

Anthropology 5467
Culture and Nutrition
Spring 2011

Dr. Susan D. deFrance
1350-B Turlington Hall
Office Hours: Tuesday 2-3:30 pm
Thurs 10:30 a.m.- noon
and by appt.

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 Sakai web site

Mintz, Sidney (any edition) *Sweetness and Power*. Penguin Books, New York.

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) (25 sources, 100 words each)	20
---	----

1 Critical Paper on a Culture and Nutrition topic (@15 pages) Paper due Monday, April 28 by 6 pm	30
---	----

Culture and Nutrition

Jan. 10	Introduction, class structure Defining Concepts: Cuisine vs. Nutrition
Jan. 17	MLK Holiday
Jan. 24	Biological Anthropology, Nutritional Anthropology and approaches
Jan. 31	Non-Human Primates, Human Evolution, Bioarchaeology
Feb. 7	Archaeology and Foodways, Diet, Direct and Indirect Food Evidence
Feb. 14	Prehistory and Diet, Hunter-Gatherers, Foragers, Domestication, Farming, Feasting
Feb. 21	Historical Archaeology of Foodways
Feb. 28	Classic Ethnography of Food and Diet
March 7	SPRING BREAK
March 14	Historical Anthropology of Foodways
March 21	Cultural Anthropology, Different Approaches to Food
Modern Dietary Health, Obesity, Famine, Food Illness, IRB	
March 28	Taboos, Aversions, Detoxification
April 4	Food and Identity
April 14	Political Economy and Food, Globalization
April 18	Student presentations Annotated bibliography due
April 26	Papers due at 6 p.m. Cross-Cultural Culinary Experience – Food Feast At my home, details to follow

Jan. 10 Introduction, Course requirements and mechanics

**Defining concepts, Cuisine versus Nutrition
Culture and nutrition, nutritional anthropology:
Social and Biological Meaning**

Doshi, S.L.

1995 Food and Nutrition in Culture. In *Anthropology of Food and Nutrition*, pp. 11-50.
Rawat Publications, Jaipur.

Farb, Peter and George Armelagos

1980 *Consuming passions : the anthropology of eating*. Boston: Houghton Mifflin.
Prologue and Epilogue

Messer, Ellen

1984 Anthropological Perspectives on Diet. *Annual Review of Anthropology* 13: 205-249.

Mintz, Sidney W. and Christine M. Du Bois

2002 The Anthropology of Food and Eating. *Annual Review of Anthropology* 31:99-119.

Passariello, Phyllis

1990 Anomalies, Analogies, and Sacred Profanities: Mary Douglas on Food and Culture, 1957-1989. *Food and Foodways* 4(1):53-71.

Jan. 17 MLK Holiday

Jan. 24 Biological Anthropology, Nutritional Anthropology and approaches

Farb, Peter and George Armelagos

1980 *Consuming Passions: the Anthropology of Eating*. Boston: Houghton Mifflin,
1980. Chapter 1 The Biological Baseline, pp. 19-46.

Holden, Clare and Ruth Mace

2002 Pastoralism and the Evolution of Lactase Persistence, chapter 12 in *Human Biology of Pastoral Populations*, W. R. Leonard and M. H. Crawford, eds., pp. 280-307.
Cambridge University Press.

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 Why Animals Travel in Groups*, S. Boinski and P. A. Garber eds, pp. 649-677. University of Chicago Press.

Stinson, Sara

1992 Nutritional Anthropology. *Annual Review of Anthropology* 21:143-170.

Ulijaszek, S.J. and S.S. Strickland
1993 Introduction and Chapter 2. In *Nutritional Anthropology: Prospects and Perspectives*, S.J. Ulijaszek and Strickland, eds., pp. 1-24. Smith-Gordon and Company, London.

Ungar, P.S. and M. F. Teaford
2002 Chapters 1 and 2 In *Human Diet: Its Origin and Evolution*, P.S. Ungar and M. F. Teaford, eds., pp. 1-17. Bergin and Gravey, Westport.

Jan. 31 Non-Human Primates, Human Evolution, Bioarchaeology

Larsen, Clark Spenser
2002 Post-Pleistocene Human Evolution: Bioarchaeology of the Agricultural Transition, chap. 3 in *Human Diet: Its Origin and Evolution*, P.S. Ungar and M. F. Teaford, eds., pp. 19-35. Bergin and Gravey, Westport.

O'Connell, K. Hawkes, and N.B. Jones
2002 Meat-Eating, Grandmothering, and the Evolution of Early Human Diets, chap. 5 in *Human Diet: Its Origin and Evolution*, P.S. Ungar and M. F. Teaford, eds., pp. 49-60. Bergin and Gravey, Westport.

Rodman, Peter S.
2002 Plants of the Apes: Is There a Hominoid Model for the Origins of the Hominid Diet? in *Human Diet: Its Origin and Evolution*, P.S. Ungar and M. F. Teaford, eds., pp. 77-109. Bergin and Gravey, Westport.

Teaford, Mark F., P.S. Ungar, and F.E. Grine
2002 Paleontological Evidence for the Diets of African Plio-Pleistocene Hominins with Special Reference to Early Homo, chap. 10 in *Human Diet: Its Origin and Evolution*, P.S. Ungar and M. F. Teaford, eds., pp. 143-166. Bergin and Gravey, Westport.

Ulijaszek, S.J. and S.S. Strickland
1993 Evolutionary Perspectives on Body Size, Protein, and Energy Metabolism, Chapter 3. In *Nutritional Anthropology: Prospects and Perspectives*, S.J. Ulijaszek and Strickland, eds., pp. 1-24. Smith-Gordon and Company, London.

Feb. 7 Archaeology and Foodways, Diet, Direct and Indirect Food Evidence

Piperno, Dolores R. and Deborah M. Pearsall
1998 Background of Tropical Agricultural Origins. Chapter 1 and part of Chap. 2 In *The Origins of Agriculture in the Lowland Neotropics*, pp. 1-45. Academic Press.

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

2004 On Land and Sea: Native American Uses of Biological Resources in the West Indies. University of Alabama Press, Tuscaloosa. Pp. 35-57.

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

Reber E.A. and R.P. Evershed

2004 How Did Mississippians Prepare Maize? The Application of Compound-Specific Carbon Isotope Analysis to Absorbed Pottery Residues from Several Mississippian Sites. *Archaeometry*. 46:19-33.

Sobolik, Kristin D. "Dietary Reconstruction As Seen in Coprolites." The Cambridge World History of Food. Eds. Kenneth F. Kiple and Kriemhild Coneè Ornelas. Cambridge University Press, 2000. Cambridge Histories Online. Cambridge University Press. 05 January 2011 DOI:10.1017/CHOL9780521402149.006

Van der veen, M.

2003 When is Food a Luxury? *World Archaeology* 34(3):405-427.

**Feb. 14 Prehistory and Diet, Hunter-Gatherers, Foragers,
Domestication, Farming, Feasting**

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

2003 Status and Gender Differences in Diet at Mound 72, Cahokia, Revealed by Isotopic Analysis of Bone. *Journal of Anthropological Archaeology* 22:217-226.

Bray, T. L.

2003 To dine splendidly: Imperial pottery, commensal politics, and the Inca state. In Bray, T. L. (ed.), *The Archaeology and Politics of Food and Feasting in Early States and Empires*, Kluwer Academic/ Plenum Publishers, New York, pp. 93-142.

Jones O'Day, Sharyn

2004 Past and Present Perspectives on Secular Ritual: Food and the Fisherwomen of the Lau Islands, Fiji, pp. 153-161. Proceedings of the 9th ICAZ Conference, *Behavior Behind Bones: The Zooarchaeology Ritual, Religion, Status, and Identity*, edited by S. Jones O'Day, W. Van Neer, and A. Ervynck. Oxbow Books, UK

LeCount L.J.

2001 Like Water for Chocolate: Feasting and Political Ritual among the Late Classic Maya at Xunantunich, Belize. *American Anthropologist*. 103:935-953.

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

2007 Examining feasting in Late Bronze Age Syro-Palestine through ancient texts and bones. In Twiss, K. C. (ed.), *The Archaeology of Food and Identity*, Occasional Paper 34, Southern Illinois University Press, pp. 85-111.

Feb. 21 Historical Archaeology of Foodways

deFrance, Susan

2003 Diet and Provisioning in the High Andes: A Spanish Colonial Settlement on the Outskirts of Potosí, Bolivia. *International Journal of Historical Archaeology* 7(2):99-125.

Ervynck, A.

2004 *Orant, pignant, laborant*. The diet of the three orders in the feudal society of medieval north-western Europe. In Jones O'Day, S., van Neer, S. W., and Ervynck, A. (eds.), *Behaviour Behind Bones: The Zooarchaeology of Ritual, Religion, Status, and Identity*. Oxbow Books, Oxford, pp. 215-223.

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

2006 Eat like an Egyptian? – a contextual approach to an Early Bronze I “Egyptian Colony.” In Maltby, M. (ed.), *Integrating Zooarchaeology*, Oxbow Books, Oxford, pp. 76-91.

McCormick, F.

2002 The distribution of meat in a hierarchical society: The Irish evidence. In Miracle, P., and Milner, N. (eds.), *Consuming Passions and Patterns of Consumption*, McDonald Institute of Archaeology, Monographs, Cambridge, pp. 25-31.

Feb. 28 (Classic) Ethnography of Food and Diet

Anderson, E.N.

1988 *The Food of China*. Yale University Press, New Haven.
2 chapters: pp 137-181; 244-261

Estioko-Griffin and P. Bion Griffin

1981 Woman the Hunter: The Agta. In *Woman the Gatherer*, edited by Frances Dahlberg, pp. 121- 151, Yale University Press, New Haven, Connecticut.

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

1939 *Land, Labour, and Diet in Northern Rhodesia: an Economic Study of the Bemba Tribe*. Oxford University Press, London.
Intro, Chapters 2 and 3

March 7 SPRING BREAK

March 14 Historical Anthropology of Foodways

Appadurai, A.
1981 Gastro-Politics in Hindu South Asia. *American Ethnologist* 8:494-511.

Braudel, Fernand
1981 *The Structures of Everyday Life: The Limits of the Possible*. Harper and Row, Publishers. Chapter 3 Superfluidity and Sufficiency: Food and Drink, pp. 183-226

Mintz, Sidney W. (REQUIRED TEXT)
1987 (1985) *Sweetness and Power*. Penguin Books.

March 21 Cultural Anthropology, Different Approaches to Food

Douglas, Mary
1997 Deciphering a Meal. In *Food and Culture: a Reader*, C. Counihan and P.V. Esterik, eds. pp. 36-54. Routledge, New York.

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. Esterik, eds. pp. 28-35. Routledge, New York.

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
1976 Culture and Practical Reason. University of Chicago Press, Chicago.
pp. 170-179

March 28 Taboos, Aversions, Detoxification, Modern Ecology of Food

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. Goodman, D. L. Dufour, and G. H. Peltó, eds., pp. 164-171, Mayfield

Harris, Marvin

1985 *Good to Eat: Riddles of Food and Culture*. Simon and Schuster, New York.
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 Anthropology* 28:27-50.

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, eds, pp. 181-206. Temple University Press.

Sahlins, Marshall

1983 Raw Women, Cooked Men, and Other “Great Things” of the Fiji Islands in *The Ethnography of Cannibalism*, P. Brown and D. Tuzin eds., pp. 72-93. Society for Psychological Anthropology.

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 4 Food and Identity

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)

Johnsson, Mick

1986 *Food and culture among Bolivian Aymara : symbolic expressions of social relations*. UPPSALA, Stockholm, Chapters 1 and 2, pp. 13-52 and chapter 7 and appendix 1.

Holtzman, Jon

2006 Food and Memory. *Annual Review of Anthropology* 35: 361-378.

Sobo, Elisa J.

1997 The Sweetness of Fat: Health, Procreation, and Sociability in Rural Jamaica. In *Food and Culture: a Reader*, C. Counihan and P.V. Esterik, eds. pp. 256-271., Routledge.

Weismantel, Mary J.

1988 *Food, gender, and poverty in the Ecuadorian Andes*. University of Pennsylvania Press, Philadelphia. Chapters 2 and 3, pp. 38-116.

Wilk, Richard R.

1999 Real Belizean Food: Building Local Identity in the Transnational Caribbean. *American Anthropologist* 101(2):244-255.

April 14

Political Economy and Globalization

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. Watson and Melissa L. Caldwell, eds., pp. 235-250. Blackwell Publishing.

Phillips, Lynne

2006 Food and Globalization. *Annual Review of Anthropology* 35: 37-57.

Roseberry, William

2005 The Rise of Yuppie Coffees and the Reimagination of Class in the United States. In *The Cultural Politics of Food and Eating: a Reader*, James L. Watson and Melissa L. Caldwell, eds., pp. 122-143. Blackwell Publishing.

Ziker, John

2002 Raw and Cooked in Arctic Siberian Diet and Consumption Strategies. *Nutritional Anthropology* 25(2): 20-32.

April 18

Student presentations Annotated Bibliography due

Tuesday, April 26 exam week

Critical Paper due

Cultural Feast - potluck 6 pm – SdeF home