

HCTM-126: CULTURES AND CUISINES

Effective Term

Fall 2026

CC Approval

09/19/2025

AS Approval

10/09/2025

BOT Approval

10/16/2025

COCI Approval

02/07/2026

SECTION A - Course Data Elements

CB04 Credit Status

Credit - Degree Applicable

Discipline

Minimum Qualifications	And/Or
Culinary Arts/Food Technology (Any Degree and Professional Experience)	

Subject Code

HCTM - Hospitality, Culinary and Tourism Management

Course Number

126

Department

Hospitality, Culinary and Tourism Management

Division

Career Education and Workforce Development (CEWD)

Full Course Title

Cultures and Cuisines

Short Title

Cultures and Cuisines

CB03 TOP Code

1307.10 - *Restaurant and Food Services and Management

CIP Code

52.0901

CB08 Basic Skills Status

NBS - Not Basic Skills

CB09 SAM Code

D - Possibly Occupational

Rationale

The proposed changes to the SLO's will reflect an updated and more accurate assessment of the class and student's learning outcomes.

SECTION B - Course Description

Catalog Course Description

This course explores cuisines with a focus on the geographic, historic, cultural, religious, and economic influences that shape food availability and consumption. Students will examine how diversity shapes cultural food patterns. Additionally, this course will examine women's contribution to the culinary world.

SECTION C - Conditions on Enrollment

Open Entry/Open Exit

No

Repeatability

Not Repeatable

Grading Options

Letter Grade or Pass/No Pass

Allow Audit

Yes

Requisites

SECTION D - Course Standards

Is this course variable unit?

No

Units

3

Lecture Hours

54

Outside of Class Hours

108

Total Contact Hours

54

Total Student Hours

162

Distance Education Approval

Is this course offered through Distance Education?

Yes

Online Delivery Methods

DE Modalities	Permanent or Emergency Only?
Entirely Online	Permanent

SECTION E - Course Content

Student Learning Outcomes

Upon satisfactory completion of the course, students will be able to:

1. Demonstrate the understanding of the interrelationships of world cuisines.
2. Identify the impact of religion on a particular group's cuisine and diet.
3. Identify the impact of geography and it's weather on the types of foods that can be grown for consumption.

Course Objectives

Upon satisfactory completion of the course, students will be able to:	
1.	Discuss the concept of culture and the impact of culture on foods, eating practices, and meal, and/or dining patterns of different cultural/ethnic groups in the world.
2.	Identify traditional foods of at least five major cultures and/or ethnic groups in the world that have influenced the foods now being eaten in the United States - both at home and in commercial and non-commercial food service operations.
3.	Identify traditional foods of major cultures and/or ethnic groups in the United States, including African-American, Latino, Native American, and Asian American.
4.	Describe the traditional food preparation methods and meal and/or dining patterns of at least five major cultures and/or ethnic groups in the world today.
5.	Discuss the relationship of geography with the foods grown and utilized in different regions of the world, both traditionally and today.
6.	Identify current food preparation methods and popular food products that are a fusion of foods and/or preparation procedures from diverse cultures.
7.	Describe the impact of religion on traditional food usage and meal/dining practices, and the continuing influence of religion on the foodways today.
8.	Analyze the "flow" of foods throughout geographic areas of the world in conjunction with the historic migration of cultures.
9.	Appreciate the impact of foods and dining practices on the development of culture and cultural behavior patterns, both historically and in the present.
10.	Discuss the relationship between food production and food consumption and the economical status of various cultures, both historically and today.
11.	Identify critical issues in food product development, bio-engineering, and agricultural economics which currently impact the food supply, preparation methods, and cultural food practices in the world today and may potentially have significant impact in the future.
12.	Discuss the contributions and impacts of women on cuisine in various cultures.

Course Content

1. Definition of Cuisine
2. A Framework for Culture and Cuisine
3. Foundations and Influences of International Food & Culture
4. Food, Religion, and Cuisine
5. International Cuisine
 - a. Italian, French, British, Scandinavian, Central and Eastern Europe, Spain and Portugal, Greece and Middle East, Africa, India, China, Southeast Asia, Korea, Japan, and Americas: Central, South, Mexico, Caribbean, Canada
6. United States
 - a. Northeast, Mid-Atlantic, Southeast, Midwest, Northwest, California, Hawaii, Southwest
 - b. African-American, Latino, Native American, Asian American
7. Women and Cuisine

Methods of Instruction

Methods of Instruction

Types	Examples of learning activities
Lecture	Lectures on various cultures and their cuisines.
Discussion	Instructor led discussions on cultural influences on various cuisines.
Field Experience	Visiting different cultural venues to compare and contrast experiences with specific cuisines.

Online Adaptation

Types	Examples of learning activities
Activity	Students will read articles and watch videos, to then answer questions, as a way to facilitate discussions between themselves and the instructor.

Instructor-Initiated Online Contact Types

Announcements/Bulletin Boards

Discussion Boards
E-mail Communication
Video or Teleconferencing

Course design is accessible

Yes

Methods of Evaluation

Methods of Evaluation

Types	Examples of classroom assessments
Essays/Papers	Students are required to read assigned selections and watch videos, then answer questions in essay form.

Assignments

Reading Assignments

Assigned readings throughout the course.

Writing Assignments

Students will research a culture and prepare a virtual meal from that culture during a presentation to the class. Examples of this include "Students research the origin of Mexican cuisine, and then relate how it contributes to California/American cuisine.

Outside-of-Class Assignments

Example: Students will research the origins of assigned cuisines, examples Hispanic cuisines, "soul food," Filipino cuisine, etc. After research students will discuss the affects of culture, climate, terroir, etc. on the development of cuisines. This will then be presented to the class. Example: Visit an ethnic restaurant and discuss offerings and tie to traditional cuisine from that culture. What impact does "Americanization" have on the cuisine here in the US?

SECTION F - Textbooks and Instructional Materials

Material Type

Textbook

Author

Linda Civitello

Title

Cuisines & Culture: A History of Food & People

Edition/Version

3rd Edition

Publisher

Wiley

Year

2012

Rationale

It is a well written, interesting book that is an easy approachable read, that clearly outlines the impacts of cultures on cuisines.

ISBN #

9780470403716, 0470403713

SECTION G - Diversity, Equity and Inclusivity

How does your course and/or course outline of record reflect strategies for accommodating and engaging diverse student populations, advancing equitable outcomes, and fostering inclusion for all students?

Needs DEI statement

Course Codes (Admin Only)

CB00 State ID

CCC000591836

CB10 Cooperative Work Experience Status

N - Is Not Part of a Cooperative Work Experience Education Program

CB11 Course Classification Status

Y - Credit Course

CB13 Special Class Status

N - The Course is Not an Approved Special Class

CB23 Funding Agency Category

Y - Not Applicable (Funding Not Used)

CB24 Program Course Status

Program Applicable

Allow Pass/No Pass

Yes

Only Pass/No Pass

No