



School of Integrated Health Sciences
Department of Kinesiology & Nutrition Sciences

NUTR 301 Course Syllabus

NUTR 301: Nutrition, Health and Ethnic Issues

University of Nevada, Las Vegas
Section 1001
Fall 2025

“Cultural foods are central to cultural traditions, history, and identity. They carry stories, rituals, and values, fostering a sense of belonging and preserving heritage.”

- Dr. Hortencia Jimenéz

Instructor Information

Instructor Name, Credentials & Title

Samantha M. Coogan, MS, RDN, LD, FAND
Program Director, Didactic Program in Nutrition and Dietetics / Senior Lecturer
Undergraduate Coordinator, Kinesiology and Nutrition Sciences

Office Address

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Instructor Contact Information

Office Phone: 702-895-4478
Email: WebCampus-Canvas email (*please use the “Inbox” tab*)

Office Hours

Tuesdays from 10:00am – 12:00pm PST via Google Meet.
Please use the [Calendly link](#) here or on the course homepage/syllabus page to select your time and to receive web conferencing link.

Course Information

Course Time & Location

Asynchronous online/distance education course via WebCampus

Course Description

Discussions of the historical, geographical, political, and religious factors influencing the nutritional status, eating customs, and meal patterns of various ethnic groups around the globe. *Satisfies the University International course requirement.* Prerequisite course: ENG 101.

Required Textbook Information

Furstenau, Safaii-Waite, Sucher, Nelms. Food & Culture 8th Ed, Boston, MA, USA: Cengage.

- eBook ISBN: 9780357730133 (cheapest option; recommended – see below)
- Cengage Unlimited eTextbooks ISBN: 9780357730133 (**most cost-effective IF you have another course that uses Cengage to bundle; recommended with the above eBook ISBN entered**) – **NOT Cengage Unlimited with MindTap**
- Hardcover ISBN: 9780357729588

Special Textbook Note

If you are also taking NUTR 121, 223, or 340 with First Day Access for that required course text via Cengage Unlimited with MindTap, all you need to do is add this textbook title to your Cengage account using the eBook ISBN. There is no additional textbook fee IF you're also in NUTR 340.

If you're not enrolled in NUTR 121, 223, or 340, please see below.

Regardless, please note that this course, NUTR 301 only requires Cengage Unlimited etextbooks (i.e. ebook only – MindTap is NOT required so please do not add that option).

*This textbook is not available in the UNLV Bookstore. Please do not go to the bookstore asking about this book, it will not be there and will not be ordered. This decision was purposeful in hopes to save you all money. The text required for this class does have an ebook option and/or rental options via Cengage Unlimited eTextbooks through the publisher's website: <https://www.cengage.com/unlimited/>. Please note that if you choose this option, **you DO NOT need Cengage Unlimited with MindTap**, only access to the book chapters via Cengage Unlimited etextbooks. I do strongly encourage you to check out this option, especially if you have other classes (even if it's Math or English) that uses other Cengage products. Even if you're taking some classes at CSN, and if they use Cengage products, you can still bundle. Cengage Unlimited eTextbooks is like the Netflix subscription option for textbooks. You pay one flat rate, and can add up to 6 texts into your queue for the duration of the semester, and have a hard copy rental option for \$7.99 (on top of the subscription price) for the semester. The full text will be available right within WebCampus as long as you pay for a subscription. They also have one-semester (4-month), one-year and two-year subscription options. You are also welcome to purchase from other sites that may be more cost-effective, such as Amazon.*

Course Objectives

Upon completion of this course the student will:

- Be able to list factors that influence food and nutritional status.
- Differentiate between traditional health/disease/illness beliefs and practices of various cultures.
- Practice successful intercultural communication/counseling skills/strategies through the use of case studies.
- Identify key concepts related to the beliefs and food practices of the world's major religions.
- Compare and contrast traditional and contemporary food habits of various ethnic groups.
- Describe the impact of different ethnic and religious groups on regional fare in the US.

- Present cultural perspective, history, worldview, traditional and contemporary food habits of ethnicity of choice.
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Core Knowledge Learning Outcomes

Professional Practice Expectations

Beliefs, values, attitudes and behaviors for the nutrition and dietetics practitioner level of practice

KRDN 2.7

Describe health inequity in nutrition and dietetics including structural bias, social inequities, health disparities and discrimination.

Leadership and Career Management

Skills, strengths, knowledge and experience relevant to leadership potential and professional growth for the nutrition and dietetics practitioner

KRDN 5.4

Practice resolving differences or dealing with conflict.

How to Do Well in this Course

- View all video lectures, check WebCampus-Canvas **daily** for announcements and stay ahead of deadlines.
 - Prepare ahead - do all the readings before class and start assignments early.
 - Participate in class discussions respectfully.
 - Study – make study notes from lecture notes, lecture videos, the text, and readings **well** before the quizzes & final exam. Focus on understanding the material as opposed to just memorizing it.
 - Improve your study skills - if you have trouble studying or preparing for exams, check out [Student Services](#) at UNLV.
 - Search for help – if you are not sure how to do an assignment or are confused by any of the course materials, search for the answer in this order:
 - 1) re-read the course syllabus
 - 2) re-read the assignment instructions per assignment
 - 3) view the course announcements
 - 4) discuss it with your classmates
 - 5) **and then** come to the instructor for assistance.
 - Remember, no extra credit will be given at any point during or after the semester.
 - **NOTE:** Prior success in other courses (i.e. 4.0 GPA) does not guarantee success in this course. Dedication, motivation, assimilation, and a profound understanding of course material are rudimentary to appreciating the **art of this science** and laying the foundation for your success.
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Course Evaluation

Student's academic progress will be evaluated by the following assignments:

Major Projects

- Ethnic Restaurant Review
 - 50 points
- Cultural Interview
 - 100 points
- Cultural PowerPoint Presentation
 - 150 points

Discussions

- 15 Weekly Discussion Postings (15 pts. each)
 - 225 points

Assessments

- Syllabus & Academic Integrity Verification Quiz
 - 25 points - *due first Friday of Week 1*
- 15 Weekly Quizzes (10 pts. each)
 - 150 points
- Cumulative Final Exam
 - 100 points

Total Points Possible

- 800 points

[NOTE: Students have **48 hours** to submit written justification to challenge a grade; if a written justification is not submitted within this timeframe, challenges to grades will not be considered.]

Course Structure

Grade Scaling

Grades will **NOT** be released by telephone or email. Visit WebCampus-Canvas for grades. Grades for assignments, projects, exams and quizzes will be provided on the WebCampu-Canvas for this course. Final course grades will be reported to the Registrar's office. To determine your final grade, take your total points earned, divide by 775 and then multiply by 100.

A	93-100%
A-	90-92.99%
B+	87-89.99%
B	83-86.99%
B-	80-82.99%
C+	77-79.99%
C	73-76.99%
C-	70-72.99%
D+	67-69.99%
D	63-66.99%
D-	60-62.99%
F	0-59.99%

*Please note the grading scale above. Final grades will not be rounded to the next highest letter grade if up to .99%. Final grade must be within the ranges listed above to be awarded that final letter grade. The grade that you receive is the grade that you have **earned. No curves or extra credit.***

Discussion Board (DB) Postings

Each week, questions will be posted in the Discussions tab. Much like all 3 major projects, all 15 original discussion board (DB) topics will be open and available from the first day of the semester with various due dates.

Each student must post an original response that addresses the original question (worth 10 points). The response should be well thought out and well-written (5 points). You **must use cited sources** including your text and scientific literature when discussing the topic with a **FULL APA citation at the end of your original discussion posting for full credit.** *Failure to provide a cited source will result in a loss of 3 points.*

Original DB responses are due each Wednesday at 11:59 PM PST. A thoughtful reply to the posted answer of at least

two other students (5 points – 2.5 points per reply) is also required. **Both (2) replies are due each Friday at 11:59 PM PST.** Please note that no extra credit is offered for posting more than two replies to other students.

NOTE: The discussion topics do not always match that week's specific chapter topic/content. Oftentimes, discussion posts are related to DEI elements or other self-reflection type questions/prompts rather than items related directly to the culture discussed that week. This is meant to expand your line of thinking/perspective as you learn about other cultures. Chapter-specific content is part of each weekly Quiz, but not necessarily each weekly Discussion Posting.

Please be POLITE and KIND when posting contradictory responses. Inappropriate or offensive discussion board posts will be deleted. The course participant who posted the message will be notified privately that the posting was inappropriate and/or offensive and may not receive credit for the assignment. *Bullying, name-calling, shaming, overcorrecting or denigrating another student or instructor in this course is not acceptable nor will be tolerated, and will be grounds for an official report to the Office of Student Conduct with the possibility of removal/administrative drop from this course section.*

Both (2) replies should be thorough yet concise. One sentence or "I agree" is not sufficient. If agreeing with a post, you must state reasons and provide justification to support your opinion in order to earn points. While your opinion is important, your original post to each question **must include evidence of readings and course materials to earn the full points.**

Please do not wait until the last minute to complete these tasks as other students are dependent on your answers. In order to facilitate learning, I may also provide feedback at the level the message was posted (i.e., communication with the group receiving the inappropriate or offensive communication). Access to *Send Email* feature may be limited or removed if the instructor believes that students are sending inappropriate electronic messages to other students in the course.

Quizzes

There will be 15 quizzes total (**1 quiz per week**). Each quiz will be posted on Monday and will cover the material from the current week. Students will have the opportunity to take the quizzes between **Wednesday at 12:01 AM PST until Friday at 11:59 PM PST** to complete the quizzes each week. Just like the Final Exam, once you open the quizzes, you must complete them within one sitting

All quizzes have 10 multiple choice questions, and are timed at 15 minutes. The clock starts and does not stop. There is not an option to pause, so do not leave the quiz until you have answered all questions. Be sure you are prepared when starting as there is only ONE attempt allowed, and questions will be delivered one at a time.

The quizzes are made available to students for several days to allow each individual to choose the optimal time within the allotted time period to take the quiz. There will be NO make-ups allowed without legitimate medical or emergency documentation and with best efforts made to communicate the issue PRIOR to the deadline.

The correct quiz answers will be released at 12:01 AM PST following the deadline, and will **remain open for 24 hours** to review for the Final Exam. After that, all correct answers will then be locked again before the Final Exam opens.

If you have questions on the points earned, please contact the instructor within **48 hours** of completing the quiz. Points will not be adjusted after that point.

Exams

There will be **1 cumulative Final Exam** for this course worth 100 points that will be available via WebCampus. It will be a 50 question, multiple-choice exam, and you will have 75 minutes to complete it. Just like your weekly chapter quizzes, once you open the exam, you must complete it within one sitting.

It will **open at 12:01 AM PST on the Monday of Week 16**, and **close that Thursday at 11:59 PM PST**. Please plan accordingly, and get your quizzes done ASAP, which will be in your best interest in terms of final exam questions. Please see course schedule below for exact dates.

Major Projects

There will be 3 major projects in this course. Detailed instructions for completing these will be posted to WebCampus-

Canvas. **All major projects will be due to WebCampus-Canvas by 11:59 PM PST on the Friday the assignment is listed.** After this time, the drop box will close and you will be unable to turn in the assignment. No late work will be accepted without legitimate documentation. Please note that the submission folder for the **Ethnic Restaurant Review**, the **Cultural Interview** and the **Cultural PowerPoint Presentation** will be open from the first day of the semester until the due date, providing ample time for meeting the deadline.

Course Policies

Late Work Policy

Late work is *not* accepted in this course without **legitimate medical or emergency documentation**. In addition, best efforts must be made to notify the instructor *prior* to the due date.

Please note that contacting the instructor prior to a due date does not guarantee an extension as that decision will be determined based on the nature of the need for an extension. Please note that work schedules, other course deadlines/schedules, UNLV Athletics scheduled practices (travel/game days are exception with communication of these dates to the instructor within the first two (2) weeks of the semester), technology issues/errors, submission/upload errors, and lack of access to technology devices and/or software are **not** considered legitimate excuses.

In the event that you have submission issues, at a minimum, you must email the instructor your submission *prior to the deadline* for any type of consideration to be made, and a **10% penalty** will be implemented for failure to follow assignment and submission instructions. However, submitting in this format does not guarantee that it will be accepted by the instructor based on the nature of the need to submit in this format, and may result in a grade of zero for that assignment, assessment, or major project.

Furthermore, if the instructor agrees to an extension (prior to the due date), an automatic **20% late penalty** will be implemented to the overall grade of the assignment, assessment, or major project. Inquiries made to the instructor after the deadline without legitimate medical or emergency documentation *will not* be answered or considered for credit. All other late submissions will receive a grade of zero.

Any communication made after a deadline will result anywhere from 0-50% depending on the circumstance. No more than 50% will be awarded for a late assignment with communication made after the deadline, but there is no guarantee that even 50% will be awarded as it is up to the discretion of the instructor on a case-by-case basis and MUST have accompanying legitimate medical or emergency documentation for 50% to be considered.

Academic Integrity Verification Quiz

UNLV's Office of Online Education created a quiz and assignment for students to acknowledge misconduct standards. This quiz is **REQUIRED** to complete by the first **Friday** of the first week of the semester by **11:59 PM PST**. All deadlines will fall on either a Wednesday or Friday at 11:59 PM PST.

This quiz will serve as the course contract between students and the instructor in terms of academic misconduct policies and procedures, and serves as your first, and final, warning for academic integrity within this course. You may take this quiz as many times as necessary to get the correct answers.

Attendance

As this is a distance education course, it is critical to check WebCampus-Canvas daily and often in order to receive any and all updates, important announcements, etc. It is also critical to communicate effectively and in a timely manner if any issues may arise during the semester. Please utilize all resources given to you, ask questions, and **DO NOT** wait until the last minute to submit assignments/discussions, ask questions, take quizzes/exams.

Email Communication & Frequency

The instructor will be available to respond to email (via the "Inbox" tab only) or web conferencing **Monday through Friday between the hours of 8 AM and 5 PM PST only** throughout the semester despite Thursday and Sunday deadlines at 1:00 PM PST.

Please note that the instructor will not respond to emails beyond those time slots or on the weekends, unless otherwise

specified with URGENT in the subject line. **Therefore, if you have a question regarding an assignment, be sure to send the email prior to 5pm on the given day it's due**, otherwise your message will not be answered until the following Monday morning.

In most cases, the matter at hand can be saved to be addressed until the work week begins again on Monday, and you'll never be penalized due to the instructor's response time.

This is also meant to establish boundaries for yourself as well so that you're not working 6-7 days each week. *As students, you need rest and recovery, and the weekend is the perfect time to do so.*

If you have assignment upload issues after 5pm PST on a Friday, email the instructor with the assignment attached prior to the 1:00 PM PST deadline as proof of submission attempt. Failure to do so will result in a zero for that assignment.

If an error was made in that off-hours time, the issue can usually always be resolved after the fact. The instructor is capable of making any necessary adjustments to any points, assignment due dates, availability and settings when and where appropriate, so don't panic if an issue arises during this time.

Lecture Notes

All course material can be found under *Modules*. Occasionally I may post supplementary class notes to WebCampus-Canvas. **These notes are not going to be a perfect reproduction of every PowerPoint slide used in the videos. Do not assume that memorizing these materials will be adequate preparation for exams.** You must read the chapters, watch the videos (via the YouTube channel under "Learning Modules" and ask questions).

Technology

Computer/laptop/tablet with audio & video recording capabilities (compatible with Panopto).

Generative AI Policy

Use of Generative AI technology is **not** permitted on any written assignments in this course (i.e. Ethnic Restaurant Review, Cultural Interview, Cultural PowerPoint Presentation). If TurnItIn matches more than 10% of any text entry from AI, the assignments will be given zero credit.

Course Content Note

The information presented in this course is considered *best practice*, and therefore, may conflict with your personal ideology, personal semantics, or exploratory research. While *tactful* discussion regarding an area of contention is encouraged, aggressive behavior whether verbal or physical towards the instructor or classmates will not be tolerated. An administrative drop of the course will be pursued for any student displaying this type of behavior.

UNLV Academic Policies for Students

Please visit this [link](#) to view the full list of **UNLV Academic Policies for Students**.



Emergencies

Should a situation arise, the instructor will assume leadership and take appropriate recourse of action. Should there be an "active shooter" on campus, students will be instructed to remain in the classroom under lockdown conditions. Once a classroom is under lockdown, the door to the classroom will not be opened under **any** circumstances.

Contract

This syllabus is a contract between the student and the instructor. By enrolling in this course, it is assumed and implied that the student understands that they are obliged to follow all of the requirements and rules set forth in this document.

Final Note

The instructor reserves the right to modify this syllabus at any point during the semester.

See semester schedule/due date outline below

Course Schedule

Important Dates

August 29th – Last day drop classes with 100% refund with a W

October 3rd – Last day to drop classes with 50% refund with a W

October 31st – Last day to drop classes with 0% refund without a W (i.e. current letter grade)

Module/ Week	Dates	Chapter Topic	Chapter Number	Due Dates (by 11:59 PM PST)
1	8/25 – 8/29	Food and Culture	1	Original DB 1 due 8/27 Quiz 1 due 8/29 DB 1 Responses due 8/29 Academic Integrity Verification Quiz Due 8/29
2	9/2 – 9/5	Traditional Health Beliefs and Practices	2	Original DB 2 due 9/3 Quiz 2 due 9/5 DB 2 Responses due 9/5
3	9/8 – 9/12	Intercultural Communication	3	Original DB 3 due 9/10 Quiz 3 due 9/12 DB 3 Responses due 9/12
4	9/15 – 9/19	Food and Religion	4	Original DB 4 due 9/117 Quiz 4 due 9/19 DB 4 Responses due 9/19 Ethnic Restaurant Review due 9/19
5	9/22 – 9/26	Native Americans	5	Original DB 5 due 9/24 Quiz 5 due 9/26 DB 5 Responses due 9/26
6	9/29 – 10/3	Northern and Southern Europeans	6	Original DB 6 due 10/1 Quiz 6 due 10/3 DB 6 Responses due 10/3
7	10/6 – 10/10	Central Europeans, People of the Former Soviet Union, and Scandinavians	7	Original DB 7 due 10/8 Quiz 7 due 10/10 DB 7 Responses due 10/10
8	10/13 – 10/17	Africans, African Americans, and Black Americans	8	Original DB 8 due 10/15 Quiz 8 due 10/17 DB 8 Responses due 10/17
9	10/20 – 10/24	Mexicans and Central Americans	9	Original DB 9 due 10/22 Quiz 9 due 10/24 DB 9 Responses due 10/24 Cultural Interview due 10/24

Module/ Week	Dates	Chapter Topic	Chapter Number	Due Dates (by 11:59 PM PST)
10	10/27 – 11/1	Caribbean Islanders and South Americans	10	Original DB 10 due 10/29 Quiz 10 due 11/1 DB 10 Responses due 11/1
11	11/3 – 11/7	East Asians	11	Original DB 11 due 11/5 Quiz 11 due 11/7 DB 11 Responses due 11/7
12	11/10 – 11/14	Southeast Asians and Residents of Oceania	12	Original DB 12 due 11/12 Quiz 12 due 11/14 DB 12 Responses due 11/14
13	11/17 – 11/21	People of the Balkans and the Middle East	13	Original DB 13 due 11/19 Quiz 13 due 11/21 DB 13 Responses due 11/21 Cultural PowerPoint Presentation due 11/21
14	11/24 – 11/29	South Asians	14	Original DB 14 due 11/26 Quiz 14 due 11/29 DB 14 Responses due 11/29
15	12/1 – 12/5	Regional Americans (Study Week)	15	Original DB 15 due 12/3 Quiz 15 due 12/5 DB 15 Responses due 12/5
16	12/8 – 12/12	Final Exam (cumulative) (Finals Week)	1-15	Final Exam due THURSDAY 12/11

Special Course Note

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