate Certificate in History and Philosophy of Complementary Medicine

Total Course Credit Points:

12

Level:

1st Year

Duration: 1 Semester

Subject is: Core

Subject Credit Points: 2

Student Workload:

No. timetabled hours per week:
3

No. personal study hours per week:
2

Total hours per week:
5

Delivery Mode*:

☐ On campus

☒ Online / Digital

☐ Blended

☐ Intensive

Weekly Session^ Format/s - 1 sessions per week:

☒ eLearning modules:

Lectures: Interactive adaptive online learning modules

Tutorials: can include asynchronous tutor moderated discussion forum and activities, learning journal activities or other web-based resources

*All modes are supported by the online learning management system which will include subject documents such as handouts, readings and assessment guides.

^A 'session' is made up of 3 hours of timetabled / online study time per week unless otherwise specified. Each subject has a set number of sessions as outlined above.

Study Pattern:

☒ Full Time

☒ Part Time

Pre-requisites: Nil

Co-requisites: Nil

SECTION 2 – ACADEMIC DETAILS

Subject Rationale

This subject draws together the disciplines of sociology and nutrition by drawing awareness to the complex sociological impacts on food choices and behaviours by examining the social determinants of health. It provides an understanding of the fundamental theories and sociological constructs that facilitate holistic practice with individuals and communities. This subject builds on your knowledge and competency in understanding the barriers particular groups have regarding food choice and access. This subject aims to extend and challenge your own individual experience, attitudes, perspectives, values, and beliefs associated with food choices and behaviours, so to increase your competency in being flexible and holistic in meeting client and individual nutritional needs.



Learning Outcomes

1. Explore the social and cultural factors that impact on dietary choices and food behaviours of individuals and communities.
2. Apply sociological perspectives to explore the relationship between people and food in both local and international contexts.
3. Examine different cultures and the associated social, economic and environmental factors that impact upon their concept of nutrition and food.
4. Investigate strategies for modifying dietary behaviour in individuals and groups from a sociological perspective.

Assessment Tasks

Type	Learning Outcomes Assessed	Session Content Delivered	Due	Weighting
Creative Presentation (poster, slideshow, video) (equivalent to A3 poster or 8 mins) and Accompanying abstract* (500 words)	1, 3 & 4	1-6	Week 7	45%
Sociological Reflection (1200 words)	1-4	1-12	Week 12	55%
All written assessments are due at 11:55 p.m. Sunday and submitted through the LMS *Poster/ slideshow presentation not included in 500 word count				

Prescribed Readings:

1. Germov, J., & Williams, L. (2016). *A sociology of food and nutrition: The social appetite* (4th ed.). Oxford University Press. [ebook available].

Recommended Readings:

1. Carolan, M. (2016). *The sociology of food and agriculture* (2nd ed.). Routledge. [ebook available]
2. Germov, J., & Poole, M. (2015). *Public sociology: An introduction to Australian society* (3rd ed.). Allen & Unwin.
3. Hampton, R. (2013). *Indigenous Australians and health*. Oxford University Press. [ebook available]



4. Kittler, P. G., Sucher, K. P., & Nahikian-Nelms, M. (2017). *Food and culture* (7th ed.). Cengage Learning. [ebook available]
5. Nestle, M. (2013). *Food politics: How the food industry influences nutrition and health* (10th anniversary ed.). University of California Press. [ebook available]

Subject Content		
Week	Lectures	Tutorials
1.	<p>Introduction (Subject Outline / Subject Aims / Assessment / Teaching Resources)</p> <p>Social Determinants of Health and Introduction to Food, Culture, Society & the Individual (Including the Sociological Perspective)</p> <ul style="list-style-type: none"> ➤ What is sociology? ➤ Social determinants of health ➤ Sociology and nutritional medicine management ➤ Overview of factors that impact on food choices and behaviours 	<p>Activities are developed to allow the students to explore relevant concepts, expand on ideas and have peer and lecturer interaction. Activities also allow for formative assessment and feedback.</p> <ul style="list-style-type: none"> ➤ Learning module ➤ Discussion forum ➤ Pre-module reading ➤ Expert video
2.	<p>The Determinants of Food Choice</p> <ul style="list-style-type: none"> ➤ Biological - hunger, appetite, and taste ➤ Economic - cost, income, and availability ➤ Physical - access, education, skills (cooking), and time ➤ Culture, family, peers, and meal patterns ➤ Psychological - mood, stress, and guilt ➤ Attitudes, beliefs, and knowledge of food 	<ul style="list-style-type: none"> ➤ Learning module ➤ Discussion forum ➤ Pre-module reading ➤ Expert video <p>Live webinar with facilitated discussion:</p> <ul style="list-style-type: none"> ➤ Introducing the Social Determinants of Health & Ottawa Charter ➤ Applying the sociological imagination template
3.	<p>Managing Dietary Change: Theoretical Approaches and Practice</p> <ul style="list-style-type: none"> ➤ Lewin's Change Model ➤ Health Belief Model ➤ Stages of Change Model ➤ Motivational interviewing ➤ Glasser's Control Theory ➤ Ecological perspective model 	<ul style="list-style-type: none"> ➤ Learning module ➤ Discussion forum ➤ Pre-module reading ➤ Expert video
4.	<p>Food, Culture and Identity - Part 1: Australia</p> <ul style="list-style-type: none"> ➤ Indigenous Australian culture, history and cuisine ➤ Introduction to multi-cultural influences on Australian food culture and cuisine 	<ul style="list-style-type: none"> ➤ Learning module ➤ Discussion forum ➤ Pre-module reading ➤ Expert video



	<ul style="list-style-type: none"> ➤ Dietary guidelines 	
5.	Food, Culture and Identity - Part 2: European & British Culture <ul style="list-style-type: none"> ➤ Southern, Central and Eastern Europe and UK culture and cuisine ➤ Mediterranean culture and cuisine ➤ Multi-cultural influences of European and British food culture on contemporary food and nutrition practices ➤ Dietary Guidelines 	<ul style="list-style-type: none"> ➤ Learning module ➤ Discussion forum ➤ Pre-module reading ➤ Expert video <p>Live Webinar with facilitated discussion:</p> <ul style="list-style-type: none"> ➤ Assessment revision and preparation
6.	Food, Culture and Identity - Part 3: Middle Eastern & Indian Culture <ul style="list-style-type: none"> ➤ Middle Eastern and Indian culture and cuisine ➤ Multi-cultural influences of Middle Eastern and Indian culture on contemporary food and nutrition practices ➤ Dietary Guidelines 	<ul style="list-style-type: none"> ➤ Learning module ➤ Discussion forum ➤ Pre-module reading ➤ Expert video
7.	Food, Culture and Identity - Part 4: Chinese, South-East Asian & Japanese Culture <ul style="list-style-type: none"> ➤ Chinese and South-East Asian culture and cuisine ➤ Multi-cultural influences of Chinese, South-East Asian and Japanese culture on contemporary food and nutrition practices ➤ Dietary Guidelines 	<ul style="list-style-type: none"> ➤ Learning module ➤ Discussion forum ➤ Pre-module reading ➤ Expert video <p>Live webinar with facilitated discussion:</p> <ul style="list-style-type: none"> ➤ Multi-cultural influences on nutrition practice and diet in Australia
NON-TEACHING WEEK (note that make-up classes may be scheduled in this week) Online students – The non-teaching week falls between Weeks 7 and 8		
8.	Contemporary Food Habits and Family Dynamics <ul style="list-style-type: none"> ➤ Contemporary dietary changes and influences ➤ Contextualising convenience foods The Family System <ul style="list-style-type: none"> ➤ Family diversity, dynamics and food choices 	<ul style="list-style-type: none"> ➤ Learning module ➤ Discussion forum ➤ Pre-module reading ➤ Expert video
9.	The System and Politics of Food - Part 1: Globalisation & Agribusiness <ul style="list-style-type: none"> ➤ Food manufacture, distribution and agribusiness 	<ul style="list-style-type: none"> ➤ Learning module ➤ Discussion forum ➤ Pre-module reading ➤ Expert video <p>Live Webinar with facilitated discussion:</p> <ul style="list-style-type: none"> ➤ Defining globalisation ➤ Big Food



		<ul style="list-style-type: none"> ➤ Food democracy
10.	The System and Politics of Food - Part 2: Politics & Policies <ul style="list-style-type: none"> ➤ Food security and sustainability: ➤ Globalisation and urbanisation ➤ Politics and policy <ul style="list-style-type: none"> ⌚ The medicalisation of food ⌚ Greening of food and labelling ⌚ Corporate interests 	<ul style="list-style-type: none"> ➤ Learning module ➤ Discussion forum ➤ Pre-module reading ➤ Expert video
11.	Health Inequities: disability, gender and ageing <ul style="list-style-type: none"> ➤ Introduction to: ➤ impact of disability on food choices and eating ➤ contemporary gender issues on food choices and behaviours ➤ impact of ageing on food choice and eating ➤ Identifying appropriate referral and resources 	<ul style="list-style-type: none"> ➤ Learning module ➤ Discussion forum ➤ Pre-module reading ➤ Expert video
12.	Chronic Disease (Diabetes, Cardio-vascular Disease (CVD) & Cancer) <ul style="list-style-type: none"> ➤ Understanding sociological influences, and reducing risk of chronic lifestyle related diseases ➤ Identifying appropriate referral and resources 	<ul style="list-style-type: none"> ➤ Learning module ➤ Discussion forum ➤ Pre-module reading ➤ Expert video
13.	Mental health and relationships with food: body image and disordered eating <ul style="list-style-type: none"> ➤ Body acceptance: exploring individuals challenges and experiences ➤ Health at every size approach – weight inclusive care ➤ Understanding and exploring disordered eating and eating disorders ➤ Identifying appropriate referral and resources ➤ Stigmatisations associated obesity and the impact this has on nutritional management 	<ul style="list-style-type: none"> ➤ Learning module ➤ Discussion forum ➤ Pre-module reading ➤ Expert video <p>Live Webinar with facilitated discussion:</p> <ul style="list-style-type: none"> ➤ Final assessment ➤ Eating disorders
14-15.	Non-Teaching Week/Practical Examination Weeks 1 & 2 Note that make-up classes may be scheduled in this week	
16-17.	Final Examination Weeks 1 & 2 There is no final exam for this subject	