

## ANTHROPOLOGY OF EATING

ANTH 3541

MWF 9:05-9:55 am

Student Learning Center (SLC)

Rm 148

Fall 2005

Interested in food? Interested in learning about why people eat what they eat? What food means to people? Why some people have nothing to eat, while others have too much? In this course, we will broaden our understanding of human biological and cultural variation by studying food and eating.

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Office hours: Wed 11:15-1:15 pm or by appointment

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### WebCT

This course is a web facilitated course, using WebCT. All students can access the course WebCT using their UGA myID login and password.

### Learning objectives:

1. To develop an understanding of the variety, relativity, and complexity of human beliefs and behavior regarding food and eating.
2. To develop a long-term (historical and evolutionary) and critical perspective on human food choices, food related traditions, and nutrition, and be able to apply diverse anthropological theories and frameworks to the explanation of why people behave the way they do (using eating as a specific example).
3. To learn appropriate research tools for the biocultural study of eating, diet, and nutrition.
4. To develop skills appropriate for effective group collaboration.

### Academic Standards:

All academic work must meet the standards contained in "A Culture of Honesty." Students are responsible for informing themselves about those standards before performing any academic work. See [http://www.uga.edu/ovpi/academic\\_honesty/ah.pdf](http://www.uga.edu/ovpi/academic_honesty/ah.pdf).

Examples of academic dishonesty include: plagiarism, unauthorized assistance, lying/tampering/bribery, and theft. Any breach of UGA's Honor Code will be reported to the disciplinary committee and appropriate actions will be taken.

### Course readings:

#### Required:

- Goodman et al., DuFour, and Peltó. (2000). *Nutritional Anthropology*. Mayfield Publishing Co.

[This book is currently out-of-print, but the UGA Bookstore and off-campus bookstores have approximately 80 copies. To ensure that all students can access these readings,

however, the chapters from this book will put on WebCT. *You therefore have a choice: you can buy the book or you can download and print the chapters off of WebCT.]*

- Articles on WebCT: additional articles will be accessible online at the WebCT site.
  - Book chapters will be listed as: “author/editor, Ch.” (e.g., Goodman et al., Ch. 1)
  - Journal articles will be listed as: “author, year” (e.g., Bestor, 2000).

Recommended:

- Kittler and Sucher. (2001) *Food and Culture*. Wadsworth Publishing, 3<sup>rd</sup> edition.  
[This text is optional. I highly recommend you purchase it, however, because the book provides basic information on food and culture, and it serves as an important resource for finding additional information for your coursework. *Any reading assignments from this book will be placed on the WebCT for those who choose not to purchase the book.]*

**Coursework:**

Coursework is based on: (1) an annotated bibliography (50 points: 30%), (2) a mid-term exam (100 points: 20%), (3) group presentation (20 points: 10%), (4) class participation (15 points: 15%), and (5) a final exam (100 points: 25%), for a total of 285 points.

≥ 257	= 90% = A
228 – 256	= 80% = B
200 – 227	= 70% = C
171 – 199	= 60% = D
≤ 170	= 50% = F

**1. ANNOTATED BIBLIOGRAPHY** (rough draft = 5%, final draft = 25%): 30%

This exercise is designed to help you develop a research skill fundamental to science and social science: the literature review (usually the first step in any research project). An annotated bibliography is a thoughtful list of references that together form the basis for understanding a specific topic.

Select one world region, population, or cultural group, and have your TA concur with your choice. Prepare an annotated bibliography of key literature that describes (a) the basic food preferences and diet of your group and its cuisine elements (flavors, spices, etc.), with some historical and ecological context if possible, (b) nutritional status of your group and any important nutritional issues, and (c) cultural traditions and meanings of specific food in your group and of food and eating in general.

A good place to look for references is the online **World Food Habits Bibliography:**

[www.ilstu.edu/class/anth273-foodways/foodbib.html](http://www.ilstu.edu/class/anth273-foodways/foodbib.html) and the references in your text books. The Galileo databases ([www.libs.uga.edu](http://www.libs.uga.edu)) are another good place to begin. Once you have identified a list of references, you need to get a hold of the articles you can and read them. To annotate your bibliography, you write between a sentence and a page *in your own words* describing what the article or book says about your group in relation to the above topics. (You may not simply copy down the abstract or summary given by the authors—this would be plagiarism). Complete your annotated bibliography with a 1-to-2 page summary of your findings (including reference to your articles and books). A handout, which further explains this assignment, will be given out early in the semester.

Due dates:

Region/population/cultural group choice: 9/2/05

Rough draft (should include 5 annotated references): 9/21/05

Final draft (should include 25 to 40 references, along with the summary): 10/31/05

**2. MID-TERM EXAM (20%):** Wednesday, October 12, 2005

This in-class exam will include objective-style questions (multiple choice, fill-in-the blank etc.) as well as short answer and essay questions from lectures and presentations.

**3. GROUP PRESENTATION (10%):**

An important research (and life) skill to develop is the ability to work and communicate clearly with a diverse set of people who have different skills and perspectives. This assignment will allow you to develop this skill, in addition to giving you experience in public speaking. Based on the population/region of the world you have chosen to study for your annotated bibliography, you will be placed in a group with other students who share similar regional/population interests.

Your group will collaborate to prepare one 10-15 minute presentation, focusing on food preferences, rituals of eating, nutritional concerns, etc. You will be graded on how effectively your group works as a whole unit (i.e., showing organization, collaboration, and integration of people's different perspectives, emphases, and strengths). Be creative in your presentation approach. For example, although not required, your group is highly encouraged to prepare a dish that well exemplifies the tradition of the area or group(s), as part of your presentation. YUM!

**4. CLASS PARTICIPATION (15%)**

Class participation will be based on a number of small assignments given throughout the semester. These assignments are as follows:

- We will watch two films that prominently feature some aspect of food. For each, write down (and turn in) 2 questions for discussion in class. (2% X 2 = 4%)
- 24-hour dietary recall: keep a log of everything you consumed within a 24-hr period. In class you will turn in your log and discuss the anthropological implications of this recall based on previous readings. (3%)
- For three lectures, you must turn in 2 relevant questions for discussion based on the assigned readings at the beginning of lecture, and be prepared to discuss them with your classmates. (2% X 3 = 6%)
- Critique of menus from school cafeterias: in small groups you will thoughtfully discuss the benefits and negatives of menus from school cafeterias. (2%)

**5. FINAL EXAM (25%)**

This exam will take the form of short answer and essay-style questions. It will be a take-home exam, and you will be allowed to use your books and notes. Your answers should be typed, double-spaced, in 12-pt type (Use Times New Roman or Arial only). *You should not*

*consult your classmates, online sources, or any other sources besides class materials when completing this exam.* It will be due by 11 am on the day of the scheduled final exam time: Wed, December 14, 2005.

**Classroom and Study Protocols:**

My responsibility as an instructor is to ensure that there is an effective instructional environment in the classroom and that all students obtain the maximum opportunity to learn. To this end, the following classroom courtesies are expected and will be enforced:

- We will begin class at 9:05 am. *You should arrive on time.* If for any reason you must come late or leave early, please give advance notice and enter or leave discreetly so you do not disturb others.
- Given that attendance is the single most reliable predictor of success in university courses, attendance for this course is **MANDATORY**. You are responsible for checking in with a TA before class so that you will be marked present. *If you have more than five absences for any reason you will be withdrawn from the class.*
- Other than when we are working in small groups, please do not disturb others in the class with localized conversations or other distractions.
- Complete assigned readings BEFORE class meetings.
- **TURN OFF cell phones BEFORE class begins. PLEASE!**
- On the first day of class you will be asked to write down the names and email addresses of 3 students in the class. Please consult fellow students first if you were unable to attend a lecture and need to know what you missed.
- If you require special support to enhance your learning, please work through the usual university channels so appropriate and fair arrangements will be made. Out of fairness to all students, we will not make any special arrangements without proper UGA documentation.
- Make-up exams for the mid-term exam will only be allowed under special circumstances, for which prior request/notification is required.

*NOTE: This course syllabus is a general plan for the course; deviations may be necessary and will be announced in class.*

**Course Calendar:**

<b>Date</b>	<b>Lecture Topic</b>	<b>Readings</b>	<b>Assignments DUE</b>
Fri 8/19/05	Introduction/Syllabus Review		
Mon 8/22/05	Introduction to the Biocultural Perspective on Human Nutrition	Kittler & Sucher, Ch. 1 Goodman et al., Ch. 1-4	
Wed 8/24/05	Evolution of the Human Diet	Goodman et al., Ch. 5, 7-10 Leonard, 2002	
Fri 8/26/05	Contemporary Food Systems  Explanation of annotated bibliography	Goodman et al., Ch. 6, 11-13 Siskind, 2002 Diamond, 1987	Print and bring to class Mintz & DuBois, 2002
<b>Date</b>	<b>Lecture Topic</b>	<b>Readings</b>	<b>Assignments DUE</b>

Mon 8/29/05	Library research skills I: Finding literature		
Wed 8/31/05	Library research skills II: RefWorks		Set up RefWorks acct.
Fri 9/2/05	Why do we eat what we eat? I: Materialist Approaches	Goodman et al., Ch. 14-16	Select group/region for annotated bibliography
Mon 9/5/05	NO CLASS: Labor Day		
Wed 9/7/05	Why do we eat what we eat? II: Symbolic Approaches	Goodman et al., Ch. 17-19 Kittler & Sucher, Ch. 4	
Fri 9/9/05	Symbolic Approaches cont.	Goodman et al., Ch. 17-19 Kittler & Sucher, Ch. 4	
Mon 9/12/05	Film: <i>Like Water for Chocolate</i>		
Wed 9/14/05	Film: <i>Like Water for Chocolate</i>	Brumberg, 1997	
Fri 9/16/05	Film & Discussion		In-class discussion questions on film
Mon 9/19/05	Food and Adaptation	Goodman et al., Ch. 21-24, 30	
Wed 9/21/05	Dietary Assessments Methods		<b>Rough draft of annotated bibliography</b>
Fri 9/23/05	Food: Taste & Function	Sherman & Billing, 1999 Goodman et al., Ch. 25-26 Kittler & Sucher, Ch. 2	
Mon 9/26/05	Food and the Body I	Bruch, 1997 Hughes, 1997 Sobo, 1997	
Wed 9/28/05	Food and the Body II (Guest lecture: Sandra Crismon, UGA PhD Candidate)	Bruch, 1997 Hughes, 1997 Sobo, 1997	In-class discussion questions
Fri 9/30/05	Nutrition and the Ecology of Nutritional Problems I	Goodman et al., Ch. 27-29, 38	
Mon 10/3/05	Nutrition and the Ecology of Nutritional Problems II  In-class discussion of dietary recall assignment	Goodman et al., Ch. 27-29, 38	24-hr dietary recall assignment
<b>Date</b>	<b>Lecture Topic</b>	<b>Readings</b>	<b>Assignments DUE</b>

Wed 10/5/05	School cafeterias—in class critique		
Fri 10/7/05	Mid-term exam (in class)		Mid-term exam
Mon 10/10/05	Example of research: Dr. Beth Johnson, Oglethorpe University	TBA	
Wed 10/12/05	Example of research: guest presentation on Child Obesity by Dr. Alex Brewis-Slade, UGA Dept. of Anthropology	Goodman et al., Ch. 39-40 Massara, 1997	
Fri 10/14/05	In class work day: meet with groups, sign up for presentation  <b>MIDTERM WITHDRAWAL DEADLINE</b>		
Mon 10/17/05	Cultural Ecology of Infant Feeding	Goodman et al., Ch. 35-37 Esterik, 2002	
Wed 10/19/05	Cultural Ecology of Infant Feeding cont.  In-class discussion	Goodman et al., Ch. 35-37 DuPuis, Ch. 3	In-class discussion questions
Fri 10/21/05	Globalization & Localization of Diets I: Historical trends and contemporary realities	Goodman et al., Ch. 31-33	
Mon 10/24/05	Globalization & Localization of Diets II: continued  In-class discussion	Goodman et al., Ch. 20 Bestor, 2000 Roseberry, 1996 Wilson, 2004 DuPuis, Ch.1	In-class discussion
Wed 10/26/05	Example of research: Urban Children's Food Choices in Mexico (PhD Candidate, Sarah Lee)		
Fri 10/28/05	NO CLASS: Fall Break		
Mon 10/31/05	Film: <i>Eat Drink Man Woman</i>	TBA	<b>Final draft</b> of annotated bibliography
Wed 11/2/05	Film: <i>Eat Drink Man Woman</i>		
Fri 11/4/05	Film & Discussion		In-class discussion questions on film
<b>Date</b>	<b>Lecture Topic</b>	<b>Readings</b>	<b>Assignments DUE</b>

Mon 11/7/05	Globalization & Localization of Diets III: GM foods and alternative consumption regimes	Paarlberg, 2000 Vitterso et al., 2005 Belasco, 1999 Unterman, 2000	
Wed 11/9/05	In-class group work day		
Fri 11/11/05	Class presentations		
Mon 11/14/05	Class presentations		
Wed 11/16/05	Class presentations		
Fri 11/18/05	Class presentations		
Mon 11/21/05	Class presentations		
Wed 11/23/05	NO CLASS: Thanksgiving		
Fri 11/25/05	NO CLASS: Thanksgiving		
Mon 11/28/05	Class presentations		
Wed 11/30/05	Class presentations		
Fri 12/2/05	Out of class library research/group work day		
Mon 12/5/05	Class presentations		
Tues 12/6/05	Class presentations		
Wed 12/7/05	Last class presentations; hand out take home final exam		
Fri 12/9/05	NO CLASS: Reading day		
Wed 12/14/05	Final Exam –Take Home due		Final Exam (Take-home) due by 11 am

Note: **TBA** means that readings will be added later in the semester.