

Anthropology 5531
Culture and Nutrition
Fall 2014
sec 125C

Dr. Susan D. deFrance
1112 Turlington Hall
Office Hours: Tuesday & Thurs 2-3:30 pm
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 weeks 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 %
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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) 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
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1 Critical Paper on a Culture and Nutrition topic (@15 pages) Paper due Monday, April 28 by 6 pm	30
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Culture and Nutrition

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

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.

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.

Sept. 15 Nutritional Anthropology, Culture and Nutrition 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.

Hassel, Craig A.

2014 Reconsidering Nutrition Science: Critical Reflection with a Cultural Lens.
Nutrition Journal 13:42.

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.

Katz, D.L. and S. Meller

2014 Can We Say What Diet Is Best for Health? *Annual Review Public Health* 35:83–103.

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.

McGarvey, Stephen

2009 Interdisciplinary Translational Research in Anthropology, Nutrition, and Public Health. *Annual Review Anthropology* 38:233–249.

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.

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

2013 Viewpoints: Feeding Mechanics, Diet, and Dietary Adaptations in Early Hominins. *AJPA* 151:356–371.

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.

Pontzer, Herman

2012 Ecological Energetics in Early *Homo*. *Current Anthropology*, 53: S346-S358.

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.

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

Ungar, Peter, Frederick E. Grine, and Mark F. Teafor
2006 Diet in Early *Homo*: A Review of the Evidence and a New Model of Adaptive Versatility. *Annual Review of Anthropology* 35:209–228.

Oct. 6 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.

Gerbault, Pascale, Melanie Roffet-Salque, Richard P. Evershed, Mark G. Thomas
2013 How Long Have Adult Humans Been Consuming Milk? *International Union of Biochemistry and Molecular Biology* 65(12): 983–990.

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

Salazar, C., Zizumbo-Villarreal, D., Brush, S. B.; et al.
2012 Earth ovens (*Piib*) in the Maya lowlands: ethnobotanical data supporting early use. *Economic Botany* 66(3): 285-297.

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, Cambridge Histories Online. Cambridge University Press.

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

Oct. 13**Archaeology and Diet: Feasting, Material, Alcohol**

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.

Dietler, Michael

2006 Alcohol: Anthropological/Archaeological Perspectives. *Annual Review of Anthropology* 35:229–49.

Hayden, Brian and Suzanne Villeneuve

2011 A Century of Feasting Studies. *Annual Review of Anthropology* 40:433–49.

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 of Ritual, Religion, Status, and Identity*, edited by S. Jones O'Day, W. Van Neer, and A. Ervynck. Oxbow Books, UK

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

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, 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.

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.

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.

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. 27 (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. 3 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. 10**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

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. 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.

Krishna, Aradhna, Maureen Morrin, and Eda Sayin

2014 Smellizing Cookies and Salivating: A Focus on Olfactory Imagery. *Journal of Consumer Research*, 41(1):18-34.

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

Sutton, David

2010 Food and the Senses. *Annual Review of Anthropology* 39:209–223.

Nov. 24

Food and Identity

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

2011 Fast Food and Fast Games: An Ethnographic Exploration of Food Consumption Complexity among the Videogames Subculture. *British Food Journal* 113(6): 720-743

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

2013 Biodiversity and Nutrition Availability in a Matriarchal System in West Sumatra. *Pakistan Journal of Nutrition* 12(3): 297-301.

Davis, O. I.

2013 Barbershop cuisine: African American foodways and narratives of health in the Black barbershop. *International Journal of Men's Health*. 12(2):138-149.

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

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.

Wilk, Richard R.

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

Dec. 1

Political Economy, Globalization, and Modernization

Annotated Bibliography due

Egeland, Grace Sennait Yohannes, Looee 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. 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.

Wiedman, Dennis

2012 Native American Embodiment of the Chronicities of Modernity: Reservation Food, Diabetes, and the Metabolic Syndrome among the Kiowa, Comanche, and Apache. *Medical Anthropology Quarterly*, 26(4): 595–612.

Wutich, Amber and Alexandra Brewis

2014 Food, Water, and Scarcity: Toward a Broader Anthropology of Resource Insecurity. *Current Anthropology* 55(4):444-468.

Dec. 8

Student presentations

Critical Paper due

Cultural Feast - potluck TBA – SdeF home