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| **Course**  | **SOCIOLOGY OF NUTRITION**  |
| **Type**  | **Semester**  | **ECTS**  | **Code**  |
| OBLIGATIVE (O)  | 5  | 4  | 130SN327 |
| **Course lecturer**  | Dr.Sc.Eglantina Kraja Bardhi  |
| **Course Assistant**  |  Dr.Sc.Eglantina Kraja Bardhi  |
| **Subject Tutor**  |   |
| **Course description -** Goals and Objectives  | Introducing students to basic theoretical and research concepts in the sociology of food and nutrition as part of the eco-cultural system and the interaction of some of its particular subsystems, within the complex relationship between society, culture and the individual. Understanding the social context of nutrition patterns and the socio-cultural shaping of nutrition patterns based on gender, age, and social status. Also, recognition of students with developmental models, cognitive and psychophysiological of food choice and connectivity needs emotional, psychological and physiological nutrition, signs of eating disorders and the factors that contribute to their development.  |
| **Expected results**  | Upon successful completion of the course, students will be able to: * Use professional terminology in food sociology and write professional articles and discussions,
* Define and compare basic concepts of sociology, nutrition and related disciplines,
* Apply sociological concepts in the analysis of phenomena related to nutrition,
* Identify and describe the social and cultural embeddedness of nutrition-related phenomena,
* Describe the connectivity of emotional, psychological and physiological needs for nutrition,
* Identify the signs of eating disorder and describe the factors that contribute to their development.
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| **Content**   | **Weekly plan**  | **Week**  |
| **Food and Society** * Introduction and theoretical perspectives
* Anonymous Classroom Task: Reflections on Food and You!
 | I  |
| **The study of food through the sociological eye** * Sociological perspectives and ways of knowing
* Classroom Activity: Sharing Your Food Essays
 | II  |
| **Eating and thinking** * Sociological perspectives and ways of knowing
* Food and ethics
 | III  |
| **Food, Collective Identities and Social Hierarchies** * Food & regional and collective identity
* Food and race / ethnicity, social class and gender
* Treatments of Masculinity, Femininity and Nutrition
 | IV  |
| **Food, Leisure and Fun** * Food as a spectacle
* The restaurant workers - Hands on your plate
 | V  |
| **Food insecurity in Kosovo and in the world** * Hunger and food security in Kosovo
* Efforts against hunger in Kosovo
* Hunger and food security in the world
 | VI  |
| **1st Colloquium**  | VII  |
| **Nutrition and Health** * Nutrition and Health
* Alternative nutrition
 | VIII  |
| **Food advertising** * Food Advertising: Brand and Marketing
 | IX  |
| **FOOD PRODUCTION: Industrial Food System** * Industrial agriculture
* "Myths and Facts" in Nutrition
* Classroom Discussion: The coalition of food industry associations
 | X  |
| **FOOD PRODUCTION: Industrial Food System (continuation)** * Organic farming
* Class activity: the local farmers Panel discussion on their work delights and challenges
 | XI  |
| **Globalization and Food Production** * Global Food Supply
 | XII  |
| **Food Production Workers** * Meat packers
* Migrant farm workers and immigrants and food production workers
 | XIII  |
| **2nd Colloquium**  | XIV  |
| Final exam  | XV  |
| **Literature**  | * *Carolan, M. 2012,*The sociology of food and agriculture,*Routledge, New York; London.*
* [J. Germov](https://www.booktopia.com.au/search.ep?author=John%20Germov), [L. Williams](https://www.booktopia.com.au/search.ep?author=Lauren%20Williams). 2016. A Sociology of Food and Nutrition - The Social Appetite. Oxford
* J. Gronow. 2000. Sociologija ukusa. Naklada Jesenski i Turk, HSD, Zagreb  (poglavlja Uvod, Ukus i moda: str. 149-172).
* Kingsolver, Barbara. 2007. *Animal, Vegetable, Miracle: A Year of Food Life*, [Harpercollins](https://en.wikipedia.org/wiki/Harpercollins%22%20/o%20%22Harpercollins).
* Sallis, James F., Glanz, KAREN. 2009. [Physical Activity and Food Environments: Solutions to the Obesity Epidemic](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2879180). *Milbank Quarterly*.
* Watson, J. L., Caldwell, M. L. (Eds), 2007**.** The Cultural Politics of Food and Eating. Bleckwell.
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