Course Reflection Statement  
NUTR 203: Cultural Aspects of Food and Nutrition  
Rebecca DeHamer

I was very surprised at the level of learning I had in this course. The class is focused to help us learn to work effectively with members of different ethnic and religious groups in a culturally sensitive manner. I found it very interesting to learn all the different cultural idiosyncratic patterns that are involved with different populations. This course extremely helped to build my foundation of knowledge and skills useful for nutrition counseling in clinical and community settings. Many of the cultural topics addressed are directly applicable in populations we are likely to work with in San Diego.

I enjoyed the Personal Cultural Paper very much, as it made me take a much closer look at my family and history than I have had a chance to do. I realized that I engage in a lot of specific food habits that are directly from my family’s culture. But, I was also able to enjoy the mixture of cultural foods I enjoy, which is due to living in San Diego with all its’ different populations and enjoying in all those different foods.

I also greatly enjoyed the tasting and cooking of ethnic food Events we participated in as a class. I noticed that many people brought dishes from their different cultural backgrounds that served as sources of nutrition, but also as a thing of cultural pride.

As for changes in class curriculum or experiences, I only feel that the course could have touched on more. I feel this is mainly a testament to my enjoyment of the material. I would have enjoyed learning more sociological cultural food habits from different populations than that offered. Perhaps, additional speakers would also be useful to give different perspectives in experiences had with cultural differences and counseling.

Since San Diego, and California as a whole is such a great eclectic cultural state, this course was extremely applicable in preparing us to be successful with our counseling and consultation skills.