CULTURE AND NUTRITION

Course Objectives and Structure

The goal of this class is to gain an understanding of the biological and cultural basis of human diet and food habits. Geographic variability in food habits and diet across the globe are the result of unique forces of biology, environment, history, and culture in the development of nutritional patterns. In addition, food and the rules regarding its consumption are among the strongest symbolic elements of culture. Therefore, the integration of both biology and culture is foremost in nutritional anthropological studies.

We examine a broad range of literature from anthropological theory, biological anthropology, archaeology, historical anthropology, and modern field studies to understand the evolution of the human diet, human diet through ancient and modern times, the collection of nutritional data, and modern challenges to the study of culture and nutrition.

The course is structured as a graduate seminar in which weekly participation and discussion are critical. I will present a brief overview of the week's topic followed by student presentations and discussion.

Required Readings

pdf files of all readings will be on the E-Learning Canvas web site

Class Requirements

Attendance and Discussion Participation
(excused absences require documentation) 20%

Each week there will be 4-5 required readings for all to discuss
You must prepare a written assessment (not a summary) of the week’s readings
(total 1-2 pages max. single-spaced for the week’s readings) 30%
Individuals will present the readings in detail and pose discussion questions

Annotated bibliography on topic (same as critical paper) (due last class) 20%
(Graduate students: 25 sources, 100 words each)
(Undergraduates: 15 sources, 100 words each)

Critical Paper on a Culture and Nutrition topic
(Graduate students: @15 pages) 30%
(Undergraduates: 8-10 pages)
Paper due Monday, April 28 by 6 pm (if emailed, send as pdf)
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<td>Defining concepts, Cuisine versus Nutrition</td>
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<td>Feb. 4</td>
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<td>Archaeology and Foodways, Diet, Direct and Indirect Food Evidence</td>
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<td>Prehistory and Diet, Hunter-Gatherers, Foragers, Domestication, Farming, Feasting</td>
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Jan. 7  Introduction, Course requirements and mechanics

Jan. 14  Defining concepts, Cuisine versus Nutrition
           Culture and nutrition, nutritional anthropology:
           Social and Biological Meaning

Farb, Peter and George Armelagos
   Prologue and Epilogue

Gavin MC et al.
2018 The Global Geography of Human Subsistence. R. Soc. open sci. 5: 171897.

Messer, Ellen

Mintz, Sidney W. and Christine M. Du Bois

Passariello, Phyllis
1990 Anomalies, Analogies, and Sacred Profanities: Mary Douglas on Food and Culture,

Jan. 21  MLK Holiday

Jan. 28  Biological Anthropology, Nutritional Anthropology and approaches

Farb, Peter and George Armelagos
   Chapter 1 The Biological Baseline, pp. 19-46.

Holden, Clare and Ruth Mace

McCabe, Terrance J.
2000 Patterns and Processes of Group Movement in Human Nomadic Populations: A Case Study of the Turkana and Northwest Kenya chapter 22 in *On the Move: How and

Stinson, Sara  

Ulijaszek, S.J. and S.S. Strickland  

Ungar, P.S. and M. F. Teaford  

**Feb. 4**  
**Non-Human Primates, Human Evolution, Bioarchaeology**

Larsen, Clark Spenser  

O’Connell, K. Hawkes, and N.B. Jones  

Rodman, Peter S.  

Teaford, Mark F., P.S. Ungar, and F.E. Grine  

Ulijaszek, S.J. and S.S. Strickland  
Feb. 11 Archaeology and Foodways, Diet, Direct Food Evidence

Piperno, Dolores R. and Deborah M. Pearsall

Newsom, L. A. and E. S. Wing

Van der veen, M.

Feb. 18 Archaeology and Foodways, Diet, Indirect Food Evidence

Reber E.A. and R.P. Evershed

Sobolik, Kristin D.

Ambrose, S. H., J. F. Buikstra, and H.W. Krueger

Feb. 25 Prehistory and Diet, Hunter-Gatherers, Foragers, Domestication, Farming, Feasting

Bray, T. L.

Jones O’Day, Sharyn

LeCount L.J.

Perdikaris, Sophia
1999 From Chiefly Provisioning to Commercial Fishery: Long-Term Economic Change in Arctic Norway World Archaeology 30 (3): 388-402.

Lev-Tov, J. and K. McGeough

March 4 Spring Break

March 11 Historical Archaeology of Foodways

deFrance, Susan

Ervynck, A.

Kansa, E. C., Kansa, S. W., and Levy, T. E.

McCormick, F.

March 18 (Classic) Ethnography of Food and Diet
Anderson, E.N.  
   2 chapters: pp 137-181; 244-261

Estioko-Griffin and P. Bion Griffin  

Pollock, N. J.  
1992 These Roots Remain: Food Habits in Islands of the Central and Eastern Pacific since Western Contact. Institute for Polynesian Studies, Laie, Hawaii.  
   Chapters 1 and 2, pp. 1-42 and chapters 10 and 11, 203-235.

Richards, Audrey  
   Intro, Chapters 2 and 3

March 25 Historical Anthropology of Foodways

Appadurai, A.  

Braudel, Fernand  

Mintz, Sidney W. (REQUIRED TEXT)  

April 1 Cultural Anthropology, Different Approaches to Food

Douglas, Mary  

Harris, M. and Eric B. Ross, editors  
Levi-Strauss, Claude

Meigs, Anna

Sahlins, Marshall

April 8 Taboos, Aversions, Detoxification, Modern Ecology of Food

Dufour, Darna L.

Harris, Marvin

Johns, Timothy

Rozin, Paul

Sahlins, Marshall

Simoons, Frederick J.
1961 Eat Not This Flesh: Food Avoidances in the Old World. University of Wisconsin Press, Madison. Chapters 1 and 9 Conclusions, pp. 3-12 and 106-125
April 15       Food and Identity
Annotated Bibliography due

deFrance, Susan
2006 The Sixth Toe: The Modern Culinary Role of the Guinea Pig in Southern Peru. *Food and Foodways*

Holtzman, Jon


Sobo, Elisa J.

Weismantel, Mary J.

Wilk, Richard R.

April 22       Political Economy and Globalization
Critical Paper due

Bennett C.E. et al.
2018 The Broiler Chicken as a Signal of a Human Reconfigured Biosphere. R. Soc. open sci. 5: 180325.

Pilcher, Jeffery M.
Phillips, Lynne

Pollock, Nancy J.

Roseberry, William

Ziker, John