Course Description
The course is designed as an advanced seminar for upper-level graduate students to explore in depth the interaction of biological, social, and cultural factors in determining human diet, nutrition, and health. Major anthropological contributions will be highlighted, along with works from nutrition, epidemiology, evolutionary psychology, and other fields. As a seminar, it is expected that students will come to class well-prepared by having closely and critically read, outlined, and annotated the assigned articles. Class discussion will be conducted by the students and facilitated by the professor.

Course Objectives
By the end of this course, PhD and advanced MA students should have:
➢ gained a greater appreciation and understanding of the role of food in the shaping of society and culture across time.
➢ improved their ability to conduct and engage in class discussion
➢ increased their reading rate and comprehension
➢ enhanced their ability to present a cogent argument in written essay form

Assignments
As a seminar, it is expected that students will come to class well-prepared by having closely and critically read, outlined, and annotated the assigned articles. Class discussion will be conducted by the students and facilitated by the professor. Two 10-page papers will be due, at mid-term and end-of-semester, on a topic selected by the student and approved by the professor. The first paper is due Week 8, and the second Week 15. The topic should expand upon a theme already covered in class readings. During class sessions, all students should endeavor to participate equally in the discussion.

Grading
Grades will be calculated as 50% on class participation and 25% on each of the (2) 10-page written assignments. The first paper is due Week 8, and the second Week 15. There is no mandatory attendance policy; however, each absence will lower the final grade 3%

Policy on Attendance and Missed Classes
There is no mandatory attendance policy; however, each absence will lower the final grade 3%. With a legitimate excuse, partial make-up for a missed class can be arranged on an individual basis in consultation with the professor. If the final paper is not received by the deadline, an incomplete grade will be assigned. Late papers will be accepted with a grade penalty of up to one full letter.

Policy on Academic Misconduct
All students in attendance at the University of Alabama are expected to be honorable and to observe standards of conduct appropriate to a community of scholars. The University expects from its students a higher standard of conduct than the minimum required to avoid discipline. Academic misconduct includes all acts of dishonesty in any academically related matter and any knowing or intentional help or attempt to help, or conspiracy to help, another student. The Academic Misconduct Disciplinary Policy will be followed in the event of academic misconduct.
**Required Readings**
The reading list has been determined, in part, through consultation with the students regarding their primary research interests.

*Books:*


4) RECOM: Counihan, Carole and Van Esterik, Penny (eds 1 and 2) 1997, 2007 Food and Culture: A Reader. (not required but probably cheaper to buy than xeroxing the several chapters we'll use)

*Articles:*
Articles will be available electronically on Blackboard. Students are encouraged to acquire copies of the texts through online second-hand book sources. Some useful websites include:

- Abebooks ([www.abebooks.com](http://www.abebooks.com))
- Barnes and Noble ([www.barnesandnoble.com](http://www.barnesandnoble.com))
- BookFinder.com ([www.bookfinder.com](http://www.bookfinder.com))
- Combined site search: ([www.addall.com](http://www.addall.com))

**CLASS SCHEDULE**

**Weekly Topics and Readings**

**WEEK 1: Introduction**

Harris, Marvin 1985  Introduction. In: Good to Eat: Riddles of Food and Culture. Waveland Press.

**WEEK 2: Early Diet and the Evolution of Food Use**


Film: The Omnivore: Satisfying Humanity’s Hunger (48 min)

Food http://www.organicconsumers.org/articles/article_29082.cfm

Recommended:


WEEK 3: The Problem of Obesity
Bellisari, Anna 2013 The Obesity Epidemic in North America

WEEK 4: Some Less Known Physiological Consequences of Food Choice

Hales, C. Nicholas and Barker, David J.P. 2001 The thrifty phenotype hypothesis. British Medical Bulletin 60:5-20.


Recom:

WEEK 5: Measurement Issues: Ritual, Symbolic, Interpretive Approaches


Douglas, Mary 1982 Food as a system of communication In: In the Active Voice, Routledge and Kegan Paul.


Film: Food: Myths and Taboos (23 min)

Recommended:
Counihan, Carole M. (ed) 1999 The Anthropology of Food and Body: Gender, Meaning, and Power. Routledge. (4 chapters on recent changes in Italian foodways)


WEEK 6: Social Structural Approaches: Food and Identity


Film: Food and Intimacy (23 min)

Recommended:


Szurek, Sarah 2005 Social Identity and Food Choice in the Southeastern United States. SAFN.

**WEEK 7: Cognitive Approaches: Social Status and Food Choice**

Newkirk, Christine N., Kathryn S. Oths, William W. Dressler and José Ernesto dos Santos 2009 Intracultural diversity in food knowledge in southern Brazil. Ecology of Food and Nutrition. 48:

Oths, Kathryn, Adriana Carolo and Jose Ernesto Dos Santos 2003 Social status and food preferences in Southeast Brazil. Ecology of Food and Nutrition 42:303-324.

Dressler, William W., Rosane Pilot Ribeiro, Mauro Campos Balieiro, Kathryn S. Oths, José Ernesto Dos Santos 2004 Eating, drinking and being depressed: The social, cultural and psychological context of alcohol consumption and nutrition in a Brazilian community. Social Science and Medicine 59:709-720.


Recommended:

**WEEK 8: Spotlight on Native and Latin America**


Orr, D. 2013 “Now he walks and walks, as if he didn’t have a home where he could eat”: Food, healing, and hunger in Quechua narratives of madness. Cult Med Psychiat 37:694-710.


Recommended:
Baer, Roberta 1998 Cooking - and Coping - Among the Cacti: Diet, Nutrition and Available Income in Northwestern Mexico


DeWalt, Kathleen Musante 1983 Nutritional strategies and agricultural change in a Mexican community. Ann Arbor, MI: UMI Research DeWalt Press,

Pilcher, Jeffrey 1998 Que Vivan Los Tamales: Food and the Making of Mexican Identity.


WEEK 9: Political Economic Approaches: Colonialism, Food Insecurity and Food Aid


Hadley


Recommended:
**WEEK 10: Political Economic Approaches: Food Politics**

**WEEK 11: Political Economic Approaches: Food Politics, cont.**
Pollan, Michael 2008  In Defense of Food: An Eater’s Manifesto.


Recommended:
Mintz, Sidney 1985  Sweetness and Power: The Place of Sugar in Modern History.
Nestle, Marion  2002  Food Politics: How the Food Industry Influences Nutrition and Health  U of California Press.

**WEEK 12: Consumption and Availability**

*Added late:* Curry (2013 Nature) The milk revolution


Recommended:

Barthes, Roland 1997 Toward a Psychosociology of Contemporary Food Consumption In: Food and Culture: A Reader. Edited by Carole Counihan and Penny Van Esterik.

**WEEK 13: Cultural Constructivist Approaches: Food Norms, Fat Issues**


Film: Food for Body and Spirit (China, 48 min)

******** Spring Break ********

WEEK 14 Disordered Eating


Recommended:
WEEK 15  Food as Medicine

********  SECOND PAPER DUE ***********

Anderson, E.N. 1997  Traditional Medical Values of Food  In: Food and Culture: A Reader.  Edited by Carole Counihan and Penny Van Esterik.


RECOMMENDED: