



CIEE Global Institute – Berlin

Course name:	Food, Nutrition, and Culture
Course number:	FSCI 3001 BRGE
Programs offering course:	Berlin Open Campus, Berlin Global Architecture and Design, Berlin Global Internship
Open Campus Track:	Global and Community Health
Language of instruction:	English
U.S. semester credits:	3
Contact hours:	45
Term:	Spring 2020

Course Description

People eat in order to survive. Eating patterns also tell a story of personal preferences, socio-economic status, and cultural or ethnic background. In this class, students will gain insight into the historical background of several culinary traditions in Germany, their role in modern-day multi-ethnic German society, and contemporary issues related to food consumption and sustainability in food supply. Topics such as obesity, eating disorders, food allergies, food regulation, and the rise of the “gluten-free” trend place the themes in a public health framework.

Learning Objectives

By participating in this course, students will:

- Gain insight into the historical roots of contemporary German cuisine and the influence of nutrition on historical events.
- Gain knowledge of nutrition basics, contemporary food guidelines and how they have changed over time.
- Learn how the field of nutrition was established.
- Taste German food and drink and gain insights into the Berlin culinary scene
- Understand marketing and production practices and how they influence food choice
- Gain insights into how governments and trade policies influence nutrition practices
- Be able to discuss and analyze the science and culture of fad diets and food trends and gain insights into the sociology of taste
- Understand the interrelation of key players in the food industry, including regulatory authorities, corporations, lobbyists, consumer information, and consumer preferences.



Course Prerequisites

None.

Methods of Instruction

This course is taught through short lectures, discussion of the assigned readings, and partner and group work. Active student participation is crucial for the success of the course. That includes careful preparation of the readings and other assigned homework. We realize that the 6-week schedule is intense and crafted the assignments accordingly.

There will be at least three excursions through which students will be introduced to Berlin's food culture. Dates and locations are listed in the course calendar. Excursions are a part of the course and their attendance is mandatory.

Assessment and Final Grade

1. Participation:	20%
2. Discussion Questions/Brief Reflections:	20%
3. Mid-term Exam:	20%
4. Three Short Papers:	15%
5. Final Project:	25%
TOTAL:	100%

Course Requirements

Discussion Questions/Brief Reflections

For each class, there will be short readings and (usually brief) written reactions to be submitted through Canvas and shared with the class. The readings and assignments are the foundation for each class session and it is crucial for the success of the class and everyone's learning to prepare for each session and submit the assignments on time and before class. Please take thorough notes when reading the texts so that you can refer to them during discussions. (You might want to print out the texts.) Assignments must be submitted on Canvas by 1 pm on the day of class (unless otherwise noted). They will be graded according to thoughtfulness of analysis and argument, engagement with the texts, as well as grammar, spelling, and style. Late assignments will not receive credit.

Mid-term Exam



In-class, written exam. Mix of short-answer and essay responses. The midterm exam will consist of material covered during the first three weeks of class, including the readings assigned for those weeks and the in-class discussions.

Three Short Papers

Students will be assigned three short papers throughout the course, each worth 5% with 450 words per submission.

Final Project

The final project will conclude with a 15-minute presentation, conducted in teams assigned by the instructor. Your group will analyze a current food trend represented by a specific site in Berlin (e.g. Coffee Barn in the Café Kranzler; vegetarian butchery in Bergmannstraße) and address nutritional, historical, sociological, cultural aspects. You will present your results in class in sessions 14 and 15. Detailed instructions and ideas for topics will be handed out in the second week of class.

Participation

Participation is valued as meaningful contribution in the digital and tangible classroom, utilizing the resources and materials presented to students as part of the course. Meaningful contribution requires students to be prepared in advance of each class session and to have regular attendance. Students must clearly demonstrate they have engaged with the materials as directed, for example, through classroom discussions, online discussion boards, peer-to-peer feedback (after presentations), interaction with guest speakers, and attentiveness on co-curricular and outside-of-classroom activities.

Attendance Policy

Regular class attendance is required throughout the program, and all unexcused absences will result in a lower participation grade for any affected CIEE course. Due to the intensive schedules for Open Campus and Short Term programs, unexcused absences that constitute more than 10% of the total course will result in a written warning.

Students who transfer from one CIEE class to another during the add/drop period will not be considered absent from the first session(s) of their new class, provided they were marked present for the first session(s) of their original class. Otherwise, the absence(s) from the original class carry over to the new class and count against the grade in that class.



For CIEE classes, excessively tardy (over 15 minutes late) students must be marked absent. Attendance policies also apply to any required co-curricular class excursion or event, as well as to Internship, Service Learning, or required field placement. Students who miss class for personal travel, including unforeseen delays that arise as a result of personal travel, will be marked as absent and unexcused. No make-up or re-sit opportunity will be provided.

Attendance policies also apply to any required class excursion, with the exception that some class excursions cannot accommodate any tardiness, and students risk being marked as absent if they fail to be present at the appointed time.

Unexcused absences will lead to the following penalties:

<i>Percentage of Total Course Hours Missed</i>	<i>Equivalent Number of Open Campus Semester classes</i>	<i>Minimum Penalty</i>
Up to 10%	1 content classes, or up to 2 language classes	Participation graded as per class requirements
10 – 20%	2 content classes, or 3-4 language classes	Participation graded as per class requirements; written warning
More than 20%	3 content classes, or 5 language classes	Automatic course failure , and possible expulsion

Weekly Schedule

NOTE: this schedule is subject to change at the discretion of the instructor to take advantage of current experiential learning opportunities.

Week 1

Class 1:1 Orientation
 Introductions



Syllabus discussion and course overview

Introduction to Nutrition Studies

What is “German” food?

Mini-Excursion to Marheineke Markthalle

Class 1:2 History of German Food:

- Regionalism
- Global influences
- Eating and food in two Germanies

Abendbrot in one of the kitchens together: What Germans eat for dinner

Reading:

Heinzelmann (2014), *Beyond Bratwurst*, 7-10, 291-345

Week 2

Class 2:1 History of Nutrition Studies/Effects of Industrialization

- Since when do we care about a healthy diet?
- History of the industrialization of food/processed foods
- “Culinary Modernism”
- What are Critical Food Studies?

Reading:

Pollan, “Unhappy Meals,” *New York Times*, January 28, 2007, 14 pages

Laudan, “A Plea for Culinary Modernism: Why We Should Love New, Fast, Processed Food.” *Gastronomica* Vol. 1, No. 1 (Winter 2001), 36-44

Biltekoff, “Critical Nutrition Studies,” *The Oxford Handbook of Food History* (2012) 172-195

First Short Paper Due

Class 2:2 Nutrition Basics//History of German Food in the 20th Century

- USDA Dietary Guidelines versus German Nutrition Society Guidelines
- Chronic nutrition-related illnesses (such as diabetes and coronary heart disease)
- German food shortages during times of war

Reading:

Heinzelmann (2014), *Beyond Bratwurst*, 235-290.

Week 3

Class 3:1 Alcohol: Historical, cultural, nutritional aspects

- History of beer and wine in Germany
- The US: between prohibition and beer-drinking
- Cultural and legal differences around alcohol consumption
- Effects of alcohol consumption on health

Reading:

Heinzelmann (2014), *Beyond Bratwurst*, 97-109.

Thompson, H. Paul (2017) "Temperance and Prohibition," *Oxford Research Encyclopedia*,

<http://americanhistory.oxfordre.com/view/10.1093/acrefore/9780199329175.001.0001/acrefore-9780199329175-e-82>

Bräker, Astrid (2016) "Alcohol Drinking Cultures of European Adolescents," *European Journal of Public Health*, vol 26, issue 4, 581-586

<https://academic.oup.com/eurpub/article/26/4/581/2467426>

Class 3:2 Excursion to a local brewery

Week 4

Class 4:1 Too Much of a Good Thing? Diet-related Illnesses/Diets

- Obesity and health risks
- The science and culture behind fad diets

Reading:

Foxcroft, Louise (2011), *Calories and Corsets: A History of Dieting over 2000 Years*. London: Profile Books, 195-213.

Campos, Paul. "The Epidemiology of Overweight and Obesity: Public Health Crisis or Moral Panic?" *International Journal of Epidemiology* 35 (February 2006) 55-60.



Second Short Paper Due

Class 4:2 Food Marketing and Consumption Patterns

- How to read food labels
- U.S. and EU health claims
- Food advertising to adults and children

Reading:

Moss, Michael (2014), *Salt, Sugar, Fat. How the Food Giants Hooked Us*, London: WH Allen, 3-51.

Aschemann-Witzel, Jessica et al. (2013), "Effects of Nutrition Label Format and Product Assortment on the Healthfulness of Food Choice." *Appetite* 71, 63-74.

Week 5

Class 5:1 Sustainable food production and voting with your wallet
Genetically engineered crops vs. the EU Precautionary Principle
Pesticide, hormone, and antibiotic use
Food, Inc. excerpt screening and discussion

Reading:

Read Parke Wilde, *Food Policy in the U.S.*, Ch. 4 "Food and agricultural trade", pp. 56-65 and 69-72

Class 5:2 Excursion: Tour of Markthalle 9 with author Ursula Heinzelmann

Third Paper Due

Week 6

Class 6:1 Food Fights: Food and Family

- Food and family tradition
- Ethnic traditions

Project Presentations

Reading:

Wilson, Bee (2015) *First Bite: How We Learn to Eat*, London: Fourth Estate, 73-106

Class 6:2 Food and Identity

- American food psyche
- Food trends and identity

Project Presentations

Reading:

Egan, Sophie (2016), *Devoured: How What We Eats Defines Who We Are*, New York: Harper Collins, 1-47

Weinreb, Alice (2011), "The Tastes of Home: Cooking the Lost Heimat in West Germany in the 1950s and 1960s." *German Studies Review*, Vol. 34, No. 2, 345-364

Readings

Aschemann-Witzel, Jessica et al. "Effects of Nutrition Label Format and Product Assortment on the Healthfulness of Food Choice." *Appetite* 71 (2013) 63-74.

Biesalski, Hans Konrad. *Hidden Hunger in the Developed World*. Berlin: Springer Berlin Heidelberg, 2013.

Biltekoff, Charlotte. „Critical Nutrition Studies.“ *Oxford Handbook of Food History*. Oxford: Oxford UP, 2012. 172-195.

Bräker, Astrid (2016) "Alcohol Drinking Cultures of European Adolescents," *European Journal of Public Health*, vol 26, issue 4, 581-586.

<https://academic.oup.com/eurpub/article/26/4/581/2467426>

Campos, Paul. "The Epidemiology of Overweight and Obesity: Public Health Crisis or Moral Panic?" *International Journal of Epidemiology* 35 (February 2006) 55-60.

Egan, Sophie. *Devoured: How What We Eat Defines Who We Are*. New York: Harper Collins, 2016.

Foxcroft, Louise. *Calories and Corsets: A History of Dieting over 2000 Years*. London: Profile Books, 2011.

Heinzelmann, Ursula. *Beyond Bratwurst*. London: Reaktion Books, 2014.

Laudan, Rael. "A Plea for Culinary Modernism: Why We Should Love New, Fast, Processed Food." *Gastronomica* Vol. 1, No. 1 (Winter 2001), 36-44.



Milio, Nancy, and Helsing, Elisabet, eds. *European food and nutrition policies in action*. WHO Regional Publications, European Series, No. 73 (1998).

Nestle, Marion. *Food Politics: How the food industry influences nutrition and health*. University of California Press (2013).

Noah, Lars. "Genetic Modification and Food Irradiation: Are those strictly on a need-to-know basis?" *118 Penn St. L. Rev.* 759 (Spring 2014).

Pollan, Michael. *In Defense of Food*. New York: Penguin, 2008.

Schlosser, Eric. *Fast Food Nation*. Houghton Mifflin Harcourt, 2006.

Thompson, H. Paul (2017) "Temperance and Prohibition," *Oxford Research Encyclopedia*, <http://americanhistory.oxfordre.com/view/10.1093/acrefore/9780199329175.001.0001/acrefore-9780199329175-e-82>

Weinreb, Alice. "The Tastes of Home: Cooking the Lost Heimat in West Germany in the 1950s and 1960s." *German Studies Review*, Vol. 34, No. 2 (May 2011), pp. 345-364.

Wilde, Parke. *Food Policy in the United States: An Introduction*. Oxford, UK: Routledge, 2013.