



SUBJECT OUTLINE

Subject Name:

Subject Code:

Sociology of Food for Complementary Medicine

NMDS122

SECTION 1 – GENERAL INFORMATION

Award/s:	Total Course Credit Points:	Level:
Bachelor of Complementary Medicine	48	2 nd Year
Duration:		
1 Semester		
Subject is:	Subject Credit Points:	
Core	2	

Student Workload:

No. timetabled hours per week:	No. personal study hours per week:	Total hours per week:
3	2	5

Delivery Mode*:

☐ On campus ☒ Online / Digital ☐ Blended ☐ Intensive

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

<input checked="" type="checkbox"/> 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
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*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 introducing students to the social determinants of health. This subject aims to enable students to develop their capacity to apply an understanding of the cultural, ethical and social influences on food and nutrition in a range of settings.

Students explore the different individual, social and environmental factors that impact on food choices and dietary behaviours across various population groups. This topic will provide opportunities to acquire knowledge around theories and concepts associated with contemporary societal health patterns. This subject provides the underpinnings of cultural competency and essential context for the construction of dietary & lifestyle interventions in nutritional medicine and clinical practice



Learning Outcomes

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

Assessment Tasks

Type	Learning Outcomes Assessed	Session Content Delivered	Due	Weighting
Mid Semester Exam multiple choice & short answer questions (40 minutes)	1, 3 & 4	1-6	Week 6	45%
Sociological Reflection (1000 words)	1-4	1-12	Week 12	55%
All written assessments and online quizzes are due at 11:55 p.m. Sunday and submitted through the LMS				

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



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 and the Individual (including the Sociological Perspective)</p> <ul style="list-style-type: none"> ➤ Social determinants of health ➤ What is sociology? ➤ Where did sociology come from? ➤ Sociology and nutritional medicine management ➤ Overview of factors that impact on food choices ➤ Using social science perspectives and social theory to understand food and nutrition issues ➤ The value of qualitative research in nutrition 	<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
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 <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
4.	<p>Food, Culture and Identity - Part 1: European & British Culture</p> <ul style="list-style-type: none"> ➤ Influences on Southern, Central and Eastern Europe and UK culture ➤ What defines European and British culture? ➤ What are the explicit food practices of these populations? ➤ Mediterranean culture 	<ul style="list-style-type: none"> ➤ Learning module ➤ Discussion forum ➤ Pre-module reading <p>Live Webinar with facilitated discussion</p> <ul style="list-style-type: none"> ➤ Exam revision and preparation



	<ul style="list-style-type: none"> Anglo-Celtic culture and its influences on contemporary food and nutrition practices 	
5.	Food, Culture and Identity - Part 2: Middle Eastern & Indian Culture <ul style="list-style-type: none"> Influences on Middle Eastern and Indian culture What defines Middle Eastern culture? What defines Indian culture? What are the explicit food practices of these populations? Influences of Middle Eastern and Indian culture on contemporary food and nutrition practices 	<ul style="list-style-type: none"> Learning module Discussion forum Pre-module reading
6.	Food, Culture and Identity - Part 3: Chinese, South East Asian and Japanese Culture <ul style="list-style-type: none"> What defines Chinese and South East Asian Culture? What are the explicit food practices of this population? The influences of Chinese and South East Asian culture on contemporary food and nutrition practices 	<ul style="list-style-type: none"> Learning module Discussion forum Pre-module reading
7.	Food and Culture - Part 4: Australian Indigenous Culture <ul style="list-style-type: none"> What defines Australian Indigenous culture? What are the explicit food practices of this population? History of Australian Indigenous people and health and disease The social determinants of Australian Indigenous health 	<ul style="list-style-type: none"> Learning module Discussion forum Pre-module reading Live Webinar with facilitated discussion <ul style="list-style-type: none"> Determinants of Indigenous Health Closing the Gap Traditional dietary healing practices
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 influences The sociology of vegetarianism Fast foods, eating out, convenience, and 'dietary individualism' The Family System <ul style="list-style-type: none"> Family dynamics Maternal ideologies and infant feeding 	<ul style="list-style-type: none"> Learning module Discussion forum Pre-module reading



9.	The System and Politics of Food - Part 1: Globalisation & Agribusiness <ul style="list-style-type: none"> ➤ Food manufacture and agribusiness <ul style="list-style-type: none"> ⌚ Public perception of biotechnology and organic farming ⌚ Globalisation versus ruralisation ⌚ Unsustainable food production – origins and alternatives ⌚ The role of supermarkets in food manufacture and choice 	<ul style="list-style-type: none"> ➤ Discussion forum ➤ Pre-module reading Live Webinar with facilitated discussion <ul style="list-style-type: none"> ➤ Defining globalisation ➤ Big Food ➤ Food democracy
10.	The System and Politics of Food - Part 2: Politics & Policies <ul style="list-style-type: none"> ➤ Politics and policy <ul style="list-style-type: none"> ⌚ The medicalisation of food ⌚ Greening of food and labelling ⌚ Dietary guidelines ⌚ Corporate interests 	<ul style="list-style-type: none"> ➤ Learning module ➤ Discussion forum ➤ Pre-module reading
11.	Food, Gender and Ageing <ul style="list-style-type: none"> ➤ Influences of gender on food and nutrition ➤ Gender division of household and food tasks ➤ Cultural and sociological perspectives of ageing on food choice and eating 	<ul style="list-style-type: none"> ➤ Learning module ➤ Discussion forum ➤ Pre-module reading
12.	Eating Disorders, Obesity & Body Image <ul style="list-style-type: none"> ➤ Understanding eating disorders ➤ Exploring the experiences of those with eating disorders and the impact this has on nutritional management ➤ Understanding obesity ➤ Body acceptance: exploring women's and men's self-experiences ➤ Stigmatisations associated obesity and the impact this has on nutritional management 	<ul style="list-style-type: none"> ➤ Learning module ➤ Discussion forum ➤ Pre-module reading Live Webinar with facilitated discussion <ul style="list-style-type: none"> ➤ Final assessment ➤ Eating disorders
13.	Chronic Disease (Diabetes, Cardio-vascular (CVD) and Cancer) <ul style="list-style-type: none"> ➤ Understanding diabetes and CVD from a sociological perspective ➤ Stigmatisations associated with diabetes / CVD and the impact this has on nutritional management ➤ Understanding cancer from a sociological perspective 	<ul style="list-style-type: none"> ➤ Learning module ➤ Discussion forum ➤ Pre-module reading



	<p>➤ Stigmatisations associated with cancer diagnosis and the impact this has on nutritional management</p>	
14.	<p>Non-Teaching Week/Practical Examination Week 1</p> <p>Note that make-up classes may be scheduled in this week</p>	
15.	<p>Non-Teaching Week/Practical Examination Week 2</p> <p>Note that make-up classes may be scheduled in this week</p>	
16.	<p>Final Examination Week 1</p> <p>There is no final exam for this subject</p>	
17.	<p>Final Examination Week 2</p> <p>There is no final exam for this subject</p>	