

Course Syllabus

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| 1 | Course title | Arabic Traditional Foods |
| 2 | Course number | 0603943 |
| 3 | Credit hours (theory, practical) | (3,0) |
| | Contact hours (theory, practical) | (3,0) |
| 4 | Prerequisites/corequisites | - |
| 5 | Program title | PhD in Human Nutrition and Dietetics |
| 6 | Program code | 031 |
| 7 | Awarding institution | The University of Jordan |
| 8 | School | School of Agriculture |
| 9 | Department | Nutrition and Food Technology |
| 10 | Level of course | Graduate |
| 11 | Year of study and semester (s) | Summer semester |
| 12 | Final Qualification | PhD in Human Nutrition and Dietetics |
| 13 | Other department (s) involved in teaching the course | Food Science and Technology Department |
| 14 | Language of Instruction | English |
| 15 | Date of production/revision | June 23, 2020 |

16. Course Coordinator:

Prof. Hamed R Takruri
Office number: 166
office hours: available at the office; changing based on each semester's schedule
phone number: 22410
email address: htakruri@ju.edu.jo

17. Other instructors:

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18. Course Description:

An advanced discussion of development of traditional Arab foods and the influence of Arab culture on its development and quality. Examples from non-Arab culture are also discussed. The course covers the effect of the environment on development, preservation and spread of the Arab foods. It also focuses on the role of the Islamic jurisprudence on the formation of the dietary patterns in the Arab and Islamic world. The course includes selection of main Arab traditional foods. Research papers by the students on the nutritional value of these foods will also be included.

19. Course aims and outcomes:

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| <p>A- Knowledge and Understanding: Upon completion of this course, the student is expected to:</p> <p>A1- Understand the prevalence of Arab cultural and traditional foods.</p> <p>A2- Know the influence of environmental, geographical and religious factors on the development of the traditional foods.</p> <p>A3- Understand the influence of Islamic legislation on foods in Arab and Islamic communities.</p> <p>A4- Demonstrate the prohibited and allowed foods in Islam.</p> <p>A5- Analyse the nutritional value and nutrient make-up of selected foods from different foods groups.</p> <p>A6- Know the participation of staff members at JU in research on Heritage and traditional foods.</p> |
| <p>B. Intellectual Analytical and Cognitive Skills: Student is expected to:</p> <p>B1- Correlate traditional foods with environmental, religious and cultural factors.</p> <p>B2- Gain knowledge on traditional foods which have been commonly used in Arab countries.</p> <p>B3- Gain knowledge about the composition and nutritional values of these foods.</p> |
| <p>C. Subject- Specific Skills: Students are expected to</p> <p>C1- Increase their confidence on the value of traditional foods in comparison with fast and imported foreign foods.</p> <p>C2. Analyse the traditional foods in regard of their nutrient make-up using food composition tables and software programs.</p> |
| <p>D. Transferable Key Skills: Students are expected to</p> <p>D1- Prescribes traditional foods to be consumed in the communities in place of current and fast foods.</p> <p>D2- Counsel people on the importance of these foods as they are sources of bioactive functional components.</p> |

20. Topic Outline and Schedule:

| Topic | Week | Instructor | Achieved ILOs | Evaluation Methods | Reference |
|---|----------------------------------|-----------------------|-------------------------|---|-----------|
| *Introduction to the course *Factors affecting development of cultural food habits | 1 st | Prof. Hamed R Takruri | A1-A2 B1 D2 | Exams, Quizzes And evaluation of student participation | |
| * Effect of environment on the development of food habits and food systems for different population in the world. | 1 st | Prof. Hamed R Takruri | A1-A5 B1-B4 C1&C2 | Exams, Quizzes And evaluation of student participation | |
| * Arab environment that includes climate, geography, other cultural activities and beliefs and ethics as influencing factors on consumed food and food choices. | 2 nd | Prof. Hamed R Takruri | A1-A5 B1-B4 C1&C2 | Exams, quizzes & assignments | |
| *Research on traditional foods and their functionality in the University of Jordan | 2 nd | Prof. Hamed R Takruri | A6 B2- B3 C2, D2 | | |
| * Means of food preservation as influenced by the environment in Arab countries: Bilad Ash-Sham as a case | 3 rd -4 th | Prof. Hamed R Takruri | B1, B3 C2, D1 D2 | Exams, Quizzes And evaluation of student participation | |

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| Midterm exam | 5 th | Prof. Hamed R Takruri | | | |
| * Examples of main cultural and traditional foods selected from food groups and their evaluation from the nutritional point view. This includes foods from dairy products, meat, cereals products, fruits and vegetables and sweets. | 5 th -6 th | Prof. Hamed R Takruri | A3;C2; D2 | Exams,Quizzes And evaluation of student participation | |
| * The impact of Islam and Islamic legislations on cultural food pattern in Arabic and Islamic communities; with focus on Halal and prohibited foods. | 6 th - 7 th | Prof. Hamed R Takruri | A2,A3; B1; C1 | Exams,Quizzes And evaluation of student participation | |
| * Students' participation: analysis of the selected foods and their nutrient composition to be done through student participation. | 7 th -8 th | Prof. Hamed R Takruri | A6; C2, B2; D1-D2 | Evaluation of student presentation and term paper submitted | |
| Final Exam | 8 th | Prof. Hamed R Takruri | | | |

21. Teaching Methods and Assignments:

Lectures, group discussions and presentations by students for previously assigned topics. Seminars and term papers of assigned topics.

Development of ILOs is promoted through the following teaching and learning methods:

| ILO/s | Learning Methods |
|--|---|
| A. Knowledge and Understanding (A1-A4) | Lectures and discussions. |
| B. Intellectual, Analytical and Cognitive Skills (B1-B3) | Lectures and discussions. |
| C. Subject- Specific Skills (C1-C2) | Lectures, Discussions. |
| D. Transferable Key Skills (D1-D2) | Projects, Presentations and brochure preparation. |

Each student is assigned a topic on cultural Arab foods, in which he/she explores literature through use of library and internet, then write a report which is presented and discussed in the classroom. Course Projects.

22. Evaluation Methods and Course Requirements:

Opportunities to demonstrate achievement of the ILOs are provided through the following assessment methods and requirements:

| ILO/s | Evaluation Methods |
|--|---|
| A. Knowledge and Understanding (A1-A4) | Exams and quizzes. |
| B. Intellectual, Analytical and Cognitive Skills (B1-B3) | Exams and Quizzes. |
| C. Subject- Specific Skills (C1-C2) | Exams, Quizzes and project presentation |
| D. Transferable Key Skills (D1-D2) | Project presentations and their evaluation. |

23. Course Policies:

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| A- Attendance policies: Students are not to be absent for more than 15% of lectures |
| B- Absences from exams and handing in assignments on time: This is required unless there is an excuse |
| C- Health and safety procedures: |
| D- Honesty policy regarding cheating, plagiarism, misbehaviour: University regulations are to be applied |
| E- Grading policy: 30% of the grade for midterm exam, 30% for course project and 40% for a final exam |
| F- Available university services that support achievement in the course: |

24. Required equipment: (Facilities, Tools, Labs, Training....)

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| Data Shaw, white board, computers etc |
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25. References:

Required book (s), assigned reading and audio-visuals:

1. Yadrick, M. (2017), ...on Cultural food Patterns, Chapter 11, PP 173-190. In: Mahan L.K. and Raymond, J. L., Food and the Nutrition Care Process, 14th edition, M.E reprint, W.B., Saunders Co., Philadelphia,.
2. Tukan, S., Takruri, H. and Al-Eisawi, D. (1997). The use of wild edible plants in the Jordanian diet. Int. J. Nutr. Food Sci. 49: 225-235.
3. Amr. A. (2015). Traditional ethnic foods: examples of Arab's response to the harsh environment of the Levant and Iraq (A Review Article), J. Saudi Soc. for Food and Nutrition, 10(1 & 2): 1-18.
4. Ferrando R. (1981), Traditional and non-Traditional Foods, FAO Food and Nutrition series No. 2, Rome Italy,
5. Dagher, S. (1992), Traditional Foods of the Near East, FAO Food and Nutrition series No. 50 (the Arabic edition printed in Cairo, Egypt).
6. همام سعيد (محرر) 1985, موسوعة الحديث النبوي الشريف, عمان, الأردن.
7. فهمي شتات وحامد التكروري (2019), الزراعة والتغذية في التراث العربي الإسلامي, في تاريخ العلوم والتكنولوجيا في الحضارة العربية الإسلامية, تحرير عبد القادر العابد وسرى سبيع العيش, مجمع اللغة العربية, عمان, الأردن.
8. حمارنة, سامي (1992), الغذاء والصحة في التراث العربي, المجلة الثقافية (الجامعة الأردنية), 28: 166-180.
9. Chaudry, M. (1992), Islamic Food Laws: Philosophical Basis and Practical Implications. Food Technology.
10. Sakr, A. (1978), Overeating and Behaviour.
11. Health Promotion through Islamic Life style: the Amman declaration. (1995).
12. Food processor SQL. (2016), Food processor nutrition and fitness software. Food Processor SQL Inc., Salem, OR, USA.
13. Relevant reprints and papers.
14. Selected Web Sites.

Recommended books, materials, and media:

26. Additional information:

| Evaluation | Point % | Date |
|--------------|---------|-----------------------------------|
| Midterm Exam | 40 | 5 th week |
| Term paper | 20 | 8 th week |
| Final Exam | 40 | As announced by Registrar's Dept. |

Intended Grading Scale (Optional)

It depends on the student average and standard deviation

Notes:

- Concerns or complaints should be expressed in the first instance to the module lecturer; if no resolution is forthcoming, then the issue should be brought to the attention of the module coordinator (for multiple sections) who will take the concerns to the module representative meeting. Thereafter, problems are dealt with by the Department Chair and if still unresolved the Dean and then ultimately the Vice President. For final complaints, there will be a committee to review grading the final exam.
- For more details on University regulations please visit:
<http://www.ju.edu.jo/rules/index.htm>

Name of Course Coordinator: Prof Hamed R Takruri Signature:  Date: 23/06/2020

Head of curriculum committee/Department: ----- Signature: -----

Head of Department: ----- Signature: -----

Head of curriculum committee/Faculty: ----- Signature: -----

Dean: ----- -Signature: -----