



Universitas Negeri Surabaya
Faculty of Sports and Health Sciences,
Undergraduate Nutrition Study Program

Document Code

SEMESTER LEARNING PLAN

Courses	CODE	Course Family	Credit Weight			SEMESTER	Compilation Date
Socio-Cultural Nutrition	1321102015		T=0	P=0	ECTS=0	3	July 18, 2024
AUTHORIZATION	SP Developer		Course Cluster Coordinator			Study Program Coordinator	
			Amalia Ruhana, S.P., M.P.H.	
Learning model	Case Studies						
Program Learning Outcomes (PLO)	PLO study program that is charged to the course						
	Program Objectives (PO)						
	PLO-PO Matrix						
		P.O					
Short Course Description	Description: Conduct studies and provide an understanding of socio-cultural concepts, food history, eating habits in terms of food patterns, food restrictions or taboos and people's eating behavior. Analyzing food consumption using various models with socio-cultural factors that influence it. The assessment of nutritional problems is viewed from socio-cultural aspects based on observations in the community. Learning is carried out by applying a scientific approach. The learning model applies problem based learning. Learning activities include face-to-face in the form of lectures, group discussions, observations, presentations. Forms of lecture assignments include written tests, preparation of papers and presentations.						
References	Main :						
	<ol style="list-style-type: none"> 1. Den Hartog, Adel P dan Wija van Staveren. 1983 . Manual for Social Surveys on Food Habits and Consumption in Developing Countries. Pudoc Wageningen. 2. Jacob T. 1990. Evolusi Makanan Manusia . Berita Pergizi Pangan. 3. Suhardjo. 1989. Sosio Budaya Gizi . Bogor. AU Pangan dan Gizi. Institut Pertanian Bogor. 4. Susanto, Djoko. 1988. Diversifikasi Pangan dilihat dari Aspek Pola Konsumsi dan Kebiasaan Pangan (Food Habits) Masyarakat. Berita Ilmu Pengetahuan dan Teknologi, No.1. 5. Susanto, Djoko.1991. Fungsi Sosial dan Budaya Pangan . Pangan No.9, Vol.II, Juli 6. Susanto, Djoko . 1997. Food Ethnography. Materi Kuliah Mahasiswa GMSK 						
	Supporters:						
Supporting lecturer	Dra. Veni Indrawati, M.Kes.						
	Dra. Rahayu Dewi Soeyono, M.Si.						
Week-	Final abilities of each learning stage (Sub-PO)	Evaluation		Help Learning, Learning methods, Student Assignments, [Estimated time]		Learning materials [References]	Assessment Weight (%)
		Indicator	Criteria & Form	Offline (offline)	Online (online)		
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)

1	Introduction to socio-cultural nutrition. Socio-cultural concept of nutrition	Socio-cultural concepts Relationship between social aspects and nutrition Relationship between food culture and nutrition	Criteria: 1.Question number 1a has a weight of 10 if answered correctly 2.Question number 1b has a weight of 20 if answered correctly 3.Question number 1c has a weight of 20 if answered correctly 4.Question number 2a has a weight of 15 if answered correctly 5.Question number 2b has a weight of 20 if answered correctly 6.Question number 2c has a weight of 15 if answered correctly	Lectures, discussions, questions and answers, reflections and exploration 2 X 50			0%
2	Able to understand the socio-cultural concept of nutrition	Explain the socio-cultural aspects of nutrition. Explain the relationship between socio-cultural and nutritional aspects. Explain the socio-cultural concept of nutrition	Criteria: 1.Question number 1 has a weight of 15 if answered correctly 2.Question number 2 has a weight of 15 if answered correctly 3.Question number 3 has a weight of 20 if answered correctly	Lectures, discussions, questions and answers, reflections and exploration 2 X 50			0%
3	Able to understand the sociological approach to eating culture to analyze social and cultural eating (values, concepts of health and illness, analysis of family roles, social change) Able to understand the anthropological approach to eating culture to analyze socio-cultural phenomena of eating Able to understand the psychological approach to eating culture to analyze socio-cultural phenomena of eating (psychology of eating, meaning of food)	Explaining the socio-cultural approach to eating. Explaining the anthropological approach to eating culture. Explaining the psychology of eating culture	Criteria: 1.Question number 1 has a weight of 10 if answered correctly 2.Question number 2 has a weight of 10 if answered correctly 3.Question number 3 has a weight of 10 if answered correctly 4.Question number 3 has a weight of 10 if answered correctly	Lectures, group discussions, questions and answers and reflections 2 X 50			0%

4	Understand the concept of food selection	Explain the reasons for food choices. Explain the factors underlying food choices	Criteria: 1.Question number 1 has a weight of 15 if answered correctly 2.Question number 2 has a weight of 15 if answered correctly 3.Question number 3 has a weight of 20 if answered correctly	Lectures, group discussions, questions and answers, reflection and exploration 2 X 50			0%
5	Able to understand the history of food development	Explaining the periodization of food development. Outlining the history of food in Indonesia	Criteria: 1.Question number 1 has a weight of 15 if answered correctly 2.Question number 2 has a weight of 15 if answered correctly 3.Question number 3 has a weight of 20 if answered correctly 4.Question number 4 has a weight of 15v if answered correctly 5.Question number 5 has a weight of 15 if answered correctly	Lectures, group discussions, questions and answers and reflections 2 X 50			0%
6	Able to understand the role of food in socio-cultural functions	Explain the role of food in social and cultural functions. Explain social behavior related to food. Explain food related to society's culture	Criteria: 1.Question number 1 has a weight of 10 if answered correctly 2.Question number 2 has a weight of 10 if answered correctly 3.Question number 3 has a weight of 15 if answered correctly	Lectures, group discussions, and questions and answers 2 X 50			0%
7	Able to understand the tasks given related to local food wisdom in their respective regions	Explain local food wisdom in each student's area	Criteria: The assignment presentation has a score of 90 if it meets the criteria	Presentation of regional local food wisdom assignments 2 X 50 each			0%
8	Able to understand meeting material 1-7 (Mid Semester exam)	Explain the material for meetings 1-7	Criteria: If you answer all the questions correctly you will get a score of 100	Test 2 X 50			0%

9	Able to understand food taboos and restrictions	<p>Explaining the meaning of food taboos and taboos</p> <p>Identifying the differences between food taboos and taboos</p> <p>Explaining the reasons for the existence of food taboos and taboos in society</p> <p>Compiling an analysis report on food taboos and taboos</p>	<p>Criteria:</p> <p>1.Question number 1 has a weight of 10 if answered correctly</p> <p>2.Question number 1 has a weight of 00 if answered correctly</p> <p>3.Question number 1 has a weight of 80 if answered correctly</p>	Lectures, group discussions and questions and answers, solving 2 X 50 problems			0%
10	Able to understand eating habits	<p>Explaining the meaning of eating habits</p> <p>Explaining the factors that cause eating behavior</p> <p>Explaining the factors that influence eating habits</p> <p>Outlining the scope of eating habits</p> <p>Explaining how to learn habits</p>	<p>Criteria:</p> <p>1.Question number 1 has a weight of 15 if answered correctly</p> <p>2.Question number 2 has a weight of 20 if answered correctly</p> <p>3.Question number 3 has a weight of 25 if answered correctly</p> <p>4.Question number 3 has a weight of 20 if answered correctly</p> <p>5.Question number 3 has a weight of 20 if answered correctly</p>	Lectures, group discussions, questions and answers and reflections 2 X 50			0%
11	Able to understand the eating behavior of Indonesian people	<p>1. Explain the meaning of eating behavior</p> <p>2. Explain the factors that cause eating behavior</p> <p>3. Explain the relationship between culture and eating behavior</p> <p>4. Explain the relationship between a person's lifestyle and eating behavior</p>	<p>Criteria:</p> <p>1.Question number 1 has a weight of 15 if answered correctly</p> <p>2.Question number 2 has a weight of 10 if answered correctly</p> <p>3.Question number 3 has a weight of 10 if answered correctly</p> <p>4.Question number 4 has a weight of 15 if answered correctly</p>	Lectures, group discussions, questions and answers, problem solving 2 X 50			0%

12	Able to understand people's food consumption	- Explain the meaning of food consumption - Explain the factors that cause food consumption - Explain the relationship between consumption and eating habits and behavior - Explain the scope of food consumption patterns - Explain the influence of technology on people's food consumption	Criteria: 1.Question number 1 has a weight of 25 if answered correctly 2.Question number 2 has a weight of 25 if answered correctly 3.Question number 3 has a weight of 25 if answered correctly 4.Question number 4 has a weight of 25 if answered correctly	Lectures, group discussions, and questions and answers 2 X 50			0%
13	Able to analyze nutritional problems related to socio-cultural society	Identifying nutritional problems related to the socio-culture of the community. Analyzing the causes of nutritional problems related to the socio-culture of the community. Explaining alternative nutritional solutions related to the socio-culture of the community.	Criteria: 1.Question number 1 has a weight of 10 if answered correctly 2.Question number 2 has a weight of 20 if answered correctly 3.Question number 3 has a weight of 20 if answered correctly	Lectures, group discussions, and questions and answers 2 X 50			0%
14	Able to formulate nutritional problems related to socio-cultural society	- Identifying nutritional problems related to the socio-culture of the community - Analyzing the causes of nutritional problems related to the socio-culture of the community - Explaining alternative solutions to nutritional problems related to the socio-culture of the community -	Criteria: Papers are prepared according to the correct stages with a weight of 90	Lectures, group discussions, and questions and answers 2 X 50			0%
15	Able to present nutritional problems related to socio-cultural society	- Identifying nutritional problems related to the socio-culture of the community - Analyzing the causes of nutritional problems related to the socio-culture of the community - Explaining alternative solutions to nutritional problems related to the socio-culture of the community -	Criteria: Assessment is based on presentation with a weight of 90	Paper presentation 2 X 50			0%
16							0%

No	Evaluation	Percentage
		0%

Notes

1. **Learning Outcomes of Study Program Graduates (PLO - Study Program)** are the abilities possessed by each Study Program graduate which are the internalization of attitudes, mastery of knowledge and skills according to the level of their study program obtained through the learning process.
2. **The PLO imposed on courses** are several learning outcomes of study program graduates (CPL-Study Program) which are used for the formation/development of a course consisting of aspects of attitude, general skills, special skills and knowledge.
3. **Program Objectives (PO)** are abilities that are specifically described from the PLO assigned to a course, and are specific to the study material or learning materials for that course.
4. **Subject Sub-PO (Sub-PO)** is a capability that is specifically described from the PO that can be measured or observed and is the final ability that is planned at each learning stage, and is specific to the learning material of the course.
5. **Indicators for assessing** ability in the process and student learning outcomes are specific and measurable statements that identify the ability or performance of student learning outcomes accompanied by evidence.
6. **Assessment Criteria** are benchmarks used as a measure or measure of learning achievement in assessments based on predetermined indicators. Assessment criteria are guidelines for assessors so that assessments are consistent and unbiased. Criteria can be quantitative or qualitative.
7. **Forms of assessment:** test and non-test.
8. **Forms of learning:** Lecture, Response, Tutorial, Seminar or equivalent, Practicum, Studio Practice, Workshop Practice, Field Practice, Research, Community Service and/or other equivalent forms of learning.
9. **Learning Methods:** Small Group Discussion, Role-Play & Simulation, Discovery Learning, Self-Directed Learning, Cooperative Learning, Collaborative Learning, Contextual Learning, Project Based Learning, and other equivalent methods.
10. **Learning materials** are details or descriptions of study materials which can be presented in the form of several main points and sub-topics.
11. **The assessment weight** is the percentage of assessment of each sub-PO achievement whose size is proportional to the level of difficulty of achieving that sub-PO, and the total is 100%.
12. TM=Face to face, PT=Structured assignments, BM=Independent study.