HIBBING COMMUNITY COLLEGE
COURSE OUTLINE

COURSE TITLE & NUMER: HIST 1300 - The History of Food and Culture
CREDITS: 3 (1.5 Lec/ 1.5 Lab)
PREREQUISITES: None

CATALOG DESCRIPTION:
The History of Food and Culture is a course designed to introduce students to food’s place in the culture and history of selected world geographical areas (regions may change with each new offering of the course). The student will mix learning in the classroom and/or online and in the culinary lab. Elements of culinary science, history, anthropology, religion, and geography will be included in course materials. This class may be repeated once for elective credit. MNTC Goal Areas: (5) History/Social Behavioral Sciences and (8) Global.

OUTLINE OF MAJOR CONTENT AREAS:
I. Interrelationships: The history of food and culture
   A. First world cuisine: food and culture in the Old World.
   B. The Columbian exchange: The New World’s gift to the old.
   C. Industrialization and cuisine: food in the Industrial Age.
   D. Empire, emigration, and migrant cuisines: food and its place in the world.
   E. Globalization and an international cuisine: 1945-Present
II. Foods of the World
   A. European cuisine
   B. African cuisine
   C. Middle eastern cuisine
   D. Asian cuisine
   E. American cuisine
III. Prepping the palate: preparing cuisines of the world
   A. Tools of the trade: ingredients
   B. Tools of the trade: implements
   C. The industrial kitchen
   D. Practicing culinary pluralism

COURSE GOALS/OBJECTIVES/OUTCOMES:
Students will
1. identify on a map the regions of the world that were studied.
2. describe the interrelationships between food and culture during each of the five distinct historical eras.
3. explain historical and cultural differences between traditional and modern cuisines in each of the cultures studied.
4. explain the role food plays in the rituals and ceremonies of each of the cultures studied.
5. identify on a map the movement of traditional cuisines to new locations as immigration and migration occurred.
6. explain the changes in cuisines as traditional cuisines accompanied immigrants and migrants to new locations.
7. identify the technological changes and changes in culinary tools that occurred with each of the cuisines studied.
8. identify foods and their ingredients that were native to the Old World (Europe, Africa, Asia, the Middle East).
9. identify those foods and ingredients from the New World (the Americas) introduced to the Old World after 1492.
10. explain the impact of selected New World foods (the potato, tomato, peanuts, chocolate, corn) on the Old World.
11. chart on a map the migration of foods and food preparation techniques during various historical eras.
12. list the scientific and technological innovations during the Industrial Age (1750-1900) that affected food predation.
13. describe the impact technological innovations like refrigeration, canning, and freeze drying had on food preparation.
14. identify the foods and food preparation techniques exchanged between European colonial powers and their colonies.
15. identify mass merchandising and advertising’s impact on cuisine and dining habits in the late 19th century.
16. identify the impact mass merchandising and advertising’s impact cuisine and dining habits after 1945.
17. describe globalization’s impact on modern cuisine.
18. explain food’s social and cultural roles in each of the cultures studied.
19. identify historical and cultural influences that produced each culture’s cuisine.
20. describe the relationship between religious beliefs and food in each culture studied.
21. identify the effects of food production on each region’s landscape and physical and cultural environment.
22. locate and identify on a map the geographical source for the ingredients for each culture studied.
23. explain methods of growing and/or harvesting ingredients contained in the cuisine for each culture studied.
24. identify one of the regions studies by the ingredients used in a recipe.
25. identify culinary terms as they pertain to the cultures studied.
26. identify the spices and condiments from the regions studied and how they are used in recipes.
27. identify the basic food safety and sanitation practices.
28. identify the following: paring knife, peeler, channel knife.
29. prepare a menu for the applicable salads, soups, and seafood, meat, vegetable, starch, and dessert dishes from the regions studied.
30. explain the menu structure and style of service from a specific region studied.
MN GOALS AND COMPETENCIES MET:
History and Social and Behavioral Sciences.
Global Perspectives

HCC COMPETENCIES MET:
Working Productively and Cooperatively
Communicating Clearly and Effectively
Thinking Creatively and Critically
Social/Civic Responsibility

STUDENT CONTRIBUTIONS:
The student is expected to
1. be on time for class.
2. bring to class their notes, text, notepad, pen/pencil.
3. be correctly dressed for the culinary lab.
4. participate in class activities.
5. participate in lab activities.
6. hand in assignments when due.
7. spend the necessary time required to complete all assignments and the final exam with a passing grade.

STUDENT ASSESSMENT SHALL TAKE PLACE USING INSTRUMENTS SELECTED/DEVELOPED BY THE COURSE INSTRUCTOR.

SPECIAL INFORMATION: (SPECIAL FEES, DIRECTIVES ON HAZARDOUS MATERIALS, ETC.):
A special course fee will be assessed to cover the costs of ingredients for the food prepared as part of course requirements.

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<th>AASC APPROVAL DATE:</th>
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