

# ANT3467 FOOD AND CULTURE

Dr. Susan D. deFrance  
Spring 2026

Office Hours – 1350B Turlington  
Tues and Thurs: 9:30-10:30 am  
Thurs 2:30-4:00 pm and by appt.

## FOOD AND CULTURE

### Required Texts

**Carole Counihan, Penny Van Esterik, Alice Julier, editors**

2019 *Food and Culture: A Reader*. Fourth Edition. Routledge Press.

\*\*\* on syllabus as F&C (a pdf copy of this is available on class Canvas site)

Additional readings will be available as pdf files on the course canvas/e-learning site.

\*\*\* on syllabus as UFe-I

Under FILES – on Canvas – organized by week

### Course Objectives

All ideas, beliefs, and rules regarding food are cultural; they are learned behavior. Food is a universal, yet highly diverse, feature of the human condition. Foodways function to create social unity, but also to distinguish cultures. How and why do cultures develop unique methods of food preparation and consumption? How do food rules develop and how are they maintained? The goal of this class is to gain an understanding of foodways in different cultures and how food habits function beyond providing calories and sustenance. We use information from biological anthropology, archaeology, cultural anthropology, and human ecology to understand the historical development of foodways and modern cultural variation in food habits in different areas of the world. We also examine issues related to modern disparities in health and nutrition in light of globalization and the political factors that result in differential production and access to food resources.

### Student Learning Outcomes

- Know the evolutionary and biological basis of human diet
- Identify the historical development of food habits and consequences of global colonization
- Recognize cultural origins and rationales for food prohibitions
- Describe modern cultural obstacles to food selection and the resulting health consequences
- Analyze the role of modern political systems on food production, distribution, and consumption

## Course Requirements and Assessment

Grading	percent final grade	
<b>Quizzes-</b> ONLINE (11 quizzes, lowest one dropped, 10 @ 2% each)	20	
<b>Foreign Food Film Review</b> (on approved film list) 4/14	10	
<b>Three Food and Culture Written Exercises</b> (10% each) ~2 pages (2x spaced) Due Feb 10, March 3, March 10	30	
<b>Extra Credit</b> – can do up to 2 additional Food and Culture Exercises (2 % each of final grade), due dates TBA		
<b>3 Exams</b> - online exams (with take-home essays) 2/17, 3/26, 4/21 (all are non-cumulative) Multiple choice and essay portion = 50% each Essays (~2 double-spaced pages) are due 2/24, 3/31, 4/26 Use Turnitin on elearning/canvas to submit essays	30	(10% each)
<b>Final Project</b>		
<b>Unessay</b> – creative project on food or <b>Powerpoint presentation</b> (10 slides - food and culture topic presentation) Due exam week, 4/27 by midnight		
	10	

**NO LATE essays, written assignments, exams, exam essays accepted without approved excuse (medical or official UF business)**

### Grading scale:

<b>A + = 97-100</b>	<b>C+ = 78-79.99</b>
<b>A = 94-96.99</b>	<b>C = 72-77.00</b>
<b>A- = 90-93.99</b>	<b>C- = 70-71.99</b>
<b>B+ = 88-89.99</b>	<b>D+ = 68-69.99</b>
<b>B = 82-87.99</b>	<b>D = 62-67.99</b>
<b>B- = 80-81.99</b>	<b>D- = 60-61.99</b>
	<b>E = &lt;60</b>

UF grading policy: <http://www.registrar.ufl.edu/staff/grades.html#grading>

Students are required to follow the UF honor code. We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty 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."  
<http://www.dso.ufl.edu/sccr/honorcodes/honorcode.php>

PLAGARISIM WILL NOT BE TOLERATED. IF YOU PLAGARIZE SOURCES, I WILL FILE A FORMAL GRIEVANCE WITH THE DEAN OF STUDENTS OFFICE FOR JUDICIAL AFFAIRS AND IT WILL BECOME PART OF YOUR PERMANENT RECORD. YOU WILL RECEIVE A ZERO ON THE ASSIGNMENT.

**NO makeup exams or quizzes** will be administered and no late assignments will be accepted without a signed excuse for medical illness or documentation for absence (such as a family death notice, religious holiday or approved UF participation in sports or activity [e.g., band]). If you will be away from campus on official university business, you must make arrangements in advance. No LATE ASSIGNMENTS will be accepted without documentation (as specified above).

### ***Accommodation for Students with Disabilities***

Students requesting classroom accommodation must first register with the Dean of Students Office. The Dean of Students Office will provide documentation to the student who must then provide this documentation to the Instructor when requesting accommodation. **Please make any requests by the second week of class.**

### ***UF Counseling Services***

Resources are available on-campus for students having personal problems or lacking clear career and academic goals that interfere with their academic performance. These resources include:

1. [University Counseling and Wellness Center](#), 3190 Radio Road, 392-1575, personal and career counseling
2. [Sexual Assault Recovery Services](#) (SARS), Student Health Care Center, 392-1161, sexual counseling
3. [Career Resource Center](#), Reitz Union, 392-1601, career development assistance and counseling
4. [Reading & Writing Center](#), Broward Hall, 392-0791, writing assistance, study skills, test preparation

Date	Topic	Readings
<b>Week 1</b>		
Jan. 13	<b>Introduction</b>	
Jan. 15	Defining Foodways	Barthes; Sutton in F&C Introduction to F&C Farb and Armelagos on UFe-I
<b>Week 2</b>		
Jan. 20, 22	<b>Human Evolution and Diet</b>	
	Meat Consumption and Brain Development	
	Teeth: Evolution and Function	
	Scavenging vs. Hunting; The Role of Fire and Tools	
Human use of fire: <a href="http://www.sci-news.com/othersciences/anthropology/paleoanthropology/earliest-europeans-fire-cooking-04452.html">http://www.sci-news.com/othersciences/anthropology/paleoanthropology/earliest-europeans-fire-cooking-04452.html</a>		
Hunting and scavenging: <a href="https://phys.org/news/2013-05-earliest-evidence-human-ancestors-scavenging.html">https://phys.org/news/2013-05-earliest-evidence-human-ancestors-scavenging.html</a>		
Early fat consumption: <a href="https://yaledailynews.com/blog/2019/02/19/new-yale-study-claims-human-ancestors-chose-fat-not-meat/">https://yaledailynews.com/blog/2019/02/19/new-yale-study-claims-human-ancestors-chose-fat-not-meat/</a>		
Early fishing in China: <a href="https://www.sciencedaily.com/releases/2009/07/090706171544.htm">https://www.sciencedaily.com/releases/2009/07/090706171544.htm</a>		
<b>Week 3</b>		
Jan. 27, Jan 29	<b>The Archaeology of Foodways</b>	
	Hunter/Gatherers and Foragers	
	Food Production/Domestication	Van der veen UFe-I
	Feeding Ancient Civilizations	Staller chapters UFe-I
Evolution of the human diet: <a href="https://www.nationalgeographic.com/foodfeatures/evolution-of-diet/">https://www.nationalgeographic.com/foodfeatures/evolution-of-diet/</a>		
Early salmon fishing: <a href="https://www.archaeologicalconservancy.org/earliest-evidence-of-ancient-north-american-salmon-fishing/">https://www.archaeologicalconservancy.org/earliest-evidence-of-ancient-north-american-salmon-fishing/</a>		
<b>Week 4</b>		
Feb 3, Feb 5	<b>European Colonization, Food Migrations and their Legacy</b>	
		Potato chapter- Messer UFe-I
Chocolate: <a href="https://www.smithsonianmag.com/history/archaeology-chocolate-180954243/">https://www.smithsonianmag.com/history/archaeology-chocolate-180954243/</a>		

**Week 5**

Feb. 10

**Food Migrations continued**  
**Feb. 10 Assignment #1 due by midnight**

Feb. 12

Sugar, Labor

Mintz in F&amp;C

**Week 6**

Feb 17

**EXAM 1 online and take home essay distributed**  
 Each portion = 50% of exam grade

Feb 19

**Food and Cognition - Dietary Taboos/Restrictions, Contamination**  
 Irrational Behavior vs. Human Adaptation  
 Sacred Cows, Prohibited Pork Harris in F&C  
 Jewish Dietary Laws – guest lecture  
**Cannibalism- Fact and Fiction** Jones et al. UFe-I

Please view – *Holy cow* –

<https://mediasite.video.ufl.edu/Mediasite/Play/06ebed55c1b446c49e62cd9967222f061d> (use your UF vpn if needed)

**Week 7**

Feb. 24

**Food and Identity** Douglas; Levi-Strauss in F&C  
 Cuisines and Meal Structure Bourdieu; Narayan in F&C  
**Exam 1 - Essay answer is due Tuesday, Feb 24 at midnight**  
 Submit answer via Turnitin on elearning/canvas class site

Feb. 26

**Food as Cultural Heritage/Food Appropriation**

<https://www.bbc.com/travel/story/20210104-the-chef-preserving-canadas-indigenous-identity?ocid=ww.social.link.email>

<https://www.atlasobscura.com/articles/alaska-hospital-native-food>

**Week 8**

March 3, 5

**Food and Identity**  
 Gender and Food

Allison; Walmsley in F&C  
 Ehrhardt; Zafar in F&C  
 De Certeau and Giard in F&C  
 Jones et al. UFe-I; Davis UFe-I  
 Counihan in F&C  
 Freedman and Jurafsky in F&C

**Food Exercise #2 due 3/5**

**Week 9**

**March 10, 12**

**Secular and Religious Rituals**

Food and Ritual

Nahum-Claudel UFe-I

Feasting, Fasting

Ramandan and Catholic fasting rules UFe-I

Guest lecture – Buddhist food rules and rituals - Yuan Zhang

**Food Exercise #3 due 3/10 at midnight**

**Week 10**

March 17, 19 **SPRING BREAK – eat something different and unusual**

**Week 11**

March 24

**Cultural Variation in Body Form, Eating Disorders**

Fat in Island Cultures

Sobo UFe-I

Body Form and Health

Wangsgaard Thompson in F&C

The Obesity Epidemic

Julier in F&C

March 26

**EXAM 2 online and take-home essay**

Essay = 50% of Exam 2 grade

Essay answer is due March 31 at midnight, Submit essay via Canvas

**Week 12**

March 31

**Food and Health**

Nabhan; Allen in F&C;

Poppendieck; Van Eserik in F&C

Weidman UFe-I

Sherman and Billing UFe-I

**Exam 2, Essay answer is due March 31 at midnight**

April 2

Pets vs. Food in South America

deFrance on UF e-I

Commodities from Latin America

Pilcher; Barndt in F&C

S. Am cattle

**Week 13**

April 7

**Food Security – Africa, Politics and Food**

Coffee in Ethiopia

Howard - online article:

[https://www.anthropologymatters.com/index.php/anth\\_matters/article/view/510/634](https://www.anthropologymatters.com/index.php/anth_matters/article/view/510/634)

Please view this short film – Coffee is the Backbone of Ethiopian Culture – Even in Brooklyn

<https://youtu.be/echYUZMCZbs>

April 9                      Africa- climate change  
                                  Zimbabwe case study (ban on street food news article:  
<https://www.dw.com/en/zimbabwe-street-food-vendors-banned-over-typhoid-cholera-fears/a-37104481>  
                                  Zimbabwe agricultural change – read online article  
<https://www.tandfonline.com/doi/full/10.1080/23311886.2019.1622485>

**Week 13**

April 14, 16                **Population Expansion and Food in Asia**  
                                  Fast Food in Asia, esp. Japan                      Allison in F&C  
                                  Japan and Food Identity  
                                  Please view *The Colonel comes to Japan* = <https://youtu.be/uwwmKcFVji8>

**4/14 Food Film Review due at midnight**

                                 China and Food Security                      Imbruce in F&C  
                                  Exported Asian Foodways                      Matejowsky in F&C  
                                  Padoongpatt in F&C  
                                  Please view *China Rises – Food is Heaven* = [https://youtu.be/6YlQajYeC\\_g](https://youtu.be/6YlQajYeC_g)

**Week 15**

April 21                      **Food and Political Economy**                      Goody; Nestle; Kloppenburg in F&C  
                                  Friedmann in F&C  
                                  Feeding the cities FAO on UFe-I  
                                  Please view *Holy chicken* - <https://www.youtube.com/watch?v=dSyicDf9UvI>

**OUTSIDE OF CLASS**

**Third exam – online - non- cumulative – same format as previous exams**  
 Take by midnight

Sunday, April 26    **Exam 3 essay due at midnight**

**Exam Week**

Monday, April 27  
                                  Unessay or Powerpoint presentation  
                                  **Monday, April 27 at midnight**  
                                  **(NO Late assignments accepted without medical excuse)**