

Module: South African culture, food and nutrition policies and -security		
Exam: EW24	LV.-No.:	ECTS-Points: 5 CP
Recommended Semester: Min. 4th (B.Sc.) or M.Sc.	Module: EW24	Language: English
Responsible lecturer: Prof. Dr. Carola Strassner	Cycle: Single (non-recurring)	Registration information:
Lecturer in charge: Prof. Dr. Carin Napier & Evonne Sigh (Durban University of Technology / South Africa)		
Learning outcomes	Students are able to <ul style="list-style-type: none"> • Understand the various cultures in the South African context • Critically analyse the nutrition statistics of the South African population with regards to Food intake and Nutrition • Observe traditional SA cooking in practise • Experience traditional SA cooking with regards to sensory properties • Compare the SA policies and programmes to German policies and programmes • Understand and develop a coping strategy questionnaire for a community group 	
Form of exam	Presentation	
Form of teaching	Seminar/workshop	
Course contents	<ul style="list-style-type: none"> • South African culture (all the provinces) food intake, housing, clothes and traditions. • An overview of Food and Nutrition statistics in SA, nutritional status of various groups through the life cycle. • A practical cooking lesson on preparing traditional SA food and tasting session. • The policies, nutrition programmes and Food Based Dietary Guidelines in SA. • A lesson on the various methods to determine food security levels and focusing on coping strategies as a measurement tool and perhaps giving some outcomes of various studies done in SA. 	
Workload	Presence (2 SWS): Preparation and Follow-up: Sum total:	30 h 120 h 150 h
Requirements	English proficiency (B1-level)	
Literature	<ol style="list-style-type: none"> 1. WHO. 2017. The State of Food security and nutrition in the world 2017 (online). Available: http://www.who.int/nutrition/publications/foodsecurity/state-food-security-nutrition-2017/en/ (Accessed 21 November 2017). 2. South Africa. Department of Social Development and Agriculture, Forestry and fisheries. 2013. National policy on food and nutrition security (online). Available: http://www.daff.gov.za/docs/media/NATIONAL%20POLICYon%20food%20and%20nutrition%20security.pdf (Accessed 1 October 2017). 3. Ronquest-Ross L-C, Vink N, Sigge GO. 2015. Food consumption changes in South Africa since 1994. <i>S Afr J Sci</i> (online). 111(9/10). Available: http://www.sajs.co.za/sites/default/files/publications/pdf/SAJS%20111_9-10_Ronquest-Ross_Research%20article_0.pdf (Accessed 26 November 2017). 4. Shisana, O., Labadarios, D., Rehle, T., Simbayi, L., Zuma, K., Dhansay, A., Reddy, P., Parker, W., Hoosain, E., Naidoo, P., Hongoro, C., Mchiza, Z., Steyn, N.P., Dwane, N., Makoae, M., Maluleke, T., Ramlagan, S., Zungu, N., Evans, M.G., Jacobs, L., Faber, M. and SANHANES-1 Team. 2013. South African National Health and Nutrition Examination Survey (SANHANES-1). Cape Town: HSRC Press. 5. Steyn, N., Bradshaw, D., Norman, R., Joubert, J., Schneider, M. and Steyn, K. 2006. Dietary changes and the health transition in South Africa: implications for health policy. 	

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8. Napier, C.E., Oldewage-Theron, W.H. and Grobbelaar, H.H. 2017. **Testing of developed Food Based Dietary Guidelines for the elderly in South Africa**. *South African Journal of Clinical Nutrition* 2017; 1(1):1-7
9. Bourne, L.T. 2007. **South African Paediatric Food Based Dietary Guidelines**. *Maternal Child Nutrition*. 3(4): 229-229
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