

THE EDUCATION UNIVERSITY OF HONG KONG
Course Outline

Part I

Programme Title	: General Education
Programme QF Level	: 5
Course Title	: Food, Culture and Lifestyle
Course Code	: GEG1024
Department	: International Education and Lifelong Learning (IELL)
Credit Points	: 3
Contact Hours	: 39
Medium of Instruction	: EMI/CMI
Course Level	: 1

Part II

The University's 4Cs Learning Framework and seven Generic Intended Learning Outcomes (GILOs) represent the attributes of ideal EdUHK graduates and their expected qualities respectively. Learning outcomes work coherently at the University (GILOs), programme (Programme Intended Learning Outcomes) and course (Course Intended Learning Outcomes) levels to achieve the goal of nurturing students with important attributes embodied in the 4Cs.

The 4Cs are:

- Character and moral responsibility
- Competence and professional excellence
- Cultivation of wisdom and intellectual engagement
- Civic-mindedness & social responsibility

The seven GILOs are:

1. Problem Solving Skills
2. Critical Thinking Skills
3. Creative Thinking Skills
- 4a. Oral Communication Skills
- 4b. Written Communication Skills
5. Social Interaction Skills
6. Ethical Decision Making
7. Global Perspectives

1. Synopsis

Why do Chinese eat pork but Jewish don't? Why Asians eat insects but Americans don't? Why do many people prefer unhealthy fast foods? This course aims to expose students to interdisciplinary perspectives on food culture in our globalised society. Drawing on literature from anthropology, sociology and nutrition, the course will ask students to examine food culture in our lives, and to critically assess personal, cultural, social and policy debates toward food choice and dining habit. One specific objective will help students understand food culture in different perspectives and issues: including nutrition, taste and pleasure, religion and taboo, custom and cultural meaning, art and medicine, politics, food safety, fair trade and right of consumer. Moreover, students will be encouraged to explore the relationship between food culture and social change including industrialization and globalization. The course will draw extensively on students' live experiences and help students develop the awareness of food choice in the globalised world.

The course will include short and provocative lectures. Students will be required to undertake article reading, class discussions, debates, visits and group research projects.

2. Course Intended Learning Outcomes (CILOs)

Upon completion of this course, students will be able to:

- CILO₁ Understand the issues about food including nutrition, taste and pleasure, religion and taboo, custom and cultural meaning, food politics, food safety, fair trade and right of consumer.
- CILO₂ Apply the knowledge in this course to design a healthy lifestyle and food choice nowadays in the Hong Kong context.
- CILO₃ Construct ethical and thoughtful responses to the issues of food safety, food politics, consumer right and cultural meaning of food in the globalised world.
- CILO₄ Reflect the issues of food with their life experiences and express their own ideas by developing perspectives from different subject.
- CILO₅ Develop a global awareness and perspective on food issues, and be mindful of the influence of industrialization and globalization on our food choice and lifestyle.

3. Content, CILOs and Teaching & Learning Activities

Course Content	CILOs	Suggested Teaching & Learning Activities
a. Morals and cultural meaning: What are the morals and cultural meanings of food in special festivals in Hong Kong context and other cultural context? Is there interesting story?	CILO ₁ CILO ₂ CILO ₃ CILO ₄	Lecture & Tutorial discussion; Video; Presentation of the students
b. Taste and pleasure: What and how taste influences the food choice and lifestyle of people?	CILO ₁ CILO ₂ CILO ₄	Lecture & Tutorial discussion; Video; Games about taste of food
c. Feeding the hungry and Nutrition: What are the basic nutrition requirements that human beings need?	CILO ₁ CILO ₂ CILO ₄	Tutorial discussion; Video; Presentation of the students
d. Eating Out and Food Writing Why do we eat-out? How food	CILO ₁ CILO ₂	Tutorial discussion; Field work observation;

writing influence our food choice?	CILO ₄	Presentation of the students
e. Food industry and consumption: How and why did the food industry start? How food industrialization influences our lifestyle?	CILO ₁ CILO ₄ CILO ₅	Lecture & Tutorial discussion; Video; Presentation of the students Guest workshop about food consumption;
f. Politics, nutrition and Food choice: What is the relationship between politics and food choice? How consumers' rights are limited in the market?	CILO ₁ CILO ₃ CILO ₄ CILO ₅	Lecture & Tutorial discussion; Video; Presentation of student
g. Religion and taboo: What are the taboos on food in various religious traditions?	CILO ₁ CILO ₂ CILO ₃ CILO ₄	Lecture & Tutorial discussion Visit(s) to various religious organization and have meal Presentation of the students
h. Globalization: How does globalization influence our food choice and lifestyle?	CILO ₁ CILO ₄ CILO ₅	Tutorial discussion; Video; Field work observation; Presentation of the students
i. Summary: Reflection on food and culture	CILO ₁ CILO ₄ CILO ₅	Lecture & Tutorial discussion; Video; Presentation of the students

4. Assessment

Assessment Tasks	Weighting (%)	CILO
a. Class participation	20%	CILO _{1, 2, 3, 4, 5}
b. Tutorial Presentation	30%	CILO _{1, 2, 3, 4, 5}
c. Individual Paper	50%	CILO _{1, 2, 3, 4, 5}

5. Required Text(s)

1. Anderson E. N. (2005). *Everyone Eats: Understanding Food and Culture*. New York: New York University Press.
2. Ashley, B. (et al) (2004). *Food and Cultural Studies*. London & New York: Routledge.
3. Coveney, J. (2006). *Food, morals and meaning: the pleasure and anxiety of eating*. London; New York: Routledge.

6. Recommended Readings

Book:

1. Bailey, Garrick, James Peoples. (2012). *In Humanity: An Introduction to Cultural Anthropology*. Belmont, CA: West/Wadsworth.
2. Beardsworth, A. (1997). *Sociology on the Menu: An invitation to the study of food and society*. London & New York: Routledge.
3. Fernández-Armesto, Felipe. (2001). *Food: a history*. London: Macmillan.
4. Padmanabhan, C. (1999). *Dakshin: vegetarian cuisine from South India*. Singapore: Periplus.
5. Simoons, F. J. (1994). *Eat not this flesh: food avoidances from prehistory to the present*. Madison: University of Wisconsin Press.

6. Nestle, M. (2002). *Food politics: how the food industry influences nutrition and health*. Berkeley, CA: University of California Press, c2002.
7. Singer, P. (2006). *The way we eat: why our food choices matter*. New York: Holtzbrinck Publishers.
8. Telfer, E. (1996). *Food for thought: philosophy and food*. New York: Routledge.
9. Watson, J. W. & Caldwell, M. L. (ed.). (2005). *The Cultural Politics of Food and Eating: A Reader*. Australia: Blackwell.
10. Wu, Y.H. & Cheung, C.H. (2002). *The Globalization of Chinese Food*. Richmond: Curzon press.
11. 安德森著；馬纓、劉東譯（2002）：《中國食物》，南京，江蘇人民出版社。
12. 哈里斯著；黃晴譯（1988）《文化的起源》，北京，新華書店。
13. 哈里斯著；葉舒憲，盧曉輝譯（2001）：《好吃：食物與文化之謎》，濟南市：山東畫報出版社。
14. 涂爾幹著（1992）：《宗教生活的基本形式》，台灣，桂冠圖書股份有限公司。
15. 康樂（2001）：《佛教與素食》，臺北，三民書局股份有限公司。
16. 菲立普·費南德茲-阿梅斯托著；韓良憶譯（2005）：《食物的歷史》，台北縣新店市，左岸文化。
17. 馬克·克朗斯基著；彭優慧譯（1999）：《鱈魚之旅》，台北，新雨出版社。
18. 華琛主編，2007：《飲食全球化：跟著麥當勞，深入東亞街頭》，台北，早安財經。
19. 華琛、華若璧編，2011：《鄉土香港：新界的政治、性別及禮儀》，香港，香港中文大學。
20. 傑克·古迪；林為正、王榮欣、沈南山譯，2012：《烹飪、菜餚與階級》，台北，廣場出版。
21. 艾瑞克·西洛瑟、查理斯·威爾森著；張書華譯 2008：《速食的恐怖真相》，新店市，世潮出版有限公司。
22. 馬克·潘德葛瑞斯特，1994：《可口可樂王朝：百年企業，江山傳奇與掌門人春秋》，台北，時報出版。
23. 彭慕蘭、史蒂夫·托皮克著；黃中憲譯，（2007）：《貿易打造的世界：社會、文化、世界經濟，從1400年到現在》，臺北，如果出版社。
24. 威爾·塔托著；蘇小歡，龍敏君譯，（2012）：《和平飲食：素食理論的聖經》，台北市：原水文化。
25. 王明珂，（1997）：《華夏邊緣：歷史記憶與族群認同》，台北：允晨文化。
26. 王明珂著，（2009）：《游牧者的抉擇：面對漢帝國的北亞游牧部族》，臺北市：中央研究院：聯經出版事業股份有限公司。
27. 卡魯姆·羅伯茨，（2014）：《獵殺海洋：一部自我毀滅的海洋與文明史》，臺北市：我們出版。
28. 費爾南·布勞岱爾著；施康強、顧良譯，（2012）：《15至18世紀的物質文明、經濟和資本主義》，新北市：廣場出版社。
29. Cwiertka, Katarzyna J.著；陳玉箴譯，（2009）：《飲食、權力與國族認同：當代日本料理的形成》，台北縣永和市：韋伯文化國際出版有限公司。
30. 露易絲·福克斯克羅夫特著；王以勤譯，（2014）：《卡路里與束身衣：節食、瘦身、飲食，及人類兩千年來與肥胖奮鬥的歷史》，臺北市：麥田。
31. 張展鴻，（2009）：《漁翁移山：香港漁業民俗誌》，香港：上書局出版社。
32. 傑佛瑞·史密斯著；張木屯譯，（2012）：《欺騙的種子：揭發政府不想面對、企業不讓你了解的基因改造滅種黑幕》，臺北市：臉譜出版。
33. 羅伯·魯斯提著；連緯晏譯，（2013）：《雜食者的詛咒：當一卡路里不是一卡路里，食品工業的黑心糖果屋》，新北市：大牌出版。

34. 傑克·顧迪著；楊惠君譯，(2004)：《飲食與愛情：東方與西方的文化史》，台北市：聯經出版事業股份有限公司。
35. 碧·威爾森著；周繼嵐譯，(2012)：《美味詐欺：黑心食品三百年》，新北市：八旗文化。
36. 鄭宏泰、黃紹倫著，(2005)：《香港米業史》，香港：三聯書店。

Documentary video:

1. 亞洲電視有限公司。(2005)。食物銀行。香港：亞洲電視。
2. 亞洲電視有限公司。(2007)。化妝食物 心燃計劃 2。香港：亞洲電視。
3. 亞洲電視有限公司。(2007)。有機食物。香港：亞洲電視。
4. 亞洲電視有限公司。(2007)。食物標籤 心燃計劃。香港：亞洲電視。
5. 亞洲電視有限公司。(2005)。大牌檔。香港：亞洲電視。
6. 電視廣播有限公司。(2006)。「毒」蛋風波 挑戰馬英九。香港：電視廣播有限公司。
7. 電視廣播有限公司。(2006)。學童飯盒 垃圾革命。香港：電視廣播有限公司。
8. 電視廣播有限公司。(2007)。食物恐慌。香港：電視廣播有限公司。
9. 電視廣播有限公司。(2007)。鱈魚變油魚 風車發電。香港：電視廣播有限公司。
10. 香港電台電視部。(2007)。寧可食無肉。香港：香港電台。
11. 張虹。(2003)。平安米。香港：Reality Film Production。
12. 李安。(2003)。飲食男女。香港：美亞娛樂。
13. 公共電視。(2013)。反哺大地。台北：財團法人公共電視文化事業基金會。
14. Michael Kuehnert。(2011)。搶救農地大作戰。台北：台聖。
15. Kenner Robert, Schlosser Eric, Pollan Michael, Hirshberg Gary, Salatin Joel. (2008). *Food, Inc.. Hong Kong: Distributed by Deltamac (Hong Kong) Company.*
16. Richard Robinson, Michael McKennirey. (1971). *People of the Seal. Eskimo Winter.* London: The Corp.
17. Television Broadcasts Limited (Hong Kong, China). Public Affairs Dept. (2006). *Fast food chains stocks with potential; post-natal nannies; radio-controlled car.* Hong Kong: Television Broadcasts Ltd.

7. Related Web Resources

1. International Commission on the Anthropology of Food <http://icafood.eu/>
2. World Food Habits <http://lilt.ilstu.edu/rtdirks/>
3. Food and culture <http://www.utexas.edu/courses/stross/bibliographies/foodbib.htm>

8. Related Journals

1. *British Food Journal*
2. *International journal of food sciences and nutrition*
3. *Journal of food and culture*
4. *Journal of food science and technology*
5. *Journal of food science education*

9. Academic Honesty

The University adopts a zero tolerance policy to plagiarism. For the University's policy on plagiarism, please refer to the *Policy on Academic Honesty, Responsibility and Integrity with Specific Reference to the Avoidance of Plagiarism by Students* (<https://www.eduhk.hk/re/modules/downloads/visit.php?cid=9&lid=89>). Students should familiarize themselves with the Policy.

10. Others