

SEMINAR: Nutrition and Health

Professor Austin Zakari

Office: 1 hour before class and by appointment

Email: azakari@rollins.edu

Phone: (407) 488-8162 **Text Only**

ANT 301
Spring 2013

Room location: Cornell Hall Rm 134
Tuesday: 6:45-9:15pm

Course Description

This is a 300 level seminar course in nutritional anthropology that aims to cover current and emerging topics in bio cultural approaches to food and nutrition. The field of nutritional anthropology, like much of anthropology, is marked by diverse approaches to the study of food and nutrition. Our focus in this class revolves around how anthropology helps to understand the bio-cultural dimensions of the relationship between food, wellness and the world we live in. Issues such as globalization, socio-economic inequality, cultural dimensions and health will be explored. The class will examine food from three distinct angles. Food as medicine, food as a commodity and food within our globalized and industrialized world. Food is not just a biological necessity. Examining; what people eat, how they came to eat it, how they procure and prepare their food, where and how they eat food, how food is used in rituals or special occasions, how and why food is medicinal and what people think about their food practices are all critical in our analysis of the impact and importance of food both today and historically. The objective is to further understand our own health through the economics, politics, social organization, history and beliefs of our society.

Class Structure

This is an upper level class. Your participation in the class and the completion of assignments is vital. Readings, class discussions and activities, guest speakers, lectures and films are all apart of the curriculum. Students will serve as discussion leaders and the classroom format is an interactive learning process that requires you to participate actively. Classroom participation is a component of your final grade. Therefore, you must come prepared to engage in relevant discussion and activity. Be prepared.

Required Texts (For sale at the College Bookstore/ Online)

Edible Medicines: An Ethnopharmacology of Food [Paperback]
ISBN-13: **978-0816527489**

Sweetness and Power: The Place of Sugar in Modern History
ISBN-13: **978-0140092332**

Obesity: Cultural and Biocultural Perspectives (Studies in Medical Anthropology)
ISBN-13: **978-0813548906**

Fast Food Nation: The Dark Side of the All-American Meal by Eric Schlosser
ISBN: **0-06-093845-5**

Electronic Reserves

Additional readings will be posted on Blackboard. Do the readings well before class so that you do not have the problem of finding a computer that does not let you open the documents.

Turnitin.com – **The Class ID is: 5862589**

You must register for the class on www.turnitin.com

The projects need to be turned in to our class on turnitin.com by the deadline below

CONTENT AND SCHEDULE ARE SUBJECT TO CHANGE

CHECK BLACKBOARD WEEKLY FOR ANY UPDATES OR CHANGES TO SYLLABUS INCLUDING DUE DATES AND ASSIGNMENTS

METHOD OF EVALUATION:**Tests**Exams – 3 exams one of each section **30%****Homework/ Quizzes** **20%**

You will have various homework assignments either under the date of the class, on blackboard or they will be assigned in class. There is no makeup or late quizzes accepted if you are absent. Quizzes may be announced in class or on blackboard. I may also give unannounced quizzes in order to check your understanding of the material.

Attendance/ Class Participation **15%**

I believe that all of you have taken this class to actively participate. I expect you to come to class on time, if you are late you must enter the room quietly and discreetly. Eating is permitted during the break, a drink or quiet snack is fine during class. If this becomes disruptive I reserve the right to ban eating from the class. Each class you will receive class participation credit if you engage in the discussion. I have heavily weighted class participation because it is an integral part of understanding the material. You are allowed **one** absence that will not affect your attendance grade. Quizzes, extra credit and other class related items are not able to be made up if you are not in class. I reserve the right to dismiss from the class any student whose disrespectful demeanor disrupts the class or myself. This includes the use of electronics or other mediums that are not appropriate.

Discussion Leader / Recipe Project / Grocery Store Presentation **10%**

You may choose **one** (according to availability)

Grocery Store Presentation: 4 openings

Recipes: 13 openings

Discussion Leader: 8 openings

Grocery Store Project: American, Asian, Indian and Arabic Grocery Store

Each of you will go to **one** of these grocery stores in the Orlando area. You will need to spend a few hours there. I have a question sheet for your use. You will observe and reflect on the food, how is it displayed, how do the customers interact with the food and how do they describe it or talk about it? What is expensive and what is cheap? What seems to be a staple? How many fresh, frozen, packaged items? Ask Employees about shopper habits, observe shoppers, take photos and record details. I will provide you with specific instructions. You will need to prepare a 15-minute power point presentation with photos to give to the class on your findings. This will need to be turned into blackboard prior to the presentation.

Recipes: Make a recipe to share with the class from your ethnicity or try something new outside of your normal. Bring to class (I will provide plates, napkins, silverware) to share. You will need to write an 1200-word essay about why the recipe is important to you. Include a history on the food or recipe and where it originated and any themes or areas we discussed in class that are pertinent. You will need to present to the class this information verbally and be ready to discuss.

Discussion Leader: You will need to prepare from our readings a 15-minute power point presentation and discussion questions. You will be assigned a topic from our readings and you will need to research and present data to the class on the subject. This data should not be covered in the book, this presentation is an enhancement to our class readings. This will need to be turned into blackboard prior to the presentation.

Research Paper-

25% (20% paper, 5% rough draft)

This class requires a **4500-word count research paper**. The word requirement does **NOT** include your title page, bibliography of at least **15** scholarly sources, charts or other attachments. **The body of the paper needs to be at least 4500 words, double-spaced, properly formatted with page numbers and citations.** Excessive quotations are not appropriate and the paper should be a representation of the readings and research you have undertaken. This should be a succinctly written piece of work that has a recognized, consistent format, precise grammar and punctuation usage as well as proper citations in **APA or MLA** format only. **I MUST APPROVE YOUR TOPIC** before the first draft and bibliography is due. You will need to turn the paper into blackboard, turnitin.com, as well as bring to the last class before exams.

<http://www.rollins.edu/tutoring-writing-center/> 407-646-2308

Conference: Before class on 2/26 must have met with me before/ after class, etc. for a 10 minute conference on paper topic and rec'd approval for your topic. Sign up on sheet provided.

Rough Draft: 3/19 a 1500 page rough draft of your paper is due. Citations, grammar, punctuation, etc. will be graded. The paper **MUST** include your 3 anthropology sources in your bibliography. The paper will be turned in on www.turnitin.com by midnight on 3/19 – **Rough Drafts rec'd after that will receive a 10-point penalty every day they are late.**

You may format your paper one of following ways: **ALL PAPERS REQUIRE 3+ ANTHROPOLOGY SOURCES**

- 1) Literature Review – survey at least **15** scholarly (peer reviewed) sources or books relevant to a particular issue, theory or area of research. The purpose is to offer an overview of significant literature published on a topic. **The paper should generate specific questions for further research.**
- 2) Ethnography – **If you choose this option you will need to start early in the semester to ensure you have gathered enough data.** This project involves conducting a fieldwork based research project on an aspect of food that we have discussed in class. **This by far will require the most time to complete.** You will define the topic, write a research design, carry out the study (interviews, on-site observation, multiple visits to one or several field sites) analyze your data, and write up your results. You will need to include anthropological theory or other relevant class topics in your paper. Possibilities include: oral food histories, soup kitchen, food banks, immigrants and food, farming, farm workers, natural food stores, study of a groups food habits such as: orthodox Jews, Seventh Day Adventist etc. **For this paper you will be required to turn in with the assignment your field notes and photos.** **At least 5 scholarly (peer reviewed) sources are required for this paper**
- 3) Follow that food – for this paper you will choose a food that you eat and follow it from your mouth to where that food was produced, by whom, and how. You will research aspects of the food such as cultural significance, political economy, environmental impact and social relations (i.e. worker conditions) of that food item. If you choose a locally produced item, (honey, eggs, milk, yogurt) you could actually visit the production site. Or you may choose a more global item (rice, pasta, beef) where you would investigate the food on a local and on a global scale. **This paper requires at least 10 scholarly (peer reviewed) sources. If you visit the site it also requires any field notes or photos.**
- 4) Public Assistance and Nutrition – for this paper you will need to familiarize yourself with the State of Florida and the federal guidelines on food stamps, WIC, food banks and other food assistance avenues. Using these guidelines you will investigate diet, nutrition and health on a “food stamp diet”. You will use themes from class to construct a research paper that details how adults and children live on this diet. You may research your paper from the angle of nutrition transition, obesity, children, food security, etc. **This paper requires at least 15 scholarly peer reviewed sources to substantiate and further your assertions. The paper should generate or answer a specific question on your topic.**

Classroom Etiquette:

Be Prepared and Be On Time

Email any changes/ exceptions/ requests – All should be in writing

Cell Phones Off or On Vibrate

No: Txt Messaging, emailing, FB, YouTube, TV/Movies or gaming

Computers are not allowed during class time

Eating of Quiet Snacks ok, Eat Full Meals during break

Step out of the class if you must use any electronics/ except during the break

Late Work/ Make up Exams

Late Work due to absences will be lowered 5% for each day they are late. **Exams:** If you are absent due to an **extraordinary** circumstance, and you have notified me prior, you may make up the exam within a reasonable period with a 15% penalty to the grade, except in cases of documented emergencies where the penalty may be waived. Blackboard, extra credit, turnitin.com and other participation activities cannot be made up if not completed on time. Projects turned in late will receive one letter grade penalty for each day late.

Extra Credit –

From time to time I may extend the offer for extra credit. These assignments will vary from answering questions, looking up additional material, leading class discussion, theoretical definitions, attending events or seminars, etc. These points are entirely at my discretion and are not able to be made up if not in attendance at the time they are offered.

RACE Are We So Different?

1/26/2013 - 4/28/2013 - **Museum of Science and History**, Jacksonville, FL

If you go and see this exhibit and write a 500-word essay on your experience I will give you 8 points on your lowest test or project grade,

Easter Project 5 points added to final exam, Write a 1000+ word, double-spaced, essay on how you and your family celebrate Easter. Incorporate food and culture into the paper. Also add information on the history of the food or on the celebrations or rituals that your family observes. **Due on turnitin.com by APRIL 2TH BY 5PM – Bring to Class as each person will need to discuss what they have written**

Pledge Journal – If you keep a brief journal about the pledge you made at the beginning of class, I will give you 8 points on your lowest test or project grade, excluding the paper. This should be a small notebook with your experiences trying to meet your goal. Show the journal to me at the end of the semester and be prepared to share with the class the challenges you encountered.

Grading Scale

93-100 A	90-92 A-	87-89 B+	83-86 B	80-82 B-
77-79 C+	73-75 C	70-72 C-	67-69 D+	63-66 D
60-62 D-	59 and below F			

THE ACADEMIC HONOR CODE

The following pledge is a binding commitment by the students of Rollins College:

The development of the virtues of Honor and Integrity are integral to a Rollins College education and to membership in the Rollins College community. Therefore, I, a student of Rollins College, pledge to show my commitment to these virtues by abstaining from any lying, cheating, or plagiarism in my academic endeavors and by behaving responsibly, respectfully and honorably in my social life and in my relationships with others.

This pledge is reinforced every time a student submits work for academic credit as his/her own. Students shall add to all papers, quizzes, tests, lab reports, etc., the following handwritten abbreviated pledge followed by their signature:

“On my honor, I have not given, nor received, nor witnessed any unauthorized assistance on this work.”

Material submitted electronically should contain the pledge; submission implies signing the pledge.

Learning Disabilities/ Disabilities Statement

If you are a person with a disability on this campus and anticipate needing any type of academic accommodations in order to participate in your classes, please make timely arrangements by disclosing this disability in writing to the Disability Services Office at (box 2613) – Thomas P. Johnson Student Resources Center, 1000 Holt Ave., Winter Park, FL 32789 or call 407-646-2354 for an appointment. Forms for tests must be signed and returned within 48 hours of an exam.

Rollins College is committed to equal access and does not discriminate unlawfully against persons with disabilities in its policies, procedures, programs or employment processes. The College recognizes its obligations under the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990 to provide an environment that does not discriminate against persons with disabilities.

Information Technology

<http://www.rollins.edu/it/>

System upgrades and maintenance is scheduled for Sunday mornings until noon. All night lab is available in library and helpdesk available by phone, on-line or in library

Student Handbook

<http://tars.rollins.edu/holt/orientation/>

Withdrawal Without Academic Penalty Deadline

March 22, 2013

Deadline for withdrawal from intensive courses is the Monday following the mid-point class meeting. Withdrawals must be submitted in writing to the Holt School Office.

All work submitted may be used anonymously for instructional or research purposes

*** All Additional Readings Available Electronically either on Blackboard (BB) or Library**

Class Schedule – Homework and Assignments Due on Class Date; Readings assigned for next class

Week 1

1/15 **Introduction** –Syllabus, Course Expectations, Film

- 1) **Read for week 2:** Edible Medicines: An Ethnopharmacology of Food pgs. 1-83
- 2) **Read (BB):** Food for Thought (Ann Gibbons) pgs. 47-50

Week 2

1/22 **Discussion: Introduction to Food as Medicine**

Recipe Presentation: 1 & 2

- 1) **Read for week 3:** Edible Medicines: An Ethnopharmacology of Food pgs. 83-136
- 2) **Read: (BB)** Bread & Beer: The Early Use of Cereals in the Human Diet (Katz & Voigt) 72-81
- 3) **(BB):** Foods of Association (Nina Etkin) , pgs. 50-75
- 4) **(BB) The Senses – Taste, Smell, & the Adapted Mind** (Eugene Anderson) pgs 70-81

Week 3

1/29 **Discuss: Impact and History of Fermented Foods, Spices & Alcohol**

Discussion Leaders 1 & 2 & 3

- 1)**Read for week 4:** Edible Medicines: An Ethnopharmacology of Food pgs. 137-172 Ch. 6 optional (173-203) **AND 204-228**

- 2) **Read:** Foods of Association (Nina Etkin) , pgs. 75-88

Week 4

2/5 ****** Exam 1******

Recipe Presentation: 3 & 4

- 1) **Read for week 6:** Sweetness and Power: The Place of Sugar in Modern History
pgs. 1-186
- 2) (BB) Read: Drink Milk for Fitness (Andrea S. Wiley) pgs 218-229 **before you watch film**

Week 5 **No Class: Watch Film (Got The Facts on Milk) on Library Reserve & Complete Discussion Sheet**

- 1) Read for week 6: **Sweetness and Power: The Place of Sugar in Modern History** pgs. 1-186
- 2) Read for week 6: **(BB): Industrial Food: Towards the Development of a World Cuisine ,** pgs. 72-90

Week 6

2/19

Discuss: Food as a Commodity, Return Exams, Class Discussion on Film and Readings
Discussion Leaders: 4 & 5

- 1) **Read for wk 7:** Sweetness & Power: The Place of Sugar in Modern History pgs. 187-214
- 2) **Read (BB):** Diet & Decolonization: Dietary Changes Since 1750 (Pelto, et al) pgs. 353-361
- 3) **Read (BB):** The Nutritional Impact of European Contact on the Omaha: A Continuing Legacy pgs. 109-121
- 4) **Read (BB):** Diabetes, Diet and Native American Foraging Traditions, pgs. 231-237
- 5) **Read (BB):** Marked Improvement in Carbohydrate and Lipid Metabolism in Diabetic Australian Aborigines After Temporary Revision to Traditional Lifestyle (O'Dea) pgs. 508-516

Week 7 *****Must have met with me on paper topic*****

2/26

******Exam 2 – Take home Exam******

Discuss: The Legacy of Sugar as a Commodity and as a source of chronic disease
Recipe Presentation: 5 & 6

- 1) Readings for Week 9: Fast Food Nation: The Dark Side of the All-American Meal by Eric Schlosser pgs. 1-88
- 2) **Read (BB):** Eating American (Mintz) pgs. 23-33

Week 8

3/5

NO CLASS SPRING BREAK

Week 9 –

3/12 Discuss: Fast Food Nation and Industrialization of food sources
Recipe Presentation: 7 & 8

- 1) Read for week 10: **Fast Food Nation: The Dark Side of the All-American Meal by Eric Schlosser** pgs. 89-131
- 2) Read for week 10 (BB) : China's Big Mac Attack (Watson) pgs. 345-357
- 3) Read for week 10 (BB) : Of Hamburger & Social Space: Consuming McDonald's in Beijing, pgs. 449-468

Week 10 ******Rough Draft Due for Paper******

3/19 Discuss: Globalization of Food and Nutrition Transition
Recipe Presentation: 9 & 10

- 1) Read: Fast Food Nation: The Dark Side of the All-American Meal pgs. 132-190
- 2) Read (BB) The Chain Never Stops (Schlosser) pgs. 485-495
- 3) Read (BB) New Agricultural Biotechnologies: The Struggle for Democratic Choice (Middendorf, et al) pgs. 373-383

Week 11

3/26 Discuss: Agriculture and Food Systems
Discussion Leaders: 6 & 7 & 8

- 1) Read: Fast Food Nation: The Dark Side of the All-American Meal pgs. 191-224
- 2) Read: (BB) Could Less Meat Mean More Food? (Stokstad) pgs. 506-507
- 3) Read: (BB) Botany of Desire; The Apple (Pollan) pgs. 50-58

Week 12 **Extra Credit Easter Project Due**** on turnitin.com & bring to class**

4/2 Discuss: Industrialization and the Impact on food variety and availability, eating vegetarian
Recipe Presentation: 11 & 12

- 1) **Read for week 13:** Fast Food Nation: The Dark Side of the All-American Meal pgs. 225-288
- 2) **Read for week 13:** (BB) Fast Food/ Organic Food: Reflexive Tastes and the Making of "Yuppie Chow" (Guthman) pgs. 496-509
- 3) **Read for week 13:** (BB) Direct from Farm to Table: Community Supported Agriculture in Western Illinois (Newsad, et al) pgs. 494-505

Easter Project 5 points added to final exam, Write a 1000+ word, double-spaced, essay on how you and your family celebrate Easter. Incorporate food and culture into the paper. Also add information on the history of the food or on the celebrations or rituals that your family observes. **Due on turnitin.com by APRIL 2TH BY 5PM – Bring to Class as each person will need to discuss what they have written**

Week 13

4/9
Discuss: Conclusion to Fast Food Nation and Farm to table movements
Grocery Store 1-4 Present
Recipe Presentation: 13

Read for week 14: Obesity: Cultural and Biocultural Perspectives pgs. 1-134

Week 14

4/16 Discuss: Obesity, Health and Culture

Final Questions on Research Papers

Week 15 ***Research Papers Due *******

4/23 – Class Review/ Paper Review

****Extra Credit Journal Due – bring to class and be ready to discuss**

Week 16 – Final Class

4/30– Exam 3

Film: The Future of Food