

# HUM 201 : Food, Culture and Nutrition

This course examines various cultural and social influences on food systems, food preferences, food related behaviors, nutritional status and health beliefs. The role that food plays in personal and group identity formation as well as how culture is preserved and transmitted through food also will be explored. Students will demonstrate an awareness of cultural competence by confronting their own ethnocentric assumptions about the culture and foodways of others and themselves.

**Credits** 3