Unless you are ailing or fasting, you likely eat every day. Is the food you eat a collection of biochemical substances that sustain your life? Or does eating have social, cultural and symbolic value? What, if anything, does it mean when you choose not to eat? Does not-eating have social, cultural and symbolic value? The food we eat serves more than the biological need to nourish. It is also a part of our cultural nourishment in social behaviors, relationships and ideas. This is a biocultural course in anthropology, which means that it examines issues relating to food from the perspectives of two subfields in our discipline—biological anthropology and cultural anthropology.

This course satisfies departmental requirements for anthropology majors as either a biological anthropological course or a cultural anthropological course.

COURSE OBJECTIVES
The primary goal of this course is to foster critical thinking skills with regard to social, environmental, symbolic, and evolutionary aspects of human foodways. In this context, critical thinking means not only learning to make and respond to arguments, but also to wonder expansively, and become more attentive about your day to day consumption. By the end of the course, you should have enough information to appreciate what anthropologists call different “Foodways.” In particular, you will learn to:

1. Decipher and deconstruct a meal nutritionally and culturally.
2. Explain the chain of circumstances, environments and people through which the food you eat had to pass before it could arrive in your mouth.
3. Explain the biocultural perspective as articulated in this course—in particular, the difference between bio anthro and cultural perspectives.

ACCOMMODATIONS

If you have issues that impact your academic performance—e.g., if English is not your first language or if you have documented learning issues, please alert me at the beginning of the term. Be sure to document any learning issues with the Accessible Education office (http://aec.uoregon.edu/).

REQUIRED READINGS AND OTHER RESOURCES

You will notice I have tried to minimize your expenses and the helpful librarians at the Knight Library have worked really hard to acquire most of the books for this course in electronic versions that are free for you to borrow. The one exception is the Lee book below, which you can find new and used from the UO bookstore or many other outlets. In addition to these books I will post articles in Canvas each week.

Required textbooks and readings:


AVAILABLE THROUGH THE UO LIBRARY AS AN E-BOOK FOR FREE

5. Additional required readings posted on CANVAS

COURSE STRUCTURE

This web-only course is designed around 10 modules in CANVAS—one per each week of the term. At the beginning of each week, a new module will be released, containing readings, lectures, and assignments. You will not be able to proceed to the next week until you have completed everything in the previous week.

ASSIGNMENTS

1. **Weekly Discussion Posts and Moderation**: Posts: Post two short 100-200 word commentaries on the weekly discussion thread. These comments should demonstrate that you have read the assigned material, watched the lectures, and identified the main themes of the week. The first comment should be posted **before Wednesday at 11:59 pm** in direct response to the instructor’s prompt. The second comment should respond directly to a moderator question (either student or instructor) and should be posted **before Saturday at 11:59 pm**. You will be divided into sections of 20 students for discussion.

   **Moderation**: Once during the term you will be assigned to moderate a week's discussion. During that week you will need to make your regular Wednesday post and then a second post no later than **Friday 11:59 pm** summarizing key points made by other students and posing one open-ended follow up question. Other students will answer moderator questions for their second posts. I will notify you which week you are assigned to moderate by Week 2 and you will get detailed instructions at that time.

   **[Discussion 20% Moderation 10 %]**

2. **Reading and Lecture Quizzes**: You will complete a total 3, 10 question multiple choice and T/F quizzes on CANVAS on **Week 2, Week 4 and Week 7**. These quizzes will cover material from both lectures/readings. They will be timed and the questions will be
randomly generated from a bank of questions. Quizzes must be completed by **Saturday at 11:59 pm** on their respective week. **[30 %]**

3. **Interview and Transcript:** You will conduct a mini field-work project in the form of an interview between Weeks 7-8. You will develop a set of questions and then record your interview and transcribe it. This will be the basis of your final essay. You will need to submit your transcription in the form of a Word document or PDF to CANVAS by **Saturday, November 21 at 11:59 pm. [5 %]**

4. **Annotated Bibliography:** You are required to choose your 4 course readings that you will use for your final and write a one paragraph synopsis of the main points for each source to create an annotated bibliography. You may choose book length or peer-reviewed article readings from any week in the course. **Saturday, November 28 at 11:59 pm. [5 %]**

5. **Final Essay:** Your final essay, 3-4 pp, will integrate at least 4 course readings while analyzing your own brief field-work interview. Discuss one of the themes that you found particularly interesting, and expand on what you’ve learned, based on your findings. Guidelines for your research project are provided on CANVAS under Modules. Due **Monday, December 9 at 11:59 PM via CANVAS. [30 %]**

**GRADING GUIDELINES**

A: Student work exhibits exceptional writing, analysis, and engagement with course themes. Student participates at a consistently high level. making productive and relevant insights, contributing to a positive course atmosphere, and demonstrating clear understanding of course themes.

B: Student work exhibits good writing, analysis and engagement with course themes. Student participates at an above average level, contributing to a positive course atmosphere, and demonstrating good comprehension of main themes.

C: Student work exhibits acceptable, but limited writing, analysis and engagement with course themes. Student participates at a mediocre and/or inconsistent level.

D: Student work is well below average and does not complete the assignment. Student fails to participate regularly or productively, and fails to show adequate understanding of course material.

F: Student work is unacceptable. Student fails to complete course requirements, negatively impacts class atmosphere, an/or exhibits a lack of understanding of course material.

**Final grades** will be determined as follows:

- 97-100 = A+
- 94-95 = A
- 90-93 = A-
- 87-89=B+
- 77-79=C+
- 74-76=C
- 70-73=C-
- 60-69=D
COURSE POLICIES

Reading and Course Participation:

Because this is an online class, we cannot take “attendance.” However, your discussion posts and assignments will demonstrate the extent to which you have completed assignments and engaged in the course.

Netiquette:

The success of this web-only course depends on your consistent, engaged, and considerate participation. We must all work together to foster an environment where excited inquiry and disagreement can take place respectfully and safely in the virtual classroom. There will be zero tolerance for online communications, directed at either students or instructors, that run counter to this spirit. Refer to the Netiquette guidelines.

Plagiarism and Cheating:

There is zero tolerance for plagiarism and/or other forms of cheating. In addition to copying another person’s work, plagiarism includes representing someone else’s idea as your own, and without proper attribution through citation. There are serious consequences for plagiarizing and cheating. If you are discovered to be plagiarizing or cheating, you will receive an automatic zero for the assignment, and depending on the circumstance, may receive an automatic ‘F’ for the course, as well as be reported to the Office of the Dean of Students. For more information, refer to UO’s campus wide policy. http://library.uoregon.edu/guides/plagiarism/students/index.html.

Please review the Course Policies [Expanded] document for expanded discussions of online communication, communication with your professor and GE, and university policies.

SCHEDULE OF READINGS AND ASSIGNMENTS

NOTE: The course is organized around Modules in Canvas. One module will be released per week. In order to help you keep pace and follow the appropriate progression of material, you will be required to complete one module before moving on to the next. Each module contains lectures and readings and some also contain video and audio resources. The lectures are primarily power-point slides with voice-overs.

WEEK 1: Introduction to the Anthropological Study of Food and Culture

READ:
Review Syllabus, Course Policies, all Documents in the first 2 Modules on Canvas


WATCH:

Lectures

http://uoregon kanopy.com/video/we-are-what-we-eat (you must be logged in to UO Library page to access this content)

BROWSE:

Familiarize yourself with the CANVAS website

WEEK 2: What You Eat and With Whom You Eat

READ:


WATCH:

Lectures

(Must be logged into Kanopy from UO Library Page to watch)

https://uoregon. kanopy.com/video/nova-becoming-human-unearthing-our-earlies-0

https://uoregon. kanopy.com/video/food-brain-0
BROWSE:

The American Gut project and the Human Food Project website: http://humanfoodproject.com/americangut/

(so you know where to find nutritional information):
USDA nutrient tables USDA website http://ndb.nal.usda.gov/

Quiz 1 by Saturday, at 11:59 pm

WEEK 3: Cuisines, Environment, and Biocultural Adaptation

READ:


Lee, Richard. Hunters and Gatherers in Process (skim)

WATCH:

Lectures

!Kung Documentary


WEEK 4: Environment and Biocultural Adaptation

READ


**Quiz 2 by Saturday, 11:59 pm**

**WEEK 5: Agricultural Revolution to Green Revolution**

**READ**


The Lived Experience of Food Sovereignty: Gender, Indigenous Crops and Small-Scale Farming in Mtubatuba, South Africa.

http://web.a.ebscohost.com.libproxy.uoregon.edu/ehost/detail/detail?vid=0&sid=c8bb2941-1ade-46ee-ac8d-1bfda3d6c2b7%40sdc-v-sessmgr02&bdata=JnNpdGU9ZWhvc3QtbGl2ZS5yc29uZ3ReMjIwMTk4NzYwMjE0MzA2OjQ0ODAwMTc2MzA2NzQwMzQzNjEzNzU3MDMzNjM0NjQzNzUwOTU4MmFhNjYtZjEwNThmYmRlZmE0ZjViMQ==

*Fresh Fruit Broken Bodies (start reading)*

Watch

Food Sovereignty South Africa Video

https://youtu.be/AYHybn0QdYA

**WEEK 6: Colonialism, Globalization, Glocalization**

**READ**


Watch

*Fish is our life:*
https://na01.alma.exlibrisgroup.com/view/action/uresolver.do?operation=resolveService&package_service_id=22582207110001852&institutionId=1852&customerId=1840

**Week 7: Food, Health and the State**

Crowther, G. (2018). *Eating Culture: An anthropological guide to food.* North York, Ontario, Canada: University of Toronto Press. (Chapter 1, last half)

http://time.com/5534352/food-best-medicine/


Holmes, S. (2015). *Fresh Fruit Broken Bodies- Complete by this week* (Read whole book, except skim Chapter 5)

**Quiz 3 by Saturday at 11:59 pm**

**WEEK 8: Cooks, Kitchens, Recipes, and Dishes**

Crowther, G. (2018). *Eating Culture: An anthropological guide to food.* North York, Ontario, Canada: University of Toronto Press. (Chapter 4 & skim 5)


**Transcript Due, Saturday November 21 at 11:59 pm**

**WEEK 9: Hunger and Satiation**


https://www.motherjones.com/politics/2013/08/50-days-california-prisons-hunger-strike-explainer/


Annotated Bibliography Due Saturday November 28 by 11:59 pm

WEEK 10: Where do we go from here?

https://www.jacobinmag.com/2015/05/slow-food-artisanal-natural-preservatives/ (Links to an external site.)


Finals Week

FINAL ESSAY DUE MONDAY, December 7th at 11:59 PM