

Methods in Nutritional Anthropology

ANG6930 -Spring 2016

Wednesday evenings 5:10-8:10 pm

1208H Turlington Hall

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Office Hours Mondays 12-2 pm & Wednesdays (TBA)

Course Website <http://lss.at.ufl.edu>

Purpose of Course

This course is designed to provide an overview of key methods and approaches to assessing human food use and nutritional status on an individual and population/community level. The course is aimed at students with a limited background in nutritional anthropology and/or techniques for assessing nutritional status, food systems and food use.

Course Goals

The goals of the course are twofold:

1. Provide students with a basic toolkit for assessing human nutrition, growth, dietary composition, and dietary preference
2. Provide an opportunity for students to gain the knowledge and practical skills to utilize these methods effectively.

Required Text

- Dufour, D. L., Goodman, A. H., & Peltó, G. H. (Eds.). (2013). *Nutritional anthropology: Biocultural perspectives on food and nutrition*. Oxford University Press.
- Lovegrove, JA, Hodson, L., Sharma, S., S.A. Lanham-New (Editor) *Nutrition Research Methodologies*. 2015. Wiley-Blackwell.

Additional Resources

Splashtop Classroom: <http://www.splashtop.com/classroom>

(requires Chrome browser for laptop) also available as iOS (iPad) app and Android app

Additional readings and resources for weekly activities will be posted on Canvas

Student Learning Outcomes

By the end of this course, students will be able to:

- Identify key scholars in nutritional anthropology and their contributions to our understanding of human food use and nutritional status from 1960-present.
- Appreciate the importance of intra and cross-disciplinary dialogs and approaches for understanding human food systems, dietary choices, and nutrition.
- Appreciate and articulate the challenges associated with collecting reliable biocultural data on human diet and nutrition
- Demonstrate mastery of key approaches to measuring diet and nutrition and their appropriate use
 - Describe the strengths and limitations of each method
 - Evaluate the appropriateness of each method for answering specific questions about human diet and nutrition
 - Collect, organize, and analyze several types of diet and nutrition data and effectively report the results.

Assignments

Assignment	Percent
Class activities	60%
Topic presentations	20%
Critical thought questions	20%

Deadlines

- Course readings must be complete before each class and weekly critical thought questions should be posted to the Canvas discussion board by midnight on Tuesday.
- Presentations on weekly topics must be uploaded to Canvas no later than Tuesday by midnight so that everyone has a chance to look them over before we meet.
- Group activity reports for in-class activities are due to Canvas by midnight each Wednesday.

Policy on Late Assignments

Students are required to complete all assignments by the stated due dates. Late assignments will lose one half-letter grade for each day past the deadline. There are no make-up opportunities for any assignment, as you will have ample time to complete each requirement. I will not assign grades of "incomplete" except in the most unusual, extreme circumstances (i.e. alien abduction). You must provide documentation of such circumstances from an appropriate authority. Assignments are due by 11:59 pm on the day assigned unless otherwise specified.

Attendance

I do not take attendance *per se*, but I expect students to attend each class meeting and to take an active part in class discussions and activities. Active participation includes "being present" both physically and intellectually and requires that you read all assigned readings and prepare thoughtful questions and critical discussion points in advance of class meetings. I will evaluate

your participation based on the quality of your contributions and not simply on how often you speak in class. The purpose of evaluating your participation is to encourage you to prepare for class and to promote thoughtful analysis and discussion. If a student needs to miss an assigned presentation or assignment they must notify me in advance (unless it is an unforeseen emergency).

Academic Integrity

Students are expected to uphold the Academic Honor Code of the University of Florida. The Academic Honor Code is based on the premise that each student has the responsibility (1) to uphold the highest standards of academic integrity in the student's own work, (2) to refuse to tolerate violations of academic integrity in the University community, and (3) to foster a high sense of integrity and responsibility on the part of the University community. Students should be sure that they understand the UF Student Honor Code at <http://www.dso.ufl.edu/students.php>.

University Policy on Accommodating Students with Disabilities

Students requesting accommodation for disabilities must first register with the Dean of Students Office (<http://www.dso.ufl.edu/drc/>). The Dean of Students Office will provide documentation to the student who must then provide this documentation to the instructor when requesting accommodation. You must submit this documentation prior to submitting assignments or taking the quizzes or exams. Accommodations are not retroactive, therefore, students should contact the office as soon as possible in the term for which they are seeking accommodations.

Additional Resources

For issues with technical difficulties for E-learning, please contact the UF Help Desk at:

- Learning-support@ufl.edu
- (352) 392-HELP - select option 2
- <https://lss.at.ufl.edu/help.shtml>

Other resources are available at <http://www.distance.ufl.edu/getting-help> for:

- Counseling and Wellness resources
- Disability resources
- Resources for handling student concerns and complaints
- Library Help Desk support

Should you have any complaints with your experience in this course please visit <http://www.distance.ufl.edu/student-complaints> to submit a complaint.

Grades

Final grades will be based on the following scale:

A (94-100), A- (90-93.99), B+ (87-89.99), B (84-86.99), B-(80-83.99), C+(77-79.99), C (74-76.99), C-(70-73.99), D+(67-69.99), D (64-66.99), D-(60-63.99), E (<59.99).

COURSE SCHEDULE (subject to change with advanced notice)

LH: Lovegrove & Hodson; **DG:** Dufour & Goodman; **AR:** Additional readings (on Canvas)

Date	Topic	Reading
Jan. 6	Course introduction	Syllabus
Jan. 13	What is nutritional anthropology?	DG: Ch 1, 2, 18, AR: Ch 1
Jan. 20	Basics of human nutrition & growth	DG: Ch 25 AR: Ulijaszek 1995
Jan. 27	Introduction to food systems and food ways	DG: Ch 13, 16, 40, 41
Data collection		
Feb. 3	Designing a nutrition study	LH: Ch. 2, 3, 8 AR: Ulijaszek & Strickland 1993; Ice, Dufour and Stevens 2015
Feb. 10	Dietary intake and analysis of food composition	DG: Ch 9, 12, 24, 26, 50 LH: Ch 4, 5
Feb. 17	Food choice	DG: Ch 19, 20, 45, 47, 30 LG: Ch 10
Feb. 24	Dietary preference	DG: Ch 3, 23, 31-32
Mar. 2	No class-SPRING BREAK	
Mar. 9	Food & nutrition security	DG: Ch 37, 46, 48, 52
Mar. 16	Body composition	DG: Ch 27, 33-34, 41 LG: Ch 11
Mar. 23	Energy expenditure	DG: Ch 7, 15, 28, 35 LH: Ch 12, 17
Mar. 30	Biomarkers & isotopes	DG: Ch 10-12 LH: Ch 6, 9 AR: Goodman 1996
Analysis, reporting and translation		
Apr. 6	Analytic methods & reporting	LH: Ch 7, 16 AR: Lasker 1993
Apr. 13	No class-AAPA/HBA meetings	
Apr. 20	Translation	DG: Ch 17, 27, 43, 54 LH: Ch 20