

Anthropology 42 - Culture and Food
Saddleback College
Ticket # ZZZZZ

Professor Alana L. Jolley

E-mail: ajolley@saddleback.edu

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Culture and Food

Culture and food introduces students to the holistic discipline of anthropology, while exposing them to various aspects of culture relating to food. It explores early primate diets, origins of human diets, politics of food, cultural and socio-economic beliefs about food, and the larger consequences of food choices within the global community. Culture is learned, shared, symbolic, integrative, and dynamic; nowhere is this more indicative than in human dietary patterns, both past and present.

Course Description

Every discipline has its own language and terms, which helps students to formulate responses, research new topics, evaluate current research, and apply new methodologies. Various topics for exploration will include Paleolithic diets, rise of agriculture, culture and diet, significance of food, politics of food labels, food, body and culture, the globalization of eating, food and gender boundaries, women and food provision, hunger, malnutrition, food as medicine, and the globalization of obesity.

Course Objectives

- To discover factors relating to the anthropology of food through the introduction to primate diets, origins of human diet and Paleolithic diets versus modern diets.
- To understand the role of culture in defining food choices.
- To understand how anthropology can be applied to food as an aspect of culture.
- To define and analyze the historic periods (rise of agriculture, age of enlightenment and exploration, industrial revolution, technical revolution) which have all influenced and contributed to the culture of food and food choices.
- To analyze the impact of food and culture upon the health and well being of global populations, past and present.
- Discuss, analyze, write about, and apply anthropology concepts to the habit of eating.

Required Texts /Readings:

Anderson, E.N. (2005) *Everyone Eats: Understanding Food and Culture*.

Schlosser, Eric. (2002) *Fast Food Nation: The Dark Side of the All-American Meal*

NOTE: Reading assignments should be completed **BEFORE** coming to class.

Course Requirements

Attendance/Class Participation: Participation and attendance is essential to your overall success in the class. Each student is expected to participate in class discussions and use the Blackboard system. **Attendance will be taken at each class session. If you are late for class and/or do not sign the sign in sheet it is counted as an absence.**

NOTE: It is **YOUR RESPONSIBILITY TO DROP OR WITHDRAW** yourself from the course. It is **NOT** the instructor's responsibility to drop students.

Blackboard (Bb): This system will be used to enhance learning, and to facilitate prompt feedback. The system includes: e-mail, discussion board, grades, announcements, study terms and PPT lectures. Your username is the Saddleback College e-mail address assigned at registration. You should know your own password!

Note: Bb e-mail will be my source of communication with you outside of class; please check Bb on a daily basis. (<http://soccdd.blackboard.com>) **We'll work around any technical difficulties which may arise.**

Classroom Conduct: If you are late, please enter class quietly without interrupting. **All cell phones must be turned off during class. Laptops in the front row only.**

EXAMS: **There will be a mid-term exam, several vocabulary quizzes, response papers to articles and/or films, a personal food diary, Web Quest presentation, and a book review, which will generate the points needed to acquire a grade in the class.**

Grading:

Grades will depend upon points earned. A total of 400 points is possible. There will be four quizzes worth 10 points each, which **cannot be made up**. You will keep a personal food diary for one week to be handed in, worth 10 pts. You will write five Response papers regarding a relevant theme, film, chapter, or discussion. Each paper will be 2-3 pages, double-spaced, 12 font, and worth 20 points. If you miss the material in class, you won't be able to write the papers.

Response papers are due the following Wednesday after assigned. Response papers should reflect your thoughts about statements in the text, or your reaction to class discussions, lectures, and/or films. You may also express your ideas about subjects, relevant to the course, which you see on television or read in newspapers and magazines. Sometimes your own experiences may provide you with material for this assignment. Your papers should incorporate application of vocabulary terms, concepts, theories, and data from class, (from an anthropological point-of-view; describe, and explain).

Web Quests: A web quest is an internet research project on a Culture and Food project you will choose from a list handed out in class. You will write a 3-page paper and give a 5-10 minute **maximum** oral presentation on the last weeks of class. The Web Quest presentation will be worth 50 points (25 pts written paper, 25 pts oral presentation).

Points for Grading:

Four Vocabulary Quizzes (10 pts each)	40 points total
Five Response papers (20 pts each)	100 points total
Personal Food Diary (1 week)	10 points
Mid-Term (Essay) Blue Books required	50 points
Web Quest – (25 pts presentation, 25 pts paper)	50 points total
Book Review/ <i>Fast Food Nation</i> (minimum 10 pages)	100 points
Attendance (3 absences and you may be dropped)	50 points

Total **400 points**

360-400 Points =	A	320-359 Points =	B
280-319 Points =	C	240-279 Points =	D
		Below 240 =	F

A TOTAL OF 30 POINTS MAY BE EARNED EXTRA CREDIT FOR ATTENDANCE AT MUSEUMS, LECTURES, PLAYS, CURRENT EVENTS, ETC, RELATIVE TO OUR SUBJECT MATTER. Proof of admission and a one-page paper must be handed in to get 10 points each, or a response to an outside article.

IMPORTANT NOTE: There will NOT be an opportunity to view in-class films at a later date; therefore, emphasizing the importance of class attendance.

Late Paper Policy: There must be a valid reason – not excuse – for late papers. **Papers are NOT accepted via e-mail. They must be handed in on the due date. Each class period a paper is late will deduct 10 points from the total earned.**

Academic Dishonesty

Academic dishonesty is cheating (obtaining or attempting to obtain credit for work by the use of any dishonest, deceptive, fraudulent, or unauthorized means). It is also academic dishonesty if you help someone do any of these things. Examples of academic dishonesty are: copying a paper from another person, allowing another student to copy your own paper or test, using cheat sheets or other unauthorized material, plagiarism, fraud, unauthorized collaboration, and document falsification. The penalty for academic dishonesty will result in a lower final grade or receiving a failing grade in the course. A student’s “cheat sheet” follows his/her academic records. **Please note: The “Turn It In” program may be used randomly to check all written work.**

Special Services

“Special Services provides support/specialized instruction for students with disabilities.” If you are in need of such services, contact the office: (949)582-4249
Office location: SSC113 (Student Services Center 113; first floor)
Website: www.saddleback.edu/serv/couns/dsps/

Learning Assistance Program (LAP):

LAP is available for tutoring and can assist you in your writing for this course. Call or visit the department in LIB 114. (949) 582-4519 or www.saddleback.edu/library/.

Vocabulary lists: Handed out the week prior to the quiz. Quizzes will coordinate with the subject matter we are discussing, reading, and/or viewing in films. The definitions will be found in the reading from the chapters or from the PPT lectures. There will be ten words/terms for one point each, 10 points total for each vocabulary quiz. They will be graded in class and handed in for recording. **(No make-ups!)**

Response papers: 2-3 pages, typed, font 12, double-spaced, works cited if you use any other references or quotes from other sources. MLA Format.

Food Diaries: Write down everything you eat each day of the week. Include snacks, drinks, supplements, etc., and amount of water consumed. Note dates and times of consumption for seven consecutive days (not randomly). Also, note the setting: dinner, wedding reception, birthday party, etc. An example of this record will be given in class.

Web Quest Topics – Must be chosen from the list handed out in class. Web Quests are not l – o – n – g research assignments. Cite at least three documented internet sources – **may not include Wikipedia, Dictionary, or Encyclopedia.** Type a 3-page, double-spaced paper to hand in, web sites cited. Present your information – in whatever format you desire (be creative) – orally. The paper AND presentation are due the day you present. Web Quests will be evaluated by classmates.

Book Review: *Fast Food Nation* – Minimum 10 pages, double-spaced, font 12, black ink. Hand in ANYTIME during the semester, but positively by December 8, 2008. Instructions/format for the book review will be handed out in class.

All points will be posted on Bb. You will always know your running total, so you can add extra credit to get the grade you desire. **30 points maximum extra credit allowed.**

PROJECTED STUDENT LEARNING OUTCOMES:

Each student will become familiar with, understand, and be able to apply, cultural anthropology terms and vocabulary words relating to Culture and Food in his/her writing and everyday life experiences.

Each student will become aware of his/her everyday food choices, and how such choices are far reaching, even into the larger global community.

Each student will learn that the globalization of obesity, the aspect of food insecurity, hunger, and malnutrition among the world's poor are problems that require collectivistic solutions to safeguard health and health care among all human populations.

Syllabus and Course Outline

Any changes to the following will be announced in class or put up on the Blackboard, or an addendum to the Syllabus may be handed out in class.

<u>Week 1</u>	<u>Topics</u>	<u>Activity</u>	<u>Reading</u>
	<i>Everyone Eats</i> , Anderson <i>Fast Food Nation</i> , Schlosser Food is Culture Intro to early Primate Diets Vocabulary #1 Hand	Syllabus Book PPT Lecture PPT Lecture #1 Hand	Course Introduction Review Intro, pp 1-9, text Chpt 1, pp 11-39 out
<u>Week 2</u>	Labor Day/Holiday/No Class Origins of Human Diet <i>Diet & Primate Evolution</i> Vocabulary	PPT Lecture Resp Art #1 #1 Quiz	Chpt 2, pp 40-61 Hand-out Grade in class Hand in
<u>Week 3</u>	Paleolithic Diets Group Activity Food as Cultural Construct Ethnography Interviews Response Paper #1	PPT Lecture Extra Credit PPT Lecture Activity Typed	Chpt 3-4, pp 62-81 Pts Possible Chpt 5, pp 82-96 Take Notes Due Today
<u>Week 4</u>	Vocabulary #2 Hand-out Household Food Strategies <i>The Meaning of Food</i>	PPT Lecture Film	Chptr 6, pp 97-108
<u>Week 5</u>	Vocabulary #2 Quiz Other ½ of Film Human Diets/Genetics Response #2	Grade in class From last class period PPT Lecture HFS Paper	Chptr 7, pp 109-123 Chptr 8, pp 124-139 Typed, due today
<u>Week 6</u>	Medical Values of Food “Super” Foods Choose Web Quest Topics Religion & Food Taboos Begin Response Paper #3	PPT Lecture Demonstration From topic list PPT Lecture Hand Out	Chptr 9, pp 140-153 Chptr 10, pp 154-161 Food Diaries (1 wk)

Week 7

Globalization of Obesity
Calorie Quiz
Obesity vs Hunger
Study Sheet for Mid-Term

PPT Lecture
For Fun
PPT Lecture Chpt 11, pp 162-185
Hand-out

Week 8

**REVIEW FOR MID-TERM
REVIEW STUDY SHEET
MID-TERM EXAM - ESSAY
BLUE BOOKS REQUIRED**

**Review Vocabulary Tests #1, #2
INSTRUCTIONS FOR EXAM
Study text thru Chpt 11, pp 1-185**

Week 9

Vocabulary #3 Hand-out
Evolution of a Staple Crop
Foragers Guide to Labels
Food, Body and Culture

PPT Lecture
“Field Trip”

Week 10

Vocabulary Quiz #3
Food Label Activity
Food Diaries Completed
Article Response #3
Globalization of Food
Car-centered Diets

Grade in class-hand in
Due today Turn in
Chptr 12, pp 186-202
PPT Lecture

Week 11

Nutritional Anthropology
Hunger, Malnutrition, Poverty
Discussion of Food Diaries
Discussion: *Fast Food Nation*
“Global Realization”
Response Paper #3 Typed

PPT Lecture AppenX, pp 235-244
Social and Cultural Context
Chapter 10 pp 225-252
Due Today

Week 12

Vocabulary #4 Hand-out
Cultural Future of Food
Conflict and Food Insecurity

Film
PPT Lecture

Week 13

Vocabulary Quiz #4	Graded in class	Hand in
Response Article #4	“The Inuit Paradox”	Hand Out
<i>Changing Significance of Food</i>	Margaret Mead	PPT Lecture
Local Food as Force for Change	PPT Lecture	
Discuss Web Quest Procedures	Possible Field Trip	

Week 14

<i>Soul, Black Women and Food</i> PPT	Lecture Discussion
Response paper #4	Typed Due Today
Thanksgiving Meal (?)	Evaluation Discussion

HAPPY THANKSGIVING!

Week 15

Food For Thought	PPT Lectures
Foodways & Immigrant Populations	
Web Quest Student Presentations	

Week 16

Web Quest Student Presentations
Web Quest Student Presentations

Week 17

Final Student Presentations if needed
FINALS WEEK!!!!

PLEASE NOTE THE FOLLOWING VERY IMPORTANT INFORMATION:

(We will talk about this thoroughly in class before your Web Quests are due)

Aspects of Culture: To be considered in your Web Quests both when writing and presenting your research (topic) about Culture and Food.

Sociological:	family, gang, school, church, laws, regulations, rules, etc.
Ideological:	convictions, beliefs, faith, myths, religion, etc.
Technological:	tools, skills, techniques to get food, clothing, shelter, etc.