

NS 4000 & NS 5000 – World Food Problems I (Special Problems)
(Food and Nutrition Insecurity: a triple burden of disease in rural South Africa, dietary patterns and strategies/coping)
Study Abroad Experience

FACULTY INFORMATION

Dr. Mary Murimi, RDN
Human Sciences building room 284
mary.murimi@ttu.edu

COURSE INFORMATION

Location: This course is an international experience and as such will travel through South Africa. It will be divided into two modules. The first module will be taught in South Africa and the second module will be in South Africa. Students will be traveling together and will remain a traveling cohort.

Pre-requisites: Junior standing/ graduate GPA 2.85 or greater

Required & Recommended Textbooks

None

COURSE DESCRIPTION & OBJECTIVES

Overview: Students will learn the challenges and solutions surrounding the triple burden of disease, food and nutrition insecurity as well as dietary patterns and gain hands on experience in community outreach by visiting community gardens and centers and conduct workshops and information and education sessions on proper nutrition and food preparation in rural settings. Texas Tech students will also stay with South African local families for a weekend for a 100% immersion experience.

Setting Description:

Dutch traders landed at the southern tip of Africa, today officially known as the Republic of South Africa, in 1652 and established a stopover point on the spice route between the Netherlands and the Far East, founding the city of Cape Town, and thus South Africa. South Africa has nine provinces, each governed by a unicameral legislature and comprises an area slightly less than twice the size of Texas. The country is characterized by its vast interior plateau rimmed by rugged hills and narrow coastal plains with a coastline of 1, 739 miles stretching along the South Atlantic and Indian oceans. South Africa has a generally temperate climate, due in part to being surrounded by the Atlantic and Indian Oceans on three sides, by its location in the climatically milder Southern Hemisphere and due to the average elevation rising steadily towards the north (towards the equator) and further inland. South Africa is a nation of about 52 million people, united in a diversity of origins, cultures, languages, and religions. Its pluralistic makeup is reflected in the constitution's recognition of 11 official languages, however, English is the official business language. There is also great diversity in South African cuisine, as foods from many cultures are enjoyed, but it is heavily meat-based and has spawned the distinctively South African social gathering known as a braai (barbecue). South Africa has been declared one of the 18 megadiverse destinations in the world as it is home to numerous mammals that are found in the bushveld (a sub-tropical woodland ecoregion of Southern Africa named after the

term “veld” describing the vast flat areas covered in grass), including the big five (rhino, elephant, lion, leopard, buffalo).

Learning Outcomes – Upon completion of this course, students will be able to:

1. Students will develop an appreciation for diversity of cultures and gain an understanding of how culture affects nutrition choices and behavior
2. Students will understand the challenges caused by the co-existence of the triple burden of disease and food and nutrition insecurity in rural South Africa
3. Students will gain an understanding of the various coping strategies employed to overcome household food and nutrition insecurity in rural households/communities
4. Students will gain an understanding of the global context through experiential learning
5. Students will cultivate appreciation for development issues through engagement with diverse rural communities
6. Students will translate insights gained into thoughtful and long-term perspectives on concepts of social justice and sustainable development by developing an innovation to address one of the issues that lead to food and nutrition insecurity as well as over- and under-nutrition in rural settings.

Orientation:

Orientation will be mandatory for all students

Course Requirements:

- **International Travel**
- **Valid Passport with South African Visa**
- **Immunizations as recommended by the CDC**
- **Innovative project development**

SPECIFIC COURSE REQUIREMENTS AND POLICIES

Course Assignments

Assignments are due at the beginning of class. Emailed assignments will only be allowed if arranged in advance with the instructor. Late assignments will not be accepted without a prior agreement between the student and the instructor.

Assignments

1. Participation – The greatest amount of learning can only be achieved by participating in all activities. Participation is not just attendance, asking questions, respectfully listening, and following the rules of establishments we attend. Students will only grow if they are committed to the activities, and full commitment and participation is expected.
2. Professionalism – As a guest in a foreign country professional conduct is expected. In addition to traveling to South Africa, we will also be guests of Vaal University of Technology (VUT), Durban University of Technology (DUT) and University of the Free State (UFS) (Qwa-Qwa campus) and interact with their faculty, students, and surrounding communities. Students should conduct themselves as professionals

representing Texas Tech University.

3. Daily Journal – At the end of each day, each student will be required to reflect on the events and places they experienced. After returning home, each student will be required to reflect on the entire trip and the impact on the student.
4. Group innovative project-- Students will be divided into groups to develop innovations that would solve some of the problem they identified on the trip, with the hope of communicating with the community groups that would implement the innovations. Topics will focus on agricultural sustainability, improved farming methods, improved food preparation, improved food storage and development of weaning diets.

Course Grading Scale

	<u>Percentage</u>
A	90.00-100.00
B	80.00-89.99
C	70.00-79.99
D	60.00-69.99
F	less than 60

COURSE ASSIGNMENTS and EXPECTATIONS	Learning Outcome Assessed	Points Earned		Points Possible		Percentage of Final grade		Grade
Participation	1		÷		x	30	=	
Professionalism	1		÷		x	30	=	
Reflection Paper	1 2 3		÷		x	20		
Final innovative project	1 2 3		÷		x	20		
TOTAL						100		

COURSE POLICIES

Late Assignments

Late assignments will not be accepted, and students who turn in late assignments will receive a score of “0” for that assignment. If an emergency arises that will require students to turn an assignment in late, or if a student will be absent for a university-approved function, they will be required to submit documentary proof of the emergency or the university function. If an emergency does arise, students should call the instructor at 806-773-1034 (WOT) or 806-742-3068 (MM) immediately. For absences related to university functions, students must work with instructor at least two weeks in advance to create a plan for completion of missed work.

Class Attendance

Class attendance is required. Students must attend all activities while traveling. Illness can impact daily travel and will be assessed on an individual basis.

Absence due to extended illness, injury, or immediate family deaths - The Center for Campus Life is responsible for notifying the campus community of student illnesses, immediate family deaths and/or student death. Generally, in cases of student illness or immediate family deaths, the notification to the appropriate campus community members occur when a student is absent from class for four (4) consecutive days with appropriate verification. It is always the student’s responsibility for missed class assignments and/or course work during their absence. The student is encouraged to contact the faculty member immediately regarding the absences and to provide verification afterwards. The notification from the Center for Campus Life does not excuse a student from class, assignments, and/or any other course requirements. The notification is provided as a courtesy. In case of an illness that will require absence from class for more than one week, the student should notify his or her academic dean who will inform all of the student’s instructors. (p.46, *The Texas Tech University Catalog*)

Absence due to religious observance - The Texas Tech University Catalog states that a student who is absent from classes for the observance of a religious holy day will be allowed to take an examination or complete an assignment scheduled for that day within a reasonable time after the absence.

Absence due to officially approved trips – The Texas Tech University Catalog states that the person responsible for a student missing class due to a trip should notify the instructors of the departure and return schedule in advance of the trip. The student may not be penalized and is responsible for the material missed.

Grade Dispute Policy

At some point in this course, you may disagree with a grade you receive on an assignment. In cases such as this, you should schedule a meeting with your instructor to discuss your concerns. Here are some guidelines to follow in the case of a grade dispute:

- Before scheduling a meeting to discuss your concerns, review the assignment guidelines and grading rubric so that you fully understand the requirements of the assignment.
- If you still have a concern about the grade you received, e-mail your instructor to schedule a meeting. You must do this within seven (7) days of receiving the assignment back. After seven days, no assignment grades will be considered for change.
- Bring your graded assignment to the meeting you schedule.

ACADEMIC INTEGRITY

Academic Misconduct

It is the aim of the faculty of Texas Tech University to foster a spirit of complete honesty and a high standard of integrity. The attempt of students to present as their own any work that they have not honestly performed is regarded by the faculty and administration as a serious offense and renders the offenders liable to serious consequences, possibly suspension. Additional information can be found on pages 46-47 of *The Texas Tech University Catalog*.

Cheating: Dishonesty on examinations and quizzes or on written assignments, illegal possession of examinations, the use of unauthorized notes during an examination or quiz, obtaining information during an examination from the examination paper or otherwise from another student, assisting others to cheat, alteration of grade records, illegal entry to or unauthorized presence in an office are instances of cheating.

Plagiarism: Offering the work of another as one's own, without proper acknowledgment, is plagiarism; therefore any student who fails to give credit for quotations or an essentially identical expression of material taken from books, encyclopedias, magazines, and other reference works, or from the themes, reports, or other writings of a fellow student, is guilty of plagiarism.

Software Use: Students of the University are required and expected to obey the laws and legal agreements governing software use. Failure to do so can lead to monetary damages and/or criminal penalties for the individual violator. Because such violations are also against University policies and rules, disciplinary action will be taken as appropriate.

As a result of completing registration at Texas Tech University, every student agrees to the following statement: "I understand that Texas Tech University expects its students to be honest in all their academic work. I agree to adhere to this commitment to academic honesty, and understand that my failure to comply with this commitment may result in disciplinary action up to and including expulsion from the University."

Civility in the Classroom

Students are expected to assist in maintaining a classroom environment that is conducive to learning. In order to ensure that all students have an opportunity to gain from time spent in the class, unless otherwise approved by the instructor, students are prohibited from using cellular phones, text messaging devices, pagers or engaging in any other form of distraction. Inappropriate behavior in the classroom shall result in, minimally, a request to leave class.

ADA Compliance Statement

Any student who, because of a disability, may require special arrangements in order to meet the course requirements should contact the instructor as soon as possible to make any necessary arrangements. Students should present appropriate verification from Student Disability Services during the instructor's office hours. Please note instructors are not allowed to provide classroom accommodations to a student until appropriate verification from Student Disability Services has been provided. For additional information, you may contact the Student Disability Services Office in 335 West Hall or 806-742-2405 Office of the Ombudsman

Office of the Ombudsman

The Office of the Ombudsman is available to assist students with any conflict or problem that has to do with being a student at Texas Tech University. You may visit the Ombudsman in 237 Student Union Building or call 742-4791.

Texas Tech University: 2016 SUMMER PROGRAM IN SOUTH AFRICA

ITINERARY

DATE	TIME	ACTIVITY	CONTACT PERSON
Thurs- May 26th		Leave USA	Dr W Oldewage-Theron/Dr M Murimi
Sat-May 28th	TAB	Arrival	Park Travel
	TAB	Travel to Vanderbijlpark, arrival at Quest Conference Centre and check-in	Park Travel
	TAB	Students should take this time to rest	
	6.00 pm – 8.00 pm	Dinner and Debrief	Dr AA Egal Dr W Oldewage-Theron Dr M Murimi
Sun-May 29th	9.00 am -12.00 pm	Meeting: Leading Professors from TTU and VUT at VUT Science Park offices for an overview of the program.	Prof AA Egal Dr W Oldewage-Theron Dr M Murimi
	12.30 pm – 2.00 pm	Lunch	
	2.00 pm – 4.00 pm	Guided interactions with students	Dr M Murimi Dr W Oldewage-Theron
	4.00 pm – 6.00 pm	Game Drive at Emerald and Shopping at Vaal Mall	Park Travel
	7.00 pm – 9.00 pm	Dinner	
Mon-May 30st	9.00 am- 11.00 am	Official welcome and orientation meeting. Brief overview of the VUT program.	Prof AA Egal Prof J Kearney Dr M Murimi
	11.00 am – 1.00 pm	Tour of VUT Campus	VUT student guides
	1.00 pm – 2.00 pm	Lunch	
	2.00 – 3. 00 pm	South Africa: Politics, People and Culture	TBA
	3.00 pm- 4.00 pm	Lecture: Food and nutrition insecurity in South Africa – An overview	Dr W Oldewage-Theron
	4.00 pm – 6.00 pm	Texas Tech student meeting	Dr M Murimi Dr W Oldewage-Theron
	6.00 pm – 8.00 pm	Debrief and Dinner	Dr M Murimi

Tues-May 31st	8.00 am - 2.00 pm	Lecture & Cooking demonstration: Cultural influences on food choices with reference to the various tribes in South Africa (Zulu, Sotho, Venda & Tsonga, Afrikaans, Malay & India, Pedi, Xhosa, Ndebele) as well as related nutritional implications	Department of Hospitality and Tourism Lecturers & Students
	2.00 pm – 3.00 pm	Lunch	
	3.00 pm – 4.30 pm	Interaction with VUT students and lecturers & Exhibition of the different cultures	Department of Hospitality and Tourism Lecturers
	4.30 pm – 7.00 pm	Shopping & Dinner Vaal Mall	Park Travel
Wed-June 1st	9.00 am – 12.30 pm	Sharpeville Care of the Aged	Mr F Lelimo
	12.30 pm -2.00 pm	Lunch & Travel to campus	
	2.30 pm- 4.00 pm	Lecture: Macronutrients with emphasis on under-nutrition: food and dietary diversity	Dr M Murimi
	4.00 pm – 5.30 pm	Lecture: Micronutrient deficiencies such as vitamin A, iodine, iron and zinc: food and dietary diversity	Dr W Oldewage-Theron & C. Grables
	6.00 pm - 8.00 pm	Dinner	
Thurs-June 2nd	8.30 am – 9.30 am	Lecture: African food superstitions	Department of Hospitality and Tourism Lecturers
	9.30 am – 10.30 am	Lecture: African food religion (Indigenous and Endogenous)	Department of Hospitality and Tourism Lecturers
	10.30 am – 11.30 am	Lecture: Food practices and beliefs	Department of Hospitality and Tourism Lecturers
	11.30 am – 12.00 pm	South African wine tasting and pairing with complementary dishes	Department of Hospitality and Tourism Lecturers
	12.00 pm – 1.00 pm	Break	
	1.00 pm – 3.00 pm	Student presentations	TTU students
	3.00 pm – 8.00 pm	Cultural “braai” (Isak Steyl Stadium)	Department of Hospitality and Tourism Lecturers

Fri-June 3rd	9.00 am - 10.00 am	Overview of the community nutrition projects at CSL	Dr AA Egal
	10.00 am – 11.00 pm	Lecture: Food product development for food and nutrition insecure communities	Dr W Oldewage-Theron & Mrs C Veldman
	11.00 am – 12.00 pm	Tour of the food analysis laboratory	Dr AA Egal
	12.00 pm – 1.00 pm	Lunch	
	1.00 pm – 3.00 pm	Demonstration and tasting of food products developed for food and nutrition insecurity	Mrs C Veldman
	4.00 pm – 6.00 pm	Group project development	Dr M Murimi
	6.00 pm – 8.00 pm	Debrief and Dinner	Prof AA Egal Dr M Murimi
Sat-June 4th	9.00am - 10.00 am	Best is Good Enough pre-primary school visit	Mrs Emily Mochale
	10.00 am – 1.00 pm	Nutrition education program for teachers	TUT students
	1.00pm – 2.00 pm	Lunch	
	2.00 pm- 4.00 pm	Nutrition education program for parents with simultaneous sessions running with children	TUT students
	4.00 pm – 6.00 pm	Group project development	Dr M Murimi
	6.00 pm – 8.00 pm	Debrief and Dinner	Dr M Murimi Prof AA Egal
Sun-June 5th	All day	Free day. Church services will be available	
Mon-June 6th	9.00 am – 3.00 pm	Travel to Qwa-Qwa and visit to Basotho Cultural Village	Park Travel
	3.00 pm - 5.00 pm	Arrival at Witsieshoek Hotel and check-in	
	6.00 pm – 8.00 pm	Debrief and Dinner	Prof AA Egal Dr M Murimi
Tues-June 7th	9.00 am – 10.00 am	Lecture: Nutritional benefits of soy in community nutrition programs	Dr W Oldewage-Theron Prof AA Egal
	10.00 am - 5.00 pm	Commercialization of community nutrition projects: Soy milk, yoghurt and bread processing and distribution to schools	Chief Thabane & Qwa-Qwa community members & TUT students
	6.00pm – 8.00 pm	Debrief and Dinner	Dr M Murimi
Wed-June 8th	9.00 am – 1.00 pm	Launch and marketing of soy products: sensory questionnaires	TUT students
		Break	
	2.00 pm - 5.00 pm	Launch and marketing program for the community soy milk processing factory	TUT students

		Debrief and Dinner	Prof AA Egal Dr M Murimi
Thurs-June 9th	9.00 am – 10.00 am	Lecture: Solutions and interventions of food insecurity in South Africa	Dr W Oldewage-Theron
	10.00 am - 12.00 pm	Lecture: The role of agriculture in addressing food insecurity	UFS QQ Agriculture Lecturer
	12.00 pm – 1.00 pm	Lunch	
	1.00 pm – 3.00 pm	Lecture: The role of indigenous foods in addressing food insecurity	UFS QQ Agriculture Lecturer
Fri-June 10th	9.00 am – 10.00 am	Lecture: Community nutrition and food security	Dr M Murimi
	10.00 am – 1.00 pm	Visit to community gardening and other projects	UFS QQ Ms M Matsoso
Fri-June 10th to Sun-June 12th	1.00 pm	Leave for home stays with local community members	Park Travel
Sun-12th June	9.00 am	Return from home visits and leave for Durban (World Food Problems 2)	Park Travel