

ANTH 220: Introduction to Nutritional Anthropology

Spring 2019

University of Oregon

(4 Credit Hours; Satisfies SC requirement)

Note: Please print this document for your records.

Course Location: 177 Lawrence Hall (LA)

Course Time: 10:00-11:20 am, Tuesday and Thursday

Lab Location and Time: Condon Hall, Rm 330, Wednesdays

Instructor: Dr. Lawrence Ulibarri

Office: 354 Condon Hall

Office Hours/phone: Monday 9-11, Tuesday 3:30-5:00 and by appointment,
541-346-8188

E-mail: larryu@uoregon.edu

GE: Ms. Jessica Stone, M.A.

Office: 366B Condon Hall

Office Hours: Tuesday and Thursday, 11:30-12:30

E-mail: ystone3@uoregon.edu

COURSE DESCRIPTION

What is your favorite and least favorite food? What dish have you never eaten before? Everyone has an answer. Why? Food is fundamental to life, is it animal physiology, and nutrition is affected by cultural perceptions. The goal of this course is to challenge you to think critically about food, health, and nutrition. In other words, to explore these topics from an anthropologic (biological and cultural) and scientific (method and hypothesis testing) approach. This course will focus on the evolution of the hominin diet, and the ecological and cultural factors shaping modern diets. We then place this into a broader primate evolutionary context. The first part of the class will introduce students to the fundamentals of nutrition and the analyses of nutritional and health status. The second part will examine variation in human and primate diets from an evolutionary and comparative perspective. In the last part of the class, students will examine ecological and cultural factors that shape contemporary human diets. This includes factors that contribute to undernutrition and overnutrition, as well as the biological consequences of food access and nutritional choices.

LEARNING OBJECTIVES

After successful completion of this course, students will have an understanding of the following key issues:

- Critique and understand the role of food and nutrition in human adaptation. This will be measured throughout the course in our Discussion/Lab sections, and our lecture exams.
- Deconstruct diets and cultural perspectives of food from a biological and nutritional perspective. This will be partly measured in the Discussion/Lab sections, in our lecture exams, and in your dietary project in labs.
- Understand the relationships between cultural pressures, cultural environments, natural environments, health, nutrition, disease, and hunger. This will be partly measured in the Discussion/Lab sections and in our lecture exams.
- Understand the role of anthropology in nutrition and health studies. This will be partly measured in the Discussion/Lab sections, in our lecture exams, and in your dietary project in labs.
- Engage in nutritional anthropologic research by analyzing our own diets, food perceptions, and environmental biases. This will be measured in your final project in lab sections.

COURSE FORMAT

The course is designed in a Lecture and Laboratory Format, meaning that the lecture and laboratory components complement each other but do not cover the same material. Both are required to pass this course. There will be two lecture meetings per week and one lab meeting. Most often, lectures will consist of an exploration of the material we are reading, while highlighting background and theoretical concepts. Discussion/Lab meetings generally consist of in-class exercises that explore diet, food, nutrition from a hands-on approach, using the scientific method to test and understand nutritional adaptations in humans (and primates). Labs also include a dietary analysis project that will challenge students to critically analyze their own diet and nutritional status from a biocultural perspective. Think of lecture as the theory, and labs as the practice.

In total, students should expect to spend **10 to 15+ hours** of work outside of class time for this course, including the time devoted to reading, studying, and completing assignments.

CANVAS

This course is supported by an online CANVAS site. Our Canvas learning support site will help you to complete academic work and study for exams. As this is an online site, you

can access it anywhere. Online articles, relevant links, notes, and other relevant information will be included on the course site. PLEASE GO TO MODULES to find all of this information, which will be uploaded each week. Course notes will not be uploaded until after class, usually by the end of the week.

There will be weekly articles that you are required to read in addition to our book chapters. Those articles will be provided to you online.

When you register for the class, you will automatically be enrolled in our canvas site. All problems concerning the use of Canvas should be handled at the ITC center in the Knight Library. Issues more specifically related to the accessibility of course material should be directed to me.

Make sure that you regularly check your e-mail account which will notify you of material and announcements placed on our Canvas site.

EXPECTATIONS AND GRADING

Regular attendance, participation, and maintaining course readings are required to pass this course. Grades are based on a 50/50 split of the lab and lecture, meaning they are both essential for you to pass and do well in this course. For the lecture there are two exams (midterm and final exams). For labs there are weekly lab exercises, and participation/attendance. There is a final project in our course that is based off of the labs and the lecture combined, and this final project counts for a significant portion of your grade. **Under no circumstances will make-up assignments or extensions be given without a documented and cleared excuse** (see Accommodations). If you miss a scheduled lab you **will not be able to make it up**, given the amount of time and material required to set-up each lab and practical. You will not receive credit for a late assignment unless you notify your GE in advance. Evaluation of your course grade will be based on the following components:

- 1) Midterms & Final Exams - The midterms and final exam will be based on lectures, readings, and videos, and will include predominately either objective multiple choice & matching questions, or short answer (2-3 sentences), and short essay questions (4-5 sentences). ***The final exam is basically cumulative.*** I write *basically* because we are building on concepts as we work through the course. Will I ask questions from the midterm on the final exam? Not exactly. But I will use the terminology, the understanding and frameworks of those concepts to phrase new questions that can challenge you to critique the material covered in the last 1/2 of the course.
- 2) Lab Participation – this includes regular lab attendance and your participation in lab exercises (including asking questions and engaging in lab exercises).
- 3) Lab worksheets – each lab has a worksheet that students complete and it will be graded in terms of your participation, completion, and understanding of the materials.

- 4) Energy Balance project – an energy balance analysis project and write-up is a significant portion of your final grade. This project will be done partly in your labs, and must include information and perspectives explored in lecture. For detailed information on the energy balance analysis project, please read the information provided to you on the MODULES tab in the Final Project Module (uploaded in the first few weeks).
- a. If the energy balance project is something that you are not able to participate in for health or private reasons, you need to inform me asap. A substitute project will need to be arranged and agreed upon, such as a research paper.
 - b. Students that are an art major may qualify for a substitute project focusing on their artistic skill.

GRADING

The weight of each form of evaluation to the total course grade is as follows:

• Exams (n=2, 100 pts each)	50% (200 pts)
• Lab exercises	20% (81 pts)
○ Several labs extend over 2 or 3 weeks (n=9 total labs, 9 pts each week)	
• Lab participation (n=9, 3 pts each)	6% (27 pts)
• Lab final project	24% (92 pts)
• TOTAL	100% (400)

Grades will be assigned as follows:

A+ = 97% and above.

A = 93-96.9%,

A- = 90-92.9%

B+ = 87-89.9%

B = 83-86.9%,

B- = 80-82.9%

C+ = 77-79.9%

C = 73-76.9%,

C- = 70-72.9%

D+ = 67-69.9%

D = 63-66.9%,

D- = 60-62.9%

F = 59.9% and below

The grading system used in this course is as follows:

- A** – Outstanding performance relative to that required to meet course requirements; demonstrates a mastery of course content at the highest level.
- B** – Performance that is significantly above that required to meet course requirements; demonstrates a mastery of course content at a high level.
- C** – Performance that meets the course requirements in every respect; demonstrates an adequate understanding of course content.
- D** – Performance that is at the minimal level necessary to pass the course but does not fully meet the course requirements; demonstrates a marginal understanding of course content.
- F** – Performance in the course, for whatever reason, is unacceptable and does not meet the course requirements; demonstrates an inadequate understanding of the course content.

There is **no extra credit** for this course.

REQUIRED TEXTS

Lecture textbook: Dufour, D.L. Goodman, A.H., & Pelto, G.H. (2012) *Nutritional Anthropology: Biocultural Perspectives on Food and Nutrition*, 2nd Edition. Oxford University Press. ISBN-13: 987-0199738144

ACCOMMODATIONS

Appropriate accommodations will be provided for students with documented disabilities. If you have a documented disability and anticipate needing accommodations in this course, please make arrangements to meet or discuss with me **immediately**. You will need to provide me with a notification letter from Disability Services outlining your approved accommodations.

I will post my lecture slides online **after** each lecture, and typically at the end of the week.

Exams and assignments must be taken/turned in at the scheduled time—**under no circumstances will make-up exams or assignment extensions be given without a documented excuse** (see Personal issues). If you will not be able to take an exam or turn in an assignment, you **must** notify your GTF or me in advance (preferably by e-mail).

PERSONAL ISSUES

If there is a serious issue related to your ability to participate in our course, you need to contact me **immediately**. Delay in asking for help right away will cause you to fall

seriously behind in the course, and make-up work will not be accepted unless prior accommodations have been made. Examples of serious issues include you are ill or there is a family death, and can provide a doctor's note explaining that it is not advisable for you to participate in our class. Additionally, a conference participation, participation in or travel associated with other events related to campus organizations, clubs, or groups so long as you can provide verification from student services.

ACADEMIC HONESTY

The University of Oregon and I consider academic honesty to be essential for each student's intellectual development. As an institution fundamentally concerned with the free exchange of ideas, our University depends on the academic integrity of each of its members. In the spirit of this free exchange, students and teachers of our University recognize the necessity, and accept the responsibility, for academic honesty. As a student who enrolls in this course, you agree to respect and acknowledge the research and ideas of others in your work and to abide by those rules in both lecture and lab classes.

Plagiarism:

Plagiarism is defined as the use of intellectual material produced by another person without acknowledging its source. For example:

- Wholesale copying of passages from works of others into an discussion or presentation
- Using the views, opinions, or insights of another without acknowledgment
- Paraphrasing another person's characteristic or original phraseology, metaphor, or other literary device without acknowledgment

For further information about the UO policy on plagiarism and matters of social conduct, please refer to your student handbook. Also, the UO provides excellent resources to help you avoid plagiarism. Check out

<http://library.uoregon.edu/guides/plagiarism/students/index.html>.

Please, for your protection and development, cite you sources properly and **do not plagiarize**. You can find proper use and examples of the APA citation method at the University of Oregon library website: <http://researchguides.uoregon.edu/citing-plagiarism/styleguides>

NOTE: Class schedule is subject to change in the event of extenuating circumstances, or otherwise modified as appropriate.

COURSE SCHEDULE

Week	Dates (m/d)	Topics	Required Reading
1	04/02	Syllabus and Introduction to the course What is Nutritional Anthropology?	<u>For Tuesday:</u> Dufour et al., Chapter 1
	04/04	Basics of nutrition – an overview	<u>For Thursday:</u> Dufour et al., Chapters 2-5 Online news articles
	Wed	Lab 1: Introduction to the Scientific Method and test <i>(Exercise of this lab is due by the end of Week 4 lab)</i>	Lab resource: Online
2	04/09	Basics of nutrition, and nutrients	<u>For Tuesday:</u> Online news articles
	04/11	Macronutrients – Protein	<u>For Thursday:</u> Online news articles
	Wed	Lab 2: No Lab – but must complete an online quiz by Friday, Ap. 12th	Lab resource: Online
3	04/16	Macronutrients – Carbohydrates	<u>For Tuesday:</u> Online news articles
	04/18	Macronutrients – Lipids	<u>For Thursday:</u> Online news articles
	Wed	Lab 3: Scientific Method and testing part 2 <i>(Exercise of this lab is due by the end of Week 4 lab)</i>	Lab resource: Online
4	04/23	Energy metabolism, Energy balance, Nutritional status	<u>For Tuesday:</u> Online news articles
	04/25	Biological baseline - primate diets and nutrition	<u>For Thursday:</u> Dufour et al., Chapters 6-9, Online news articles
	Wed	Lab 4 : Taste perception Part 1 <i>(Exercise of this lab is due by the end of Week 5 lab)</i>	Lab resource: Online
5	04/30	Onset and agriculture, changes in diet and health	<u>For Tuesday:</u> Dufour et al., Chapters 10-12 Online news articles
	05/02	Video documentary	<u>For Thursday:</u> Online articles
	Wed	Labs 5 : Taste perception Part 2 <i>(Exercise of this lab is due by the end of Week 6 lab)</i>	Lab resource: Online

6	05/07	Midterm Exam	For Tuesday: Exam
	05/09	Variation in contemporary food systems	For Thursday: Dufour et al., Chapters 13-17 Online news articles
	Wed	Lab 6 : Taste perception Part 3 (<i>Exercise of this lab is due by the end of Week 7 lab</i>)	Lab resource: Online
7	05/14	Materialist perspectives to production and food consumption	For Tuesday: Dufour et al., Chapters 18-20
	05/16	Ideology, symbolism, and social power of foodways, Human and non-human primates, competition and access	For Thursday: Dufour et al., Chapters 20-21
	Wed	Lab 7 : Energy and balance, Anthropometry part 1 Energy and Balance, Dietary comparisons (<i>Exercise of this lab is due by the end of Week 8 lab</i>)	Lab resource: Online
8	05/21	Adapting foods to people, and adapting people to foods	For Tuesday: Dufour et al., Chapters 24-28, Online news articles
	05/23	Foods as medicine, human and non-human primate understanding	For Thursday: Dufour et al., Chapters 29-32
	Wed	Lab 8 : Methods of Energy intake/expenditure analysis, Student Final Project, Organizing and analyzing the diet analysis results, Illustrating results; scientific method and a scientific paper (<i>Exercise of this lab is due end of Week 9 lab</i>)	Lab resource: Online
9	05/28	Undernutrition and the effects, human and non-human primate perspectives	For Tuesday: Dufour et al., 33-36 Online news articles
	05/30	Diet and globalization	For Thursday: Dufour et al., Chapters 38-42
	Wed	Lab 9 : Energy and balance, Anthropometry part 2 (<i>Exercise of this lab is due end of Week 10 lab</i>)	Lab resource: N/A

10	06/04 06/06 Wed	Overnutrition and hunger, human and non-human primate perspectives Critically evaluating solutions, policies, and problems. Conclusion to the course Lab 10 : Open labs – help with finalizing your Energy Balance Final Projects	<u>For Tuesday:</u> Dufour et al., Chapters 46-50 Online news articles <u>For Thursday:</u> Dufour et al., Chapters 52-54 <u>Lab resource: N/A</u>
11	06/12	Wednesday: Final Exam , same room (177 LA) Time – 8:00 am - 10:00 pm	Exam