

Anthropology 3541: Anthropology of Eating

The course syllabus is a general plan for the course, modifications may be necessary, and will be announced to the class by the instructor

Fall 2012
Tuesday, Thursday 2:00-3:15
Fine Arts Building, ROOM 300

Instructor: Susan Tanner

Office: 266 Baldwin Hall

Email: stanner1@uga.edu; Phone: 542-3085

Office Hours: T, Th 11am-12pm

Teaching Assistants:

Asher Rosinger

Email: rosinger@uga.edu

Office Hours: 3:30-4:30 on Tuesday, Baldwin Hall G39

McKee Gray

Email: mg0416@uga.edu

Office Hours: 3:30-4:30 on Thursday, Baldwin Hall G39

Course Description and Objectives

What explains our food choices? Is eating about more than meeting nutritional needs? How does food relate to health? What role has food played in human history? Where do you buy your food and why?

In this class, we will examine the interrelationships between biological and social forces shaping our eating patterns. The course will cover three general topics: human nutrition and health, the history of human eating, and eating in a globalized world. We will begin the course with an overview of human nutrition and nutritional evolution. We will consider how human evolutionary history has shaped our eating patterns and, by extension, health. We will then continue to discuss domestication, preferences, and power. Finally, we will consider how technology and globalization are used to understand food abundance and scarcity, alternative food movements, and contemporary eating patterns.

Course Readings:

All readings are available E Learning Commons (eLC). There is no required textbook for the course.

Required readings are listed in the class schedule below. Deviations that may occur throughout the semester in readings will be announced in lecture and updated required readings will be available on eLC.

Course Prerequisites:

None

Course Objectives:

- To understand the biology of food as related to human nutrition, health, and environment
- To examine the role of food in human history, from domestication, colonialism, through today
- To explore the importance of food in culture and individual identity
- To read and think critically about topics related to anthropology and eating in popular culture

Assessment:

Detailed descriptions of the assignments may be found in advance on e Learning Commons.

Student grades will be calculated as follows:

Film reports (15%)

Together in class we will watch three films that feature food and topics related to the anthropology of eating. You will write a film report for the first two films. The two-page report will relate the film to the course material. Film reports will be due on Sept 4th and Oct 9th. Additional information will be provided.

Exams (30%)

There will be two in-class exams, Sept 25th and Dec 11th. Make up exams will be permitted only due to an emergency.

Food exploration assignment (25%)

In this assignment, you will select from a mix of activities to do and record. You will be given this assignment early, with about four weeks to choose and accomplish your activities. The assignment will be due in class on Nov. 13th.

Annotated bibliography (30%)

The course final is a five page annotated bibliography on a topic of your choosing related to the anthropology of eating. An annotated bibliography is a list of references with a concise summary and evaluation of each reference. This will require you to identify about a minimum of ten sources. Additional information will be provided. The annotated bibliography is due in class on Nov 13th.

Late assignments and/or make-up exam: You are required to complete all assignments by the due date. Make-up exams or extensions will be given at the professor's discretion provided that you have notified me at least 2 days in advance of your absence and/or you have a documented medical justification.

Plagiarism and Academic Integrity: All UGA students and faculty are expected to adhere to the principles of academic honesty and integrity. All academic work must meet the standards contained in "A Culture of Honesty." All students are responsible to inform themselves about those standards before performing any academic work. Plagiarism and academic dishonesty will not be tolerated and will be punished following the guidelines provided in the above documents. If you have any questions or concerns regarding issues of academic integrity, please do not hesitate to speak with me immediately. This policy can be found online at http://www.uga.edu/honesty/ahpd/culture_honesty.htm

Students with Special Needs: If you have a disability and would like to request classroom accommodations, arrangements are made through the Disability Resource Center (542-8719). Please notify me in advance and we will follow the instructions provided in their letter.

Reading Materials:

All weekly readings are required.

Course Schedule:**Week 1: Introduction**

Aug 14: Introduction

No readings

Aug 16: Introduction

Pollan, M. 2006. Introduction: Our National Eating Disorder. *The Omnivore's Dilemma*. New York, New York. Penguin Press: 2-11.

Week 2: Human nutrition

Aug 21: Human nutrition

Pollin, M. 2007. Unhappy Meals: Eat Food, Not Too Much, Mostly Plants. *The New York Times Magazine*. Jan 28, 2007: 38-47, 66-68.

Boyd Eaton, S. and Konner M. 1985. Paleolithic Nutrition: A Consideration of Its Nature and Current Implications. *The New England Journal of Medicine* 312:283-299.

Aug 23: Human nutrition

Bittman, M. 2009. How to eat like food matters. *Food Matters: A Guide to Conscious Eating*. New York, New York: Simon and Schuster Paperbacks: 81-96.

Gadsby, P. 2002. The Inuit Paradox: How can people who gorge on fat and rarely see a vegetable be healthier than we are? *Discover Magazine*. 12-14.

Young S.L., Sherman P.W. et al. 2011. Why on earth? Evaluating hypotheses about the physiological functions of human geophagy. *The Quarterly Review of Biology*. 86:97-120.

NOTE: Focus on Introduction and Discussion.

Hand out and discuss film report guidelines.

Week 3: Human nutrition and health

Aug 28: *Food Inc* (2009), 91 minutes

Aug 30: *Food Inc* (2009), 91 minutes

Week 4: Food and health

Sept 4: **Film report of *Food, Inc.* due**

Food, health, and evolution: Sugar and Chronic Disease

Nabhan, G.P. 2004. Rooting out the causes of disease: Why diabetes is so common among desert dwellers. *Why Some Like it Hot*, Washington, DC: Shearwaterh Books: 163-185.

Sapolsky, R.M. 1989. Junk Food Monkeys. *Discover Magazine*. 48-51.

Gladwell, M. 1998. The Pima Paradox. *The New Yorker*, Feb 2, 44-57.

Sept 6: Food and body image:

Urla, J. and Swedlund A. C. 1995. The anthropometry of Barbie: Unsettling ideas of the feminine body in popular culture. *Deviant Bodies: Critical Perspectives on Differences in Science and Popular Culture*. J. Terry and J. Urla. Bloomington, Indiana, University of Indiana Press: 277-313.

Parasecoli, F. 2008. Feeding masculinities. *Bite Me: Food in Popular Culture*. Oxford, United Kingdom, Berg:

Brewis, A. 2011. Ch 6 in Obesity: Cultural and Biocultural Perspectives. Rutgers University Press: 99-124.

Week 5: More than food: Drink, taste and other reasons for eating

Sept 11: Drinks and water

Leatherman, T.L. and Goodman A. 2005. Coca-Colonization of Diets in the Yucatan. *Social Science & Medicine*. 61:833-846.

TBA

Sept 13: Taste and other senses

Nabhan G.P. 2004. Discovering why some don't like it hot. *Why Some Like it Hot: Food, Genes, and Cultural Diversity*. Washington D.C.: Shearwater Books: 112-123.

Schlosser, E. 2001. Ch 5: Why the Fries Taste Good [section]. *Fast Food Nation: The Dark Side of the All-American Meal*. New York, New York, Houghton Mifflin: 122-125.

Billings, J. and Sherman, P.W. 1998. Antimicrobial Function of Spices: Why Some Like it Hot. *The Quarterly Review of Biology*. 73(1). 3-49. Focus on Introduction and Discussion.

Week 6: Environment, domestication, and food movement

Sept 18: Domestication

Diamond, J.M. 2002. Evolution, consequences, and future of plant and animal domestication. *Nature*. 418:700-707.

Sept 20: Food movement between Old and New Worlds and unexpected uses

Crosby, A.W. 1972. Old World Plants and Animals in the New World (section, pp. 64-74) and New World Foods and Old World Demography (section, pp. 165-1760. *The Columbian Exchange: Biological and Cultural Consequences of 1492*. Westport, Connecticut, Greenwood Press.

Kats S.H. and Voigt. M.M. 1986. Bread and Beer: The Early Use of Cereals in the Human Diet. *Expedition*. 28:23-46.

Week 7: Food and symbolism

Sept 25: **EXAM 1**

Sept 27: Food preferences, taboos, and symbolism.

Farb, P. and Armelagos G.J. 1980. Ch 5. Meal as metaphor. *Consuming Passions. The Anthropology of Eating*. Boston M.A.: Houghton Mifflin: 97-111.

Rozin, P. 1987. Psychobiological perspectives on food preferences and avoidances. *Food and Evolution: Toward a Theory of Human Food Habits*. Philadelphia, P.A.: Temple University Press. 181-205.

Food Exploration Assignment Handed Out

Week 8: Food and symbolism

Oct 2: *Tortilla Soup (2001)*, 102 min

Oct 4: *Tortilla Soup (2001)*

Week 9: Food and Power

Oct 9: **Film review of Tortilla Soup due**

Food and power

Mintz, S. 2008. Time, sugar, and sweetness. *Food and Culture: A Reader*. C. Couniha and P. Van Esterik. Routledge: 91-103.

Oct 11: Food and colonialism

Franke, R. 1987. The effects of colonialism and neocolonialism on the gastronomic patterns of the third world. In: *Food and Evolution: Toward a Theory of Human Food Habits*. Philadelphia, PA, Temple University Press: 455-479.

Week 10: Food and cooking, food and identity

Oct 16: Food and cooking

Pollan, M. 2009. Out of the kitchen, onto the couch. *The New York Times Magazine*. Aug 2, 2009. 26-35, 44-47.

Jones, M. 2007. Fire, cooking, and growing a brain: *Feast: Why Humans Share Food*. Oxford University Press: 79-89.

Oct 18: Food and identity

Barbour, C. 2010. The truth about soul food. *O The Oprah Magazine*. July 2010.

http://www.oprah.com/food/The-Origin-of-Soul-Food-African-American-Cooking_1

Additional reading TBA

Week 11: Food and identity

Oct 23: Delocalization and Modernity

Pelto G.H. and Pelto P.J. 1983. Diet and Delocalization: Dietary Changes since 1750.
Journal of Interdisciplinary History

Weismantel, M. 1989. The Children Cry for Bread: Hegemony and the Transformation of Consumption. In *The social Economy of consumption*. Monographs in Economic Anthropology, No. 6. B. Orlove and J.J. Rutz, eds. University Press of America: 85-99.14:507-528.

Oct 25: Food and insecurity
Readings TBA

Week 12: Case study of chocolate, food and technology

Oct 30: Library Research at UGA, Guest lecturer: Caroline Barratt, UGA Libraries

Grivetti, L.E. 2005. From Aphrodisiac to health Food: A Cultural History of Chocolate.
Karger Gazette 68:1-3.

Howe, J. 2012. Chocolate and Cardiovascular health: The Kuna Case Reconsidered.
Gastronomica. Spring 2012: 43-52.

Nov 1: Food and technology

Vileisis, A. 2008. The covenant of ignorance. *Kitchen Literacy: How We Lost Knowledg of Where Food Comes From and Why we Need to Get It Back*. Washington, DC: Island Press: 160-205.

Week 13: Food and technology

Nov 6: *King Corn (2007)*, 88 mins

Nov 8: *King Corn (2007)*, 88 mins

Week 14: Food and ritual, reciprocity and feasting

Nov 13: **Annotated bibliography due**

Ritual, reciprocity, feasting.

Lee, R.B. 1969. Eating Christmas in the Kalahari. *Natural History*. 78(10):14-17.

Monaghan, J. 1990. Reciprocity, redistribution, and the transaction of value in the Mesoamerican fiesta. *American Ethnologist* 17(4): 758-774.

Siskind, J. 2002. The invention of Thanksgiving: a ritual of American Nationality. In *Food in the USA: A Reader*. C.M. Counihan. New York, N.Y., Routledge: 42-58.

Nov 15: Organic food, Punk foods, Slow Foods.

Clark, D. 2004. The raw and the rotten: Punk cuisine. *Ethnology*: 43(1): 19-31. Skim—it is fairly long.

Pollan, M. 2006. Ch 9: Big Organic {section}. *The Omnivore's Dilemma*. New York, New York, Penguin Press: 134-140.

Thanksgiving break (no class!)

Week 15: Food movements: Local food

Nov 27: TBA

Nov 29: TBA

Exam II: December 11th.