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Course title:	The interplay of cultures, food, eating and drinking: the case of Berlin
Track:	A-Track
Language of instruction:	English
Contact hours:	72 (6 per day)
ECTS-Credits:	6

Course description

This course builds upon concepts in basic nutrition to promote the understanding of how socio-cultural, environmental and psychological factors influence eating habits and health. Implications for health practitioners, health educators and for anyone interested in food and culture will be discussed.

Students will be exposed to long-standing culinary traditions and explore changes occurring in recent years and reasons for these changes, with a focus on Germany and Berlin. The course will familiarize students with the history of Berlin through foods and traditions introduced through the years and their connection to historical events. Further, the course will promote the understanding of Berlin's immigrant populations through the examination of the diverse range of food options available in the city. Food options will also be examined with regards to refugee populations to promote understanding of the situation of a range of different groups in the city.

A number of experiential learning activities will underline the students understanding of the city's culinary traditions. These learning activities will include: 1) A tour of Berlin's breweries to understand the city's old brewing tradition and the more recent establishment of microbreweries, 2) a visit to the currywurst vendors in the city, as currywurst is known as the most popular street food in Berlin, and 3) a visit to the Kreuzberg district to examine the diverse food options available and reflect on the composition of Berlin's immigrant community and the place of immigrants in German society. While the experiential activities have a limited focus given time constraints, course discussion will focus on a number of other foods and characteristics of the German diet.

In analyzing the culinary traditions of immigrants in Berlin, there will also be a discussion of the recent influx of refugees and the influence this may have on German society, traditions, and food. The activities planned will expose students to the diversity of food-related practices in Berlin, and course assignments will help them to connect these practices with the history of Germany and the changes that have occurred in the country's composition and identity.

Course learning outcomes:

- Students will be able to identify and analyze the complex interconnections between socio-cultural, environmental and psychological factors and eating habits and health.
- Students will be able to explain how his/her food cultural biases can affect his/her ability to interact and understand individuals from another culture.

- As a result of critically analyzing articles and text linking food and culture, students will be able to identify the historical events that shaped German food culture and describe the complexity of German food culture today.

Student profile

We welcome students from all disciplines who are interested in learning more about the various influences on eating behavior and how culture in particular affects eating.

Prerequisites

An elementary knowledge of nutrition is welcome but not necessary.

Course Requirements

Each student is expected to 1) read and understand appropriate sections in the text and other reference materials, 2) be prepared to share and discuss this information with the class. Sharing findings and leading a discussion towards the end of class will be expected of all students. Students will be required to hold **one presentations**, to complete **homework assignments**, to **attend** each class, and to write the **final examination**.

Grading

Oral communications assignments: 30%
 Homework: 30%
 Attendance/participation: 15%
 Final examination: 25%

Literature

A reader will be provided at the orientation meeting. It will include texts from:

- Everyone eats: Understanding Food and Culture. 2nd Edition. 2014. EN Anderson. NY University Press.
- Food Culture in Germany. 2008. Ursula Heinzelmann. Greenwood Press, Westport, CT.

Course schedule

Date	Program*
Monday, May 27, 2019	Historical Overview of Food Culture in Germany Geohistorical information; migration throughout history and variety of region cuisines in Germany, regional differences before industrialization
Thursday, May 30, 2019	Historical Overview of Food Culture in Germany (Continued) Onset of industrialization, effects of industrial revolution, split between East and West Germany, reunification and food culture
Monday, June 3, 2019	Concepts of Basic Nutrition Macro- and micro-nutrients, planning a balanced diet, dietary guidelines
Thursday, June 6, 2019	Introduction to Major Foods and Ingredients in Germany Home production and shopping, starches, spelt, potatoes, dumplings, rice, seeds, meat, fish, dairy, discussion of differences according to subcultures

Monday, June 10, 2019	Beyond Nutritional Needs: Other Influences on Eating Influences on eating such as social influences, food preferences, emotional state
Thursday, June 13, 2019	Cooking and Typical Meals in Germany Women's standing in the kitchen and state, the kitchen, techniques and tools
Monday, June 17, 2019	The Senses and Eating Effect of food customs in the home on food preferences, perception of sweet, salty, bitter and relation to food habits
Thursday, June 20, 2019	Eating Out in Germany Cafeterias, restaurants, eating outdoors, cafes and pastry shops, ethnic restaurants, street food, food options available outside the home as a reflection of diverse groups and food habits in Germany
Monday, June 24, 2019	Basics: Environment and Economy Foods produced in Germany, sustainability and diet, economic resources and food choices of diverse populations
Thursday, June 27, 2019	Special Occasions and Food Sonntag, Kaffee and Kuchen, birthdays
Monday, July 1, 2019	Food as Pleasure Overview of ways foods are "spiced up" in Germany such as use of wild herbs, fermentation processes, etc.
Thursday, July 4, 2019	Diet & Health Laws and regulations, food scares and scandals, a healthy diet in Germany, overweight and obesity Final Exam

*Field trips are subject to change depending on the availability of appointments and speakers. On field trip days, class hours may be adjusted. Please note that costs for food during field trips is generally not included in the tuition.