NMDS111: Sociology of Food

As students in the 'knowledge-age', you are increasingly confronted with a vast array of information that is sometimes conflicting and contested. As students and practitioners, you must be able to seek, evaluate and synthesise information, and be active participants in the development of your own knowledge and understanding. Subsequently, you will become more responsive and dynamic practitioners who are able to ensure your ongoing capacity to effectively work within the changing nature and demands of society and enhance the field of Natural Health Practice.

How to best utilise directed self-learning

This Subject Study Guide (SSG) has been produced to assist you to explore, investigate, critically analyse and evaluate the principles and practice in this subject of study and to encourage you to achieve deeper levels of learning. As an approach to study, it is suggested that you read the questions for each session first. These questions will guide you through your reading, note-taking and research.

The following suggestions will assist you to pre-read effectively:

- Highlight the key points during your pre-readings.
- In the case of lengthy readings or documents, summarise and write your own synopsis.
- Answer questions or complete activities as directed.
- Jot down any queries, questions or concerns for discussion.

References to chapters, sections, page numbers of the set text in this document may apply to:

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Set Text Requirements:


Recommended general readings:

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WEEK 1: The Social Determinants of Health; and Introduction to Food, Culture, Society and the Individual

In-class Lecture 2 hours, ¼ hour break, Tutorial 0.75 hour

Session Aims
This session will provide opportunities for students to:

- Become familiar with the Student Subject Guide and the Learning Outcomes and Assessment Tasks for this Subject of Study.
- Introduce the Social Determinants of Health
- Introduce the underpinnings of Sociology

Session Topics

- The Social Determinants of Health
- What is Sociology?
- Where did Sociology come from?
- Sociology and nutritional medicine management
- Overview of factors which impact on food choices
- Social science perspectives and social theory to understand food and nutrition issues
- The value of qualitative research in nutrition

Session Overview
This session gives an introduction to The Social Determinants of Health and an underpinning of the principles and philosophies of sociology. The session focuses on the introduction to the concepts and language of sociology to enable the students to develop a sociological perspective.

Week 1 Activities

For this session you are recommended to complete the following:

🗂  View the PowerPoint presentation that accompanies this session.
📖  Complete the session readings:

Recommended Reading: Textbook:

Additional Reading
The reading materials listed below are in addition to the texts recommended for the subject but will add further to the students understanding of the topics covered.

Optional Readings:


http://www.who.int/social_determinants/advocacy/UN_Platform_FINAL.pdf?ua=1

Complete the tutorial activities associated with this session.
WEEK 2: The Determinants of Food Choice

In-class Lecture 2 hours, ¼ hour break, Tutorial 0.75 hour

Session Aims
This session will allow students to:
• Use social science perspectives and social theory to understand the social determinants of food choice

Session Topics

• Examine social science perspectives and social theory to understand food and nutrition issues

Session Overview
This session gives an introduction to the underpinning principles and philosophies of the social determinants of food choice. The session focuses on the cultural and social factors that influence dietary choice

Week 2 Activities

For this session you are recommended to complete the following:

 pena
 View the PowerPoint presentation that accompanies this session.

 Complete the session readings:

Recommended Reading:

Additional Reading
The reading materials listed below are in addition to the texts recommended for the subject but will add further to students understanding of the topics covered.

Optional Reading:

 Complete the tutorial activities associated with this session.
WEEK 3: Managing Dietary Change: Theoretical Approaches and Practice

In-class Lecture 1.5 hours, ¼ hour break, Tutorial 1.25 hours

Session Aims
This session will provide opportunities for students to:

- Become familiar with the key theoretical approaches to managing dietary change for optimal nutritional medicine management.
- Understand how to effectively change dietary behaviour.

Session Topics
- Examine the factors involved in dietary change in individuals by identifying and analysing the techniques, tools and models of intervention when changing dietary behaviour.
- Consider the application of techniques in hypothetical nutritional medicine management.

Session Overview
This session is designed to introduce students to managing dietary change through examining and applying various theoretical approaches to determine how to best manage hypothetical nutritional medicine patients.

Week 3 Activities
For this session you are recommended to complete the following:

- View the PowerPoint presentation that accompanies this session.
- Complete the session readings:

Recommended Reading:

Optional Readings:

Complete the tutorial activities associated with this session.
WEEK 4: Food, Culture and Identity Part I: European and British Culture

In-class Lecture 2 hours, ¼ hour break, Tutorial 0.75 hour

Session Aims
This session will provide opportunities for students to:

- Understand and analyse the dietary influences of European and British cultures.

Session Topics

- Understand and analyse the influences of Southern, Central and Eastern European and UK cultures, including Italy, France, Greece, Germany, Russia and Great Britain

- Discuss the defining features of European and British culture and understand what the explicit food practices of these populations are.

- Understand and analyse the Mediterranean culture and its explicit food practices.

- Understand and analyse Anglo-Celtic culture and its influences on contemporary food and nutrition practices.

Session Overview
This session is designed to introduce the food and cultural practices of Europe and Britain

Week 4 Activities

For this session you are recommended to complete the following:

- View the PowerPoint presentation that accompanies this session.

- Complete the session readings

Recommended Readings:


Additional Reading

The reading materials listed below are in addition to the texts recommended for the subject but will add further to students understanding of the topics covered.

Optional Readings:


Complete the tutorial activities associated with this session.
WEEK 5: Food and Culture Part II: Middle Eastern and Indian Culture

In-class Lecture 2 hours, ¼ hour break, Tutorial 0.75 hour

Session Aims
This session will provide opportunities for students to:

- Understand and analyse the influences of Middle Eastern and Indian culture.

Session Topics

- Understand and analyse the influences of Middle Eastern and Indian cultures including religion.

- Discuss the defining features of Middle Eastern and Indian culture and understand what the explicit food practices of these populations are.

- Understand and discuss the influences of Middle Eastern and Indian culture on contemporary food and nutrition practices.

Session Overview
This session is designed to introduce the food and cultural practices Middle Eastern and Indian cultures.

Week 5 Activities

For this session you are recommended to complete the following:

- View the PowerPoint presentation that accompanies this session.

- Complete the session readings:

Recommended Reading:

Additional Reading
The reading materials listed below are in addition to the texts recommended for the subject but will add further to the students understanding of the topics covered.
Optional Readings:


Halal Food Production by CRC Press

📝 Complete the tutorial activities associated with this session.

☞ Students to submit their Written Reflection via the LMS by the end of this week.
WEEK 6: Food and Culture Part III: Chinese, South East Asian and Japanese Culture

In-class Lecture 2 hours, ¼ hour break, Tutorial 0.75 hour

Session Aims
This session will provide opportunities for students to:

- Understand and analyse the influences of Chinese, South East Asian and Japanese culture.

Session Topics

- What defines Chinese, South East Asian and Japanese culture?
- What are the defining features and explicit food practices of these populations?
- The influences of Chinese, South East Asian and Japanese culture on contemporary food and nutrition practices.
- Understand and analyse the influences of Southeast Asian cultures including Indonesia and Vietnam.
- Discuss explicit features of the Okinawan diet

Session Overview
This session is designed to introduce the food and cultural practices of the Chinese, South East Asian and Japanese cultures.

Week 6 Activities

For this session you are recommended to complete the following:

✔️ View the PowerPoint presentation that accompanies this session.

📚 Complete the session readings:

Recommended Reading:


Additional Reading

The reading materials listed below are in addition to the texts recommended for the subject but will add further to the students understanding of the topics covered.

Optional Reading:


📝 Complete the tutorial activities associated with this session.
WEEK 7: Food and Culture Part IV: Australian Indigenous Culture

In-class Lecture 2.0 hours, ¼ hour break, Tutorial 0.75 hours

Session Aims
This session will provide opportunities for students to:

- Understand and analyse the influences of Australian Indigenous culture.
- Understand and analyse the Australian Indigenous population from a sociological perspective.

Session Topics

- Understand and analyse the influences of Australian Indigenous culture.
- Discuss the defining features of Australian Indigenous culture and understand what the explicit food practices of this population are.
- Explore the history of Australian Indigenous people and health and disease and understand illness, invasion, sin and sorcery.
- Explore and understand the social determinants of Australian Indigenous people

Session Overview
This session is designed to introduce the food and cultural practices of the Australian Indigenous population, and build upon students' knowledge and understanding of the sociological perspective of Australian Indigenous individuals.

Week 7 Activities

For this session you are recommended to complete the following:

- View the PowerPoint presentation that accompanies this session.
- Complete the session readings:

Recommended Readings:


Additional Reading
The reading materials listed below are in addition to the texts recommended for the subject but will add further to the students understanding of the topics covered.
Optional Readings:


♫ Complete the tutorial activities associated with this session.
WEEK 8: Contemporary food habits and family dynamics

In-class Lecture 2.0 hours, ¼ hour break, Tutorial 0.75 hours

Session Aims
This session will provide opportunities for students to:

- Understand and analyse the contemporary dietary influences on food habits.
- Understand and analyse ethical considerations of food choice from a sociological perspective
- Understand and analyse the key concepts of the family system and the influences this has on food and nutrition.
- Understand and analyse family dynamics and nutrition expertise risk.
- Understand and analyse maternal ideologies and infant feeding.

Session Topics

- Understand and analyse contemporary dietary influences.
- Discuss the defining features of contemporary dietary influences including fast foods, eating out, convenience food and ‘dietary individualism’.
- Analyse the sociology of vegetarianism.

Session Overview
This session is designed to build upon students’ sociological understanding of food and nutrition by analysing the influences of contemporary food habits and family dynamics

Week 8 Activities
For this session you are recommended to complete the following:

🔍 View the PowerPoint presentation that accompanies this session.

📖 Complete the session readings:

Recommended Reading: Textbook
Additional Reading

The reading materials listed below are in addition to the texts recommended for the subject but will add further to the students understanding of the topics covered.

Optional Readings:


✍ Complete the tutorial activities associated with this session.

 لتحقيق النتائج النهائية، من فضلك، اكمل الأنشطة التعليمية المرتبطة بهذا الجلسة.

👥 Students to finalise their Online Quiz via the LMS by the end of this week.
WEEK 9: The System and Politics of Food Part I: Globalisation and Agribusiness

In-class Lecture 1.75 hours, ¼ hour break, Tutorial 1.0 hours

Session Aims
This session will provide opportunities for students to:

- Understand and analyse food manufacturing and agribusiness.

Session Topics
- Understand and analyse food manufacture and agribusiness.
- Explore agriculture and organic farming; food globalisation and ruralisation; unsustainable food production and the role of supermarkets in food manufacture and choice.

Session Overview
This session is designed build upon students’ understanding of food and nutrition from a sociological perspective by looking at the globalisation and agribusiness of food.

Week 9 Activities

For this session you are recommended to complete the following:

- View the PowerPoint presentation that accompanies this session.
- Complete the session readings:

**Recommended Reading:** Textbook:

**Additional Reading**
The reading materials listed below are in addition to the texts recommended for the subject but will add further to the students understanding of the topics covered.

**Optional Readings:**
https://ecnh.ent.sirsidynix.net.au/client/en_GB/ecnh/search/detailnonmodal/ent:$002f$002fSD_ILS$002f0$002fSD_ILS:50868/one


- Complete the tutorial activities associated with this session.
WEEK 10: The System and Politics of Food Part II: Politics and Policies

In-class Lecture 2.0 hours, ¼ hour break, Tutorial 0.75 hours

Session Aims
This session will provide opportunities for students to:

- Understand politics and policy surrounding food and nutrition.

Session Topics

- Understand and analyse the politics and policies that surround food.
- Explore politics and policy; the medicalisation of food; dietary guidelines and corporate interests
- Understand and analyse the politics of green food and food labelling

Session Overview
This session is designed build upon students understanding of food and nutrition from a sociological perspective by looking at the politics and policies of food.

Week 10 Activities

For this session you are recommended to complete the following:

☐ View the PowerPoint presentation that accompanies this session.

📖 Complete the session readings

Recommended Reading: Textbook:

Additional Reading
The reading materials listed below are in addition to the texts recommended for the subject but will add further to the students understanding of the topics covered.
Optional Readings:


Complete the tutorial activities associated with this session.
WEEK 11: Food, gender and ageing

In-class Lecture 2.0 hours, ¼ hour break, Tutorial 0.75 hours

Session Aims
This session will provide an opportunity for students to:

- Understand and analyse the influence gender has on food and nutritional practices.
- Understand and analyse the sociological perspective of ageing and the impact this has on food and nutrition.

Session Topics

- Understand the influences of gender on food and nutrition by exploring gender consumption of food, and gender division of the household and food tasks.
- Understand and analyse the effects that gender division has on health and nutritional outcomes.
- Define ageing and understand the various life stages
- Explore the cultural and sociological perspectives of ageing and the implications this has on nutritional medicine management.
- Identify nutritional implications associated with ageing and conceptualise appropriate nutritional medicine management techniques.

Session Overview
This session is designed to build upon students’ knowledge of the sociological perspective to examine food, gender and ageing and the impact this has on health and nutritional outcomes.

Week 11 Activities

For this session you are recommended to complete the following:

- View the PowerPoint presentation that accompanies this session.
- Complete the session readings:

Recommended Reading: Textbook
Additional Reading

The reading materials listed below are in addition to the texts recommended for the subject but will add further to students understanding of the topics covered.

Optional Readings:


Complete the tutorial activities associated with this session.
WEEK 12: Eating disorders, obesity and body image

In-class Lecture 2.0 hours, ¼ hour break, Tutorial 0.75 hours

Session Aims
This session will provide opportunities for students to:

- Understand and analyse the sociological perspective of eating disorders and the impact this has on food, nutrition and nutritional medicine management.
- Understand and analyse the sociological perspective of obesity and body disorders and the impact this has on food, nutrition and nutritional medicine management.

Session Topics

- Review and refine understanding of eating disorder including definitions, causes and treatment from an orthodox and complementary perspective.
- Explore the sociological perspective of eating disorders by understanding the lived experiences of those with eating disorders and the potential implications this may have on hypothetical nutritional medicine management.
- Analyse stigmatizations of those with eating disorders and the impact this has on the hypothetical nutritional medicine management of eating disorders.
- Understand and analyse obesity from a sociological perspective.
- Investigate the role of body image, body acceptance and influential factors on these issues.
- Examine stigmatisations associated with obesity and body image acceptance and the impact this has on hypothetical management, including nutritional medicine management.

Session Overview
This session is designed to build upon students’ knowledge of sociological perspectives and how they apply to optimal nutritional medicine management of individuals with obesity or an eating and issues surrounding body image acceptance.

Week 12 Activities

For this session you are recommended to complete the following:

- View the PowerPoint presentation that accompanies this session.
- Complete the session readings
Recommended Readings: Textbook


Additional Reading

The reading materials listed below are in addition to the texts recommended for the subject but will add further to students understanding of the topics covered.

Optional Readings:


Complete the tutorial activities associated with this session.
WEEK 13: Chronic Disease (Diabetes, Cardiovascular Disease and Cancer)

In-class Lecture 2.0 hours, ¼ hour break, Tutorial 0.75 hours

Session Aims
This session will provide opportunities for students to:

- Understand and analyse the sociological perspective of diabetes and cardiovascular disease and the impact this has on food, nutrition and nutritional medicine management.

- Understand and analyse the sociological perspective of cancer and the impact this has on food, nutrition and nutritional medicine management.

Session Topics

- Define diabetes and cardiovascular disease and exploring the lived experiences of both these conditions from a social science perspective.

- Examine stigmatisations associated with diabetes and cardiovascular disease and the impact this has on hypothetical management, including nutritional medicine management.

- Understand cancer and the lived experience of cancer from a sociological perspective.

- Examine stigmatisations associated with cancer and the impact this has on hypothetical management, including nutritional medicine management.

Session Overview
This session is designed to build upon students’ knowledge of sociological perspectives and how they apply to optimal nutritional medicine management of individuals with diabetes, cardiovascular disease and cancer.

Week 13 Activities

For this session you are recommended to complete the following:

-cloud View the PowerPoint presentation that accompanies this session.

-book Complete the session readings:

Recommended Reading:
Additional Reading

The reading materials listed below are in addition to the texts recommended for the subject but will add further to students understanding of the topics covered.

Optional Readings:
Browne, J. L., Ventura, A., Mosely, K., & Speight, J. (2014). ‘I'm not a druggie, I'm just a diabetic': a qualitative study of stigma from the perspective of adults with type 1 diabetes. *BMJ open*, 4(7), e005625. [http://bmjopen.bmj.com/content/4/7/e005625.full](http://bmjopen.bmj.com/content/4/7/e005625.full)


📝 Complete the tutorial activities associated with this session.

✍️ Students to submit their Essay via the LMS by the end of this week.
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