



# Chinese 160: A Taste of China

## Learning Chinese Culture and Society through Cuisine

### I. COURSE INFORMATION

**Instructors:** Xiaorong Wang  
**Office:** Curtin 815  
**E-mail:** wang55@uwm.edu  
**Phone:** 414-229-2492  
**Office Hours:** TBD

**Meeting Time:** Tuesdays and Thursdays 4:00-5:15pm  
**Classroom:** Curtin 219

#### Texts and Materials:

CULINARIA CHINA: Country. Cuisine. Culture  
By Kathrin Schlotter and Elke Spielmanns-Rome  
Publisher: hf ULLMANN  
ISBN-10: 3833149957  
ISBN-13: 978-3-8331-4995-5  
Price :\$39.99

\*All articles and media from outside the textbook will be available for download or linked on the Content page of the course D2L site.

**Prerequisite:** NONE

### II. COURSE DESCRIPTION

This course will explore Chinese culture primarily through the study of Chinese cuisine. Food is a lens through which we can learn more about Chinese geography, philosophy, and religions because food has been historically important to Chinese life. Students will discover the uniqueness of Chinese cuisine through various class activities and assignments that focus on food practices, views about food, and the role of cuisine in daily life. This class will make use of discussions, projects, readings, and films to engage students with issues related to food and society and introduce them to Chinese cuisine.

### FOOD ALLERGIES

Since we will actually taste real Japanese foods, our utmost concern is food allergies. The 8 major food allergens identified by [Food Allergen Labeling and Consumer Protection Act](#) are:

1. Milk
2. Eggs
3. Fish (e.g. bass, flounder, cod)
4. Crustacean shellfish (e.g. crab, lobster, shrimp)
5. Tree nuts (e.g. almonds, walnuts, pecans)
6. Peanuts
7. Wheat
8. Soybeans

If you have known food allergies or food intolerance, please let the instructor know and refrain from tasting certain foods that you are allergic to. You will also encounter some unfamiliar foods that you have never eaten before. So if you suspect allergies judging from your own experience, again please do not try those foods either. Ingredients will be disclosed as much as possible, so it is up to you to decide whether you try or not.

Also, if you don't have allergies, but if you prefer not to try certain foods, you do not have to try them either. Throughout the course our ultimate goal is our HEALTH.

### **III. COURSE OBJECTIVES**

Our goal is to achieve a better and deeper understanding of Chinese cuisine and culture.

Upon successful completion of this course, students will be able to:

- 1) learn about the history, geography and culture of China using cuisine as a lens;
- 2) describe cuisine found in multiple regions of China;
- 3) make connections between Chinese cuisine and its history, geography, traditions, etc;
- 4) expand sociological vision and personal horizons;
- 5) analyze the role of cuisine in culture.

### **IV. HUMANITIES GER RATIONALE**

By definition, UWM GER courses in the humanities “investigate human constructs and values (and) are concerned with questions, issues, and concepts basic to the formation of character and the establishment of values in a human context.” This course carries GER Humanities status; therefore, in addition to the course outcomes listed above, the following Humanities GER outcomes apply.

Upon successful completion of this course, students will be able to:

***1) identify the formation, traditions, and ideas essential to major bodies of historical, cultural, literary, or philosophical knowledge.***

Course readings and video materials represent a variety of perspectives and different eras and are drawn from investigations into Chinese cuisine, contemporary news and events, and Chinese society. They include readings on Chinese history, geography, traditions, religion, and philosophy as they relate to Chinese cuisine. Students will explore both intellectual and practical fields and analyze Chinese culture by learning the history and traditions associated with food. In addition, students will make comparisons between regional cuisines.

***3) apply diverse humanistic theories or perspectives to other branches of knowledge or to issues of universal human concern.***

Students will gain a better and deeper understanding of Chinese history, geography, traditional Chinese medicine, philosophy, and religions by looking through Chinese cuisine as a lens. Students will examine many of the issues related to their own modern society and the way it deals with food by applying what they learn from Chinese food and cuisine.

**\*Assessment of Humanities GER outcomes:**

The above outcomes will be assessed when students complete mid-term and final projects, as well as a final paper.

For the mid-term project, students will select a region in China and investigate its local history, religion, traditions, geography, and cultural influences on cuisine.

At the end of the semester, students will prepare a big meal with dishes from the selected region. The meal will consist of an appetizer, two main courses, and soup. After conducting personal research and locating several additional secondary sources, students will plan and make the meal based on Chinese traditions and add personal modifications. Students will photograph or film the process of making the meal. In the presentation and the final paper composed from the presentation, students will explain the design of the dishes, the influence of history, religion, and geography on the food, provide cultural reflections, and consider medical properties of the ingredients.

Students will be provided with a rubric evaluating the achievement of each outcome at the time that the project is assigned.

**V. UW SYSTEM SHARED LEARNING GOALS**

This course will allow students to attain the following UW System Shared Learning Goals:

***3. Effective Communication Skills including listening, speaking, reading, writing, and information literacy.***

When completing the aforementioned term paper and presentations, students will be instructed to follow guidelines that reinforce basic writing and presentational skills. Reading and information literacy skills will be demonstrated as students locate, analyze, and submit secondary sources for approval before writing. As classmates present their findings, the class will engage in a note-taking assignment that will require active listening and interpretation. For each term paper, presentation, and note-taking assignments, students will be graded according to rubrics that evaluate communication skills as well as other criteria.

## VI. CLASS REQUIREMENTS

### 1. **Attendance & Participation:**

Attendance is mandatory. Tardiness for any class period will result in 2 points being deducted from the daily attendance & participation grade. Informing the instructor of your reason for not coming to class does not mean that you are automatically excused. Each unexcused absence will result in 5 points deducted from the 10-point weekly attendance & participation grade.

Valid excuses for absences include student illness, serious illness or death in the immediate family, religious holidays, participation in authorized field trips and athletic contests, and paper presentations at academic conferences or job interviews. Students are obligated to inform the instructor of these circumstances as soon as they can through email notification.

Attendance and class participation will be graded based on the following scale:

For frequent, lively, and informed discussion:	10 points
For informed participation in discussion:	8.5 points
For minimal participation in discussion:	7 points
For unwillingness to participate in discussion:	5 points
For an unexcused absence:	0 points

2. **Preparation:** You are expected to be well prepared for each lesson **BEFORE** class so that class time can be fully utilized for discussion at the desired pace.

Statement of time investment by the average student: On average, students should spend 48 hours per credit per semester on in-class activities and activities outside of the classroom (i.e., approx. 144 hours for a 3-credit course).

Total Hours: 3 credits x 48 hours	= 144 hours
In Class: 150 minutes x 15 weeks	= 37.5 hours
Reading/Viewing Course Materials: 2x class time	= 75 hours
Taking Quizzes: 5 minutes x 30 periods	= 2.5 hours
Working on Presentations/Assignments	= 29 hours

### 3. **Quizzes & Weekly Assignments:**

**Quizzes** At the beginning of each class, there will be a quiz on daily content comprised of multiple choice and fill-in-the-blank questions. The purpose of quizzes is to make sure students preview the daily reading assignments.

**Weekly Assignments** At the end of each week, the teacher will present reflection questions based on the content discussed during the previous class periods that week. Students will be required to respond to the topic on the course D2L Discussion board. All homework and assignments must be completed on or before the due date as indicated in the weekly schedule. Two points will be deducted for each day that

homework is turned in late. Homework or writing assignments turned in one week later than the due date will not be accepted or graded. All deadlines will be strictly enforced.

4. **Chinese Regional Cuisine Group Project:** During the semester, students will work with multiple classmates on a Chinese regional cuisine project. Each group will introduce and lead discussion on a particular city and its cuisine from the provinces learned in the class. The presentation should include a brief introduction of history and geography, culinary facts and analysis of certain cultural influences; presenters should raise questions for class discussion and conduct class discussion. Specific instructions will be given prior to the presentation week.
  
5. **Final Project:** The final project will be a research project consisting of a group presentation and an individual research essay. For the presentation, each group will be required to make a meal with dishes from a selected region in China. The meal will consist of an appetizer, two main courses, and soup. Each group will document, in writing and in pictures or film, the process and product of the meal. Each group will present its experience to the rest of the class in the form of a PowerPoint presentation and/or a film with accompanying commentary. For the individual research essay, in addition to the content in the presentation, students need to write about their own thoughts and reflections on Chinese cuisine and culture. Details will be explained in class and students will sign up shortly thereafter.

6. **Grading:**

<b>Attendance &amp; Participation</b>	<b>20%</b>
<b>Quizzes &amp; Weekly Assignments</b>	<b>30%</b>
<b>Chinese Regional Cuisine Group Project</b>	<b>20%</b>
<b>Final Project</b>	<b>30%</b>

**Grading scale:**

100-94	A	89.9-87	B+	79.9-77	C+	69.9-67	D+	Below 60	F
93.9-90	A-	86.9-84	B	76.9-74	C	66.9-64	D		
		83.9-80	B-	73.9-70	C-	63.9-60	D-		

**VII. COURSE SCHEDULE**

\*All assignments must be completed prior to the indicated class period.

\*\*This listing is subject to change.

Week & Dates	Topics	Readings & Video Links (All links and PDF articles in D2L Content)
<b>WEEK 1</b> 01/21-01/23	<ul style="list-style-type: none"> <li>• Introduction</li> <li>• Chinese History (before Opium War 1840)</li> <li>•</li> </ul>	China in 10 Minutes: <a href="http://www.youtube.com/watch?v=1TWY8ityNPk&amp;feature=related">http://www.youtube.com/watch?v=1TWY8ityNPk&amp;feature=related</a> PDF File “Chinese History—Chinese & English”
<b>WEEK 2</b> 01/28-01/30	<ul style="list-style-type: none"> <li>• Chinese Geography</li> <li>• Chinese Culinary Culture</li> </ul>	PDF File “Chinese Geography—Chinese & English” Textbook P10-11 Culinary Basics P12-16 Chinese Culinary Culture
	<ul style="list-style-type: none"> <li>• Chinese Culinary Philosophy and Religions</li> </ul>	Religion in China: <a href="http://www.sacu.org/religion.html">http://www.sacu.org/religion.html</a> Textbook P244-245 Chinese-style Buddhism P284-285 Belief in the Gods in Modern Hong Kong
<b>WEEK 3</b> 02/04-02/06	<ul style="list-style-type: none"> <li>• Chinese Cooking Techniques and Dining Etiquettes</li> </ul>	Movie: The proud of Mei Long Town Textbook P16 Cooking P276-279 Eating Habits and Opportunities
	<ul style="list-style-type: none"> <li>• Regional Cuisine: North -Beijing -Shandong</li> </ul>	Textbook P38-39 Beijing’s Cuisine P40-41 Peking Duck P70-79 The Cradle of the Imperial Cuisine P92-93 Fish and Seafood Video: A Bite of China 5
<b>WEEK 4</b> 02/11-02/13	<ul style="list-style-type: none"> <li>• Regional Cuisine: North -Heilongjiang</li> </ul>	Textbook P438-447 The Cuisine of Heilongjiang P448 Meat Feast P44-45 Dumplings P458—459 Jiaozi P460-461 Cereal Crop P462-463 Cabbage
	<ul style="list-style-type: none"> <li>• Regional Cuisine: South -Fujian</li> </ul>	Textbook P182-186 Fujian Cuisine

Week & Dates	Topics	Readings & Video Links (All links and PDF articles in D2L Content)
		P188-189 Soup P200-201 The Sweet Fruits of Fujian P202-203 Delicacies-A Source of Pleasure and Prestige P208-211 Chinese Mushrooms P212-213 Bamboo Video: A Bite of China 1
<u>WEEK 5</u> 02/18-02/20	<ul style="list-style-type: none"> <li>• Regional Cuisine: South</li> <li>-Guangdong</li> <li>-Hong Kong</li> <li>-Macau</li> </ul>	Textbook P214-225 Introduction of Guangdong and Cuisine P226-227 Specialty from Guangdong P230-233 Bizarre Cantonese Delicatessen P236-239 Yum Cha and Dim Sum P246-247 Sustainable eco-trend? P248-249 Chaozhou Cuisine Video: A Bite of China6 P252-253 Substantial, tasty Hakka Cuisine <hr/> Textbook P258-265 Introduction of Hong Kong P266-269 The Hong Kong Cuisine P298-299 Macau’s Culinary Heritage P304-305 Sweet and Spicy Sausage P310-311Macau’s Sweet Desserts Video: A Bite of China 6
<u>WEEK 6</u> 02/25-02/27	<ul style="list-style-type: none"> <li>• Regional Cuisine: East</li> <li>- Jiangsu</li> <li>- Shanghai</li> </ul>	Textbook P99-101 Introduction of Jiangsu and Nanjing P102-103 Jiangsu Cuisine P106-107 Between Suzhou and Lake Tai P108-109 Chinese gardens Video A Bite of China 5 <hr/> P121-123 Introduction of Shanghai P124-127 Shanghai cuisine and delicacies P130-131 Xiaolongbao

<b>Week &amp; Dates</b>	<b>Topics</b>	<b>Readings &amp; Video Links</b> <i>(All links and PDF articles in D2L Content)</i>
	<ul style="list-style-type: none"> <li>• Regional Cuisine: East</li> <li>- Anhui</li> <li>- <b>Zhejiang</b></li> </ul>	Textbook P142-146 Introduction of Anhui and cuisine P154-157 Delicacies of Anhui cuisine P163-167 Introduction of Zhejiang and cuisine P176-177 Zhejiang specialties P180-181 Jinhua ham A Bite of China5
<u>WEEK 7</u> 03/04-03/06	<ul style="list-style-type: none"> <li>• Regional Cuisine: West</li> <li>- Yunnan</li> <li>- <b>Hunan</b></li> <li>- <b>Sichuan</b></li> </ul> <b>03/06 11:59pm</b> <u>Midterm presentation outline submission due</u>	Textbook P317-321 Introduction of Yunnan P322-323 Yunnan’s culinary diversity P324 Silk smooth-rice noodles P330-333 The Yi and the Bai P340-341 Xishuangbanna-home of the Dai P336-337 Specialties of Yunnan  P345-347 Introduction of Hunan and cuisine P350-351 Shaoshan—in memoriam Mao P354-355 Hunan specialties P360-361 The versatile egg  P365-371 Introduction of Sichuan and cuisine P388-389 Hotpot
<u>WEEK 8</u> 03/11-03/13	<b>Presentation Week on Chinese Regional Cuisine</b> <b>03/10 11:59pm Midterm presentation PowerPoint submission due</b>	
<u>WEEK 9</u> 03/25-03/27	Spring Break 16-23 Mar	
<u>WEEK 10</u>	<ul style="list-style-type: none"> <li>• <b>Learn how to cook</b></li> <li>• <b>Potluck</b></li> </ul>	<b>Textbook</b> P192-193 Sauces that tickle the Chinese palate Watch videos of cooking demonstration Students will prepare food home and bring the dishes to class.

<b>Week &amp; Dates</b>	<b>Topics</b>	<b>Readings &amp; Video Links</b> <i>(All links and PDF articles in D2L Content)</i>
<u>WEEK 11</u> 04/01-04/03	<ul style="list-style-type: none"> <li>• <b>Chinese Cuisine and Festivals</b></li> <li>• <b>Symbolic Food</b></li> </ul>	Video: Chinese festivals Textbook P286-289 Spring Festival and Moon Festival P312-313 Dragon Dances and Easter Eggs P282-283 Giving luck a Helping Hand P170-173 Chinese wedding and wedding recipes
<u>WEEK 12</u> 04/08-04/10	<ul style="list-style-type: none"> <li>• <b>Staple Food</b></li> <li>• <b>Snacks</b></li> </ul>	PDF file—Staple food Textbook P356-357 Rice buying made easy P396-397 Noodles, beef and lamb—Gansu cuisine P400-401 Noodles—a national treasure P60-61 Snacks at Beijing’s night market
	<ul style="list-style-type: none"> <li>• <b>Vegetarian Food in China</b></li> </ul>	Textbook P198-199 Vegetarian Cuisine in China P382-383 Soybeans P384-385 Tofu
<u>WEEK 13</u> 04/15-04/17	<ul style="list-style-type: none"> <li>• <b>Chinese Medicine Cuisine</b></li> </ul>	Movie-Deadly Delicious Movie-Eat Drink Man Woman

Week & Dates	Topics	Readings & Video Links (All links and PDF articles in D2L Content)
<p><u>WEEK 14</u> 04/22-04/24</p>	<p>• <b>Chinese Food Safety</b></p>	<p>Chinese food safety NY Times:  <a href="http://topics.nytimes.com/top/news/international/countriesandterritories/china/food-safety/index.html">http://topics.nytimes.com/top/news/international/countriesandterritories/china/food-safety/index.html</a>  A decade of Chinese food safety  <a href="http://www.chinadialogue.net/article/show/single/en/5083-A-decade-of-food-safety-in-China">http://www.chinadialogue.net/article/show/single/en/5083-A-decade-of-food-safety-in-China</a>  From Milk to Peas, a Chinese Food-Safety Mess  <a href="http://rendezvous.blogs.nytimes.com/2012/06/21/from-milk-to-peas-a-chinese-food-safety-mess/">http://rendezvous.blogs.nytimes.com/2012/06/21/from-milk-to-peas-a-chinese-food-safety-mess/</a>  Will China's New Food-Safety Laws Work?  <a href="http://www.time.com/time/world/article/0,8599,1882711,00.html">http://www.time.com/time/world/article/0,8599,1882711,00.html</a>  China Establishes 5-Year Food Safety Plan, Vows Harsher Penalties  <a href="http://www.foodproductdesign.com/news/2012/06/china-establishes-5-year-food-safety-plan.aspx">http://www.foodproductdesign.com/news/2012/06/china-establishes-5-year-food-safety-plan.aspx</a></p>
<p><u>WEEK 15</u> 04/29-05/01</p>	<p>• <b>Chinese Tea and Wine</b></p>	<p><b>Textbook</b>  P50-51 Peking opera and tea house  P116-117 Exquisite tea service—pots from Yixing  P148-149 Teatime-Qimen  P174-175 Silver needles and black dragons  P206-207 The Wild Wuyi Mountains  P240-241 Aromatic Jasmine Tea  P325 Pu-erh tea  P378-379 Tea house—a mirror of society  Video—Chinese tea    P80-81 Pure luxury—wine-drinking in China  P82-83 Qingdao  P158-159 Chinese drinking games  P178-179 Firewater et al—Chinese spirits    P334-335 Coffee and tobacco</p>

Week & Dates	Topics	Readings & Video Links <i>(All links and PDF articles in D2L Content)</i>
WEEK 16 05/06-05/08	<b>FINAL PRESENTATIONS</b>  <u>05/05(Monday) 11:59pm final presentation PowerPoint submission due</u> <u>05/09 11:59pm final paper outline submission due</u>	
Final Exam Week	<b>FINAL PAPER DUE</b>	

### VIII. ADDITIONAL INFORMATION

#### **Academic Honesty:**

We will spend time in class discussing academic honesty, and its converse, plagiarism, which will not be tolerated in this class. Plagiarism has serious consequences for students in the university community.

The university and the program take disciplinary action when a student is discovered to have used someone else's work as their own. Refer to

[http://www4.uwm.edu/Acad\\_Aff/policy/uws14facdoc1686.pdf](http://www4.uwm.edu/Acad_Aff/policy/uws14facdoc1686.pdf) for more information.

#### **Student Accessibility Center:**

If you work with an advisor at the Student Accessibility Center, please send your VISA to us. If you are concerned that you may have a learning disability, visit the SAC office in 112 Mitchell Hall. Computer technologies can sometimes accommodate disabilities; it is your responsibility to provide for your own equipment to meet your needs in this regard, where possible. Be sure to consult with the advisors at the Student Accessibility Center before you contact us with any related concerns.

#### **Personal Notifications:**

If there are any accommodations that would make your performance in the class more comfortable and successful, please make an appointment to meet with your teacher. While we must adhere to course policies, we will gladly engage in dialogue to find the best way to accommodate the needs of all students.

#### **Addendum:**

FLL subscribes to UWM policies on students with disabilities (ADA), accommodations for religious observances, academic misconduct, complaint procedures, grade appeals, sexual harassment, attendance and safety. A more complete description of these policies can be seen on the FLL bulletin boards in the lobby of the 8th floor of Curtin Hall.

**Concealed Weapons:**

No weapons are permitted in any building on the UWM campus.

**University Policies:**

A full list of university policies can be found at:

[www4.uwm.edu/secu/SyllabusLinks.pdf](http://www4.uwm.edu/secu/SyllabusLinks.pdf)