

CONTENT OUTLINE

- I. Nutrition Awareness and Food Preparation Skills
  - A. Role of Food in the Body
    - 1. Nutrients
    - 2. Calories
  - B. Review of Preparation Techniques
    - 1. Measuring and terms
    - 2. Safety and sanitation
  
- II. Our Food Heritage
  - A. North America
    - 1. Native Americans -- hunters/gatherers
      - (a) influence on American Cuisine  
(New England, Pacific Northwest, Plains)
  - B. South America, Latin America, Caribbean
    - 1. Native peoples (e.g., Aztec, Inca, Mayan)
    - 2. Immigrant cultures (e.g., African, Spanish)
  - C. Europe
    - 1. Various cultures and countries and their influence on American Cuisine
      - a. Germany (Pennsylvania Dutch)
      - b. Scandinavia (Minnesota and Wisconsin)
      - c. Dutch (New York and MidAtlantic States)
      - d. Spain (Florida, Louisiana, Southwest)
      - e. England (New England)
      - f. France (Louisiana)
      - g. Italy (New York)
      - h. Greece
  - D. Africa
    - 1. Various cultures and countries and their influence on American Cuisine
      - a. Egypt
      - b. Morocco
      - c. Black tribal societies
      - d. Arabic and Hebrew cultures
  - E. Asia
    - 1. Various cultures and countries and their influence on American Cuisine
      - a. China (San Francisco, New York, Hawaii)
      - b. India and Pakistan
      - c. Thailand
      - d. Japan (West Coast, Hawaii)
      - e. Philippines
      - f. Korea

COURSE: CULTURE AND FOODS

CONTENT OUTLINE, continued

III. Global Food Problems

- A. Defining the Problem
- B. Diseases Associated with or Defined by Lack of Food
- C. Causes
  - 1. Political
  - 2. Economic
  - 3. Climatic (greenhouse effect)
  - 4. Technological
- D. Prevention Strategies
  - 1. International
  - 2. Government
  - 3. Grass roots
- E. Food Preservation and Storage

IV. Future Foods in our Global Society

- A. Animal Protein versus Vegetable Protein
- B. Vegetarian Diets
- C. Hydroponics
- D. Creating a Safe Water Supply
- E. High Tech Food Preservation
- F. Farming the Seas
- G. Replanting the Forest

V. Careers