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 weeks topic followed by student presentations and discussion.

Required Readings

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


Class Requirements

Attendance and Discussion Participation  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
(25 sources, 100 words each)
1 Critical Paper on a Culture and Nutrition topic (@15 pages)  30
Paper due Monday, April 28 by 6 pm
## Culture and Nutrition

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>August 25</td>
<td>Introduction, class structure</td>
</tr>
<tr>
<td>Sept. 1</td>
<td>Labor Day Holiday</td>
</tr>
<tr>
<td>Sept. 8</td>
<td>Defining Concepts: Cuisine vs. Nutrition</td>
</tr>
<tr>
<td>Sept. 15</td>
<td>Biological Anthropology, Nutritional Anthropology and approaches</td>
</tr>
<tr>
<td>Sept. 22</td>
<td>no class, SdeF attending ICAZ conference</td>
</tr>
<tr>
<td>Sept. 29</td>
<td>Non-Human Primates, Human Evolution, Bioarchaeology</td>
</tr>
<tr>
<td>Oct. 6</td>
<td>Archaeology and Foodways, Diet, Direct and Indirect Food Evidence</td>
</tr>
<tr>
<td>Oct. 13</td>
<td>Prehistory and Diet, Hunter-Gatherers, Foragers, Domestication, Farming, Feasting</td>
</tr>
<tr>
<td>Oct. 20</td>
<td>Historical Archaeology of Foodways</td>
</tr>
<tr>
<td>Oct. 27</td>
<td>Classic Ethnography of Food and Diet</td>
</tr>
<tr>
<td>Nov. 3</td>
<td>Historical Anthropology of Foodways</td>
</tr>
<tr>
<td>Nov. 10</td>
<td>Cultural Anthropology, Different Approaches to Food Modern Dietary Health, Obesity, Famine, Food Illness, IRB</td>
</tr>
<tr>
<td>Nov. 17</td>
<td>Taboos, Aversions, Detoxification</td>
</tr>
<tr>
<td>Nov. 24</td>
<td>Food and Identity</td>
</tr>
<tr>
<td>Dec. 1</td>
<td>Political Economy and Food, Globalization Annotated bibliography due</td>
</tr>
<tr>
<td>Dec. 8</td>
<td>Student Presentations Critical Paper due</td>
</tr>
<tr>
<td>TBA</td>
<td>Cross-Cultural Culinary Experience – Food Feast At my home, details to follow</td>
</tr>
</tbody>
</table>
August 25    Introduction, Course requirements and mechanics

Sept. 1    Labor Day Holiday

Sept. 8    Defining concepts, Cuisine versus Nutrition
Culture and nutrition: Social and Biological Meaning

Doshi, S.L.

Farb, Peter and George Armelagos
    Prologue and Epilogue

Messer, Ellen

Mintz, Sidney W. and Christine M. Du Bois

Passariello, Phyllis

Sept. 15    Nutritional Anthropology, Culture and Nutrition approaches

Farb, Peter and George Armelagos

Hassel, Craig A.

Holden, Clare and Ruth Mace
Katz, D.L. and S. Meller

McCabe, Terrance J.

McGarvey, Stepehen

Stinson, Sara

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

Sept. 22 - no class, SdeF attending ICAZ conference

Sept. 29 Non-Human Primates, Human Evolution, Bioarchaeology

Daegling, David J., Stefan Judex,Engin Ozcivici, Matthew J. Ravosa, Andrea B. Taylor, Frederick E. Grine, Mark F. Teaford, and Peter S. Ungar

Larsen, Clark Spenser

O’Connell, K. Hawkes, and N.B. Jones

Pontzer, Herman
Ulijaszek, S.J. and S.S. Strickland

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

Ungar, Peter, Frederick E. Grine, and Mark F. Teaford

**Oct. 6**  
Archaeology and Foodways, Diet, Direct and Indirect Food Evidence

Piperno, Dolores R. and Deborah M. Pearsall

Gerbault, Pascale, Melanie Roffet-Salque, Richard P. Evershed, Mark G. Thomas

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

Chapter 4 – Sources of Plant and Animal Samples and Methods Used to Study Them

Salazar, C., Zizumbo-Villarreal, D., Brush, S. B.; et al.

Sobolik, Kristin D.

Van der Veen, M.
**Oct. 13**  
**Archaeology and Diet: Feasting, Material, Alcohol**

Bray, T. L.  

Dietler, Michael  

Hayden, Brian and Suzanne Villeneuve  

Jones O’Day, Sharyn  

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

**Oct. 20**  
**Historical Archaeology of Foodways**

deFrance, Susan  

Ervynck, A.  

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

Lev-Tov, J. and K. McGeough  
2007 Examining Feasting In Late Bronze Age Syro-Palestine through Ancient Texts And

McCormick, F.

**Oct. 27**

*(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

**Nov. 3**

*Historical Anthropology of Foodways*

Appadurai, A.

Braudel, Fernand

Mintz, Sidney W. (REQUIRED TEXT)
Nov. 10    Cultural Anthropology, Different Approaches to Food

Douglas, Mary
1997 Deciphering a Meal. In Food and Culture: a Reader, C. Counihan and P.V.

Harris, M. and Eric B. Ross, editors
1987 Food and Evolution: Toward a Theory of Human Food Habits. Temple University
Press. Chapters 1 and 2, pp. 7-90.

Levi-Strauss, Claude
1997 The Culinary Triangle. In Food and Culture: a Reader, C. Counihan and P.V.

Meigs, Anna
1997 Food as a Cultural Construction. pp. 95-106 In Food and Culture: a Reader, C.
Counihan and P.V. Esterik, eds., Routledge.

Sahlins, Marshall
 pp. 170-179

Nov. 17    Taboos, Aversions, Detoxification, Sensory Aspects

Dufour, Darna L.
(2000) A Closer Look at the Nutritional Implications of Bitter Cassava Use, chapter 21
in Nutritional Anthropology: Biocultural Perspectives on Food and Nutrition, A.H.

Harris, Marvin
 Chapter 4 and 5 The Abominable Pig and Hippophagy, pp. 67-108.

Johns, Timothy
1999 The Chemical Ecology of Human Ingestive Behaviors. Annual Review of

Krishna, Aradhna, Maureen Morrin, and Eda Sayin
2014 Smellizing Cookies and Salivating: A Focus on Olfactory Imagery. Journal of

Rozin, Paul
1987 Psychobiological Perspectives on Food Preferences and Avoidance, chap. 8 in
Food and Evolution: Toward a Theory of Human Food Habits, M. Harris and E. B. Ross,
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

Sutton, David

Nov. 24 Food and Identity

James M. Cronin, James M. and Mary B. McCarthy

David, W. Kasim, A., Ploeger, A.

Davis, O. I.

deFrance, Susan
2006 The Sixth Toe: The Modern Culinary Role of the Guinea Pig in Southern Peru. Food and Foodways (I will distribute pdf version)

Holtzman, Jon

Sobo, Elisa J.

Wilk, Richard R.
Dec. 1  Political Economy, Globalization, and Modernization
Annotated Bibliography due

Egeland, Grace  Sennait Yohannes, Loovee Okalik, Jonah Kilabuk,
Cassandra Racicot, Marcus Wilcke, Johnny Kuluguqtuq and Selina Kisa
2013 The value of Inuit elders' storytelling to health promotion during
times of rapid climate changes and uncertain food security. Indigenous peoples' food
systems and well-being: interventions and policies for healthy communities. FAO
publication, Indigenous Peoples’ Food Systems & Well-Being Interventions & Policies
For Healthy Communities, edited by Harriet V. Kuhnlein, Bill Erasmus, Dina Spigelski,
Barbara Burlingame

Pilcher, Jeffery M.
2005 Industrial Tortillas and Folkloric Pepsi: The Nutritional Consequences of Hybrid
Cuisines in Mexico. In The Cultural Politics of Food and Eating: a Reader, James L.

Phillips, Lynne

Roseberry, William
The Cultural Politics of Food and Eating: a Reader, James L. Watson and Melissa L.

Wiedman, Dennis
2012 Native American Embodiment of the Chronicities of Modernity:
Reservation Food, Diabetes, and the Metabolic Syndrome among the Kiowa,

Wutich, Amber and Alexandra Brewis

Dec. 8  Student presentations
Critical Paper due

Cultural Feast - potluck  TBA – SdeF home