

Anthropology, ANT4930/ANG5531
Culture and Nutrition (27619/27620)
Fall 2020

Dr. Susan D. deFrance
1350-B Turlington Hall
Office Hours: Tues and Thursdays 2-4 pm
and by appt
(All office hours will be via Zoom)

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 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 Canvas web site organized by week.

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

Class Requirements

Attendance and Participation	20%
Weekly written assessments	40
Annotated Bibliography	20
Critical Paper	20

Details on class requirements:

Zoom Attendance and Discussion Participation (excused absences require documentation) Class meetings will NOT be recorded	20 %
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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)	40
Please upload written assessments to Canvas prior to the start of class	
Individuals will present the readings in detail and pose discussion questions	
Annotated bibliography on topic (same as critical paper) (due Nov 30 – upload to Canvas)	20
(Graduate students: 25 sources, ~100 words each)	
(Undergraduates: 15 sources, ~100 words each)	
Critical Paper on a Culture and Nutrition topic	20
(Graduate students: @10-12 2x pages)	
(Undergraduates: @ 5-6 2x pages)	
Paper due Monday, Dec 7 by 6 pm (upload to Canvas)	

Students with disabilities who experience learning barriers and would like to request academic accommodations should connect with the disability Resource Center. [Click here to get started with the Disability Resource Center](#). It is important for students to share their accommodation letter with their instructor and discuss their access needs, as early as possible in the semester.

Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. [Click here for guidance on how to give feedback in a professional and respectful manner](#). Students will be notified when the evaluation period opens, and can complete evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via ufl.bluera.com/ufl/. [Summaries of course evaluation results are available to students here](#).

UF students are bound by The Honor Pledge which states, "We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honor and integrity by abiding by the Honor Code. On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied: "On my honor, I have neither given nor received unauthorized aid in doing this assignment." The Honor Code specifies a number of behaviors that are in violation of this code and the possible sanctions. [Click here to read the Honor Code](#).

Useful Campus Resources:

U Matter, We Care: If you or someone you know is in distress, please contact umatter@ufl.edu, 352-392-1575, or visit [U Matter, We Care website](#) to refer or report a concern and a team member will reach out to the student in distress.

Counseling and Wellness Center: [Visit the Counseling and Wellness Center website](#) or call 352-392-1575 for information on crisis services as well as non-crisis services.

Student Health Care Center: Call 352-392-1161 for 24/7 information to help you find the care you need, or [visit the Student Health Care Center website](#).

University Police Department: [Visit UF Police Department website](#) or call 352-392-1111 (or 9-1-1 for emergencies).

UF Health Shands Emergency Room / Trauma Center: For immediate medical care call 352-733-0111 or go to the emergency room at 1515 SW Archer Road, Gainesville, FL 32608; [Visit the UF Health Emergency Room and Trauma Center website](#).

E-learning technical support: Contact the [UF Computing Help Desk](#) at 352-392-4357 or via e-mail at helpdesk@ufl.edu.

Library Support: Various ways to receive assistance with respect to using the libraries or finding resources.

Teaching Center: Broward Hall, 352-392-2010 or to make an appointment 352-392-6420. General study skills and tutoring.

Writing Studio: 2215 Turlington Hall, 352-846-1138. Help brainstorming, formatting, and writing papers.

On-Line Students Complaints: [View the Distance Learning Student Complaint Process](#).

Culture and Nutrition

Aug 31	Introduction, class structure, Concept of Cuisine
Sept 7	Labor Day Holiday
Sept 14	Defining concepts, Cuisine versus Nutrition
Sept 21	Biological Anthropology, Nutritional Anthropology and approaches
Sept 28	Human Evolution, Bioarchaeology
Oct 5	Archaeology and Foodways: Types of Evidence
Oct 12	Archaeology: Ritual Foods and Feasting
Oct 19	Historical Archaeology of Foodways
Oct 26	Classic Ethnographies of Food and Diet
Nov 2	Historical Anthropology of Foodways
Nov 9	Cultural Anthropology: Approaches to Food
Nov 16	Taboos, Aversions, Detoxification
Nov 23	Food and Identity
Nov 30	Political Economy and Food, Globalization Annotated bibliography due
Dec 7	Modern Challenges: Climate Change, Food (In)Security, Water Student Presentations – brief Critical Paper due

**Aug 31 Introduction, Course requirements and mechanics
The Concept of Cuisine**

Farb, Peter and George Armelagos
1980 *Consuming Passions: the Anthropology of Eating*. Boston: Houghton Mifflin.
Prologue and Epilogue

Mintz, Sidney W. and Christine M. Du Bois
2002 The Anthropology of Food and Eating. *Annual Review of Anthropology* 31:99-119.

Sept 7 Labor Day Holiday

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

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

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

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

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

Sept 21 Biological Anthropology, Nutritional Anthropology and approaches

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.

Sept 28 Human Evolution, Bioarchaeology

Gagnon, Celeste Marie

2020 Exploring Oral Paleopathology in the Central Andes: A Review. *International Journal of Paleopathology* 29:24-34.

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.

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.

Oct 5 Archaeology and Foodways: Types of Evidence

Graff, Sarah R.

2020 [Archaeology of Cuisine and Cooking](#) *Annual Review of Anthropology* 2020 49:1

Neves, Eduardo G. and Michael J. Heckenberger
2019 [The Call of the Wild: Rethinking Food Production in Ancient Amazonia](#). *Annual Review of Anthropology* 48(1):371-388

Van der veen, M.
2003 When is Food a Luxury? *World Archaeology* 34(3):405-427.

Roffet-Salque, Mélanie Julie Dunne, David T. Altoft, Emmanuelle Casanova, Lucy J.E. Cramp, Jessica Smyth, Helen L. Whelton, Richard P. Evershed
2017 From the Inside Out: Upscaling Organic Residue Analyses of Archaeological Ceramics. *Journal of Archaeological Science: Reports* 16:627-640.

Sobolik, Kristin D.
2000 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.

Oct 12 Archaeology: Ritual Foods and Feasting

Bray, T. L.
2012 Ritual Commensality between Human and Non-Human Persons: Investigating Native Ontologies in the Late Pre-Columbian Andean World in Susan Pollock (ed.), *Between Feasts and Daily Meals: Toward an Archaeology of Commensal Spaces*, *ETopoi* Special Volume 2 (2012), pp. 197–212.

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.

Oct 19 Historical Archaeology of Foodways

deFrance, Susan

2020 Guinea Pigs in the Spanish Colonial Andes: Culinary and Ritual Transformations.

International Journal of Historical Archaeology published online March 2020.

<https://doi.org/10.1007/s10761-020-00548-6>

Ervynck, A.

2004 *Orant, Pugnant, 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.

Fradkin, A., Grange, R.T. & Moore, D.L.

2012 "Minorcan" Ethnogenesis and Foodways in Britain's Smyrnéa Settlement, Florida, 1766–1777. *Historical Archaeology* 46:28–48. <https://doi.org/10.1007/BF03376858>

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.

Oct 26 (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

Nov 2 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.

Nov 9 Cultural Anthropology - 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

Nov. 16 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

Nov. 23 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*

Yamin-Pasternak, Andrew Kliskey, Lilian Alessa, Igor Pasternak, and Peter Schweitzer, 2014 The Rotten Renaissance in the Bering Strait: Loving, Loathing, and Washing the Smell of Foods with a (Re)acquired Taste *Current Anthropology* 55:5, 619-646. (read all the comments)

Jones, Naya. 2019. “Dying to Eat? Black Food Geographies of Slow Violence and Resilience”. *ACME: An International Journal for Critical Geographies* 18 (5), 1076-99. <https://acme-journal.org/index.php/acme/article/view/1683>.

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.

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

**Nov 30 Political Economy and Globalization
 Annotated Bibliography due**

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

Beriss, David
2019 Food: Location, Location, Location. *Annual Review of Anthropology* 2019 48:1, 61-75

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.

Pollock, Nancy J.
2017 Diversification of Foods and their Values: Pacific Foodscapes. In *Tides of Innovation in Oceania: Value, Materiality and Place*, edited by Elisabetta Gneccchi-Ruscione and Anna Paini, ANU Press, pp. 261-294.

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.

**Dec 7 Modern Challenges: Climate Change, Food (In)Security, Water
 Critical Paper due**

Collings, Peter, Meredith G. Marten, Tristan Pearce & Alyson G. Young (2016) Country Food Sharing Networks, Household Structure, and Implications for Understanding Food Insecurity in Arctic Canada *Ecology of Food and Nutrition* 55(1):30-49.

Hadley, C. and Crooks, D.L. (2012), Coping and the Biosocial Consequences of Food Insecurity in the 21st century. *Am. J. Phys. Anthropol.*, 149: 72-94. doi:[10.1002/ajpa.22161](https://doi.org/10.1002/ajpa.22161)

McKune, Sarah L., Erica C. Borresen, Alyson G. Young, Thérèse D Auria Ryley, Sandra L. Russo, Astou Diao Camara, Meghan Coleman, Elizabeth P. Ryan,
2015 Climate Change through a Gendered Lens: Examining Livestock Holder Food Security. *Global Food Security* 6:1-8.

Schmidhuber, J. and F. N. Tubiello
2007 Global Food Security under Climate Change. *Proceedings of the National Academy of Sciences* 104(50):1970

Wutich, Amber, and Alexandra Brewis
2014 Food, Water, and Scarcity: Toward a Broader Anthropology of Resource Insecurity. *Current Anthropology* 55(4):444-68.