

# Download African American Foodways

## Explorations History

Arts and Humanities (Category C) - GE Approved Courses. The following courses are approved to meet the General Education requirements indicated. Civil War-era foodways. Food historians tell us during the American Civil War the civilians/soldiers of the north generally ate better than the civilians/soldiers of the south. Soul food is a variety of cuisine originating in the Southeastern United States, and from African American culture. It also has Native American influences. How do I find which courses are approved for GE? This list of Approved General Education courses is valid for catalog years prior to Fall 2018.