



Tim Roufs Inspecting Durians in Singapore Market, 2017

## Checklist for Week 2

### 1.0 What's Happening?

Meet and Greet

### \*5.0 Other Assignments

### 9.0 (optional) For Fun Trivia

(optional)  
Live Chat  
Tuesday 7:00-8:00 p.m.

### 2.0 Video Explorations

### 6.0 \*Midterm Exam

### 10.0 (optional) Extra Credit

(optional)  
Questions / Comments

### 3.0 Slides

### 7.0 Project

### 11.0 (optional) Other

### 4.0 Readings Semester Readings

### \*8.0 Discussion

click links for details)  
= leave page

**Items DUE this week:**  
\*enter on-line  
\*\*upload file

## Anthropology of Food Week 2

### 1.0 What's Happening Week 2?

**I hope your first week with Anthropology of Food went well, and that it has been enjoyable, and that you are liking the readings and other materials.**

*Remember that if in the current difficult and unusual times you find yourself in a situation where you need more time, or other assistance, to complete the materials of this course, or for any other reason, please let me know privately and I and the University of Minnesota will do whatever we can to accommodate your situation(s). Do not be afraid to ask; we are here to help in whatever way we can.*

**Now would be a good time to have a look at the overall organization of the course. Have a look at . . .**

### **The Course: Part I**

Anthropology graduates, reflecting back on their time with us at UMD, suggested in our surveys that it would be a good idea to tie the individual courses in the Anthropology curriculum together a little more. So that's what we're going to do for much of the next two or three weeks, after we finish the **Orientation and Introduction**.

This will also help set **the basic analytic, theoretical, and historical framework** for the course. This material should provide you with the **background and analytical tools** to help you with **your class Project**, and help you begin to make sense out of

the topics that follow later in the course—a good deal of which will be provided *via* video—and towards the end of the semester with your class presentations.

## [The Course in a Nutshell](#)

## [Course Structure](#)

## [Course Content](#)

# 2.0 VIDEO EXPLORATIONS WEEK 2 . . .

Real People . . . Real Places . . .

[Videos for the Semester](#)



### *The Truth about Fat*

NOVA, Season 47 Episode 6 (53:38 min. CC; 2020)

[Preview \(1:59 min\)](#)

## [On-Line Access](#)

[[click](#) ↑ [here](#)]

(UMD AVON link updated 2022.08.08)

Authentication notes: University of Minnesota Duluth access

If off campus, use  
[Virtual Private Network \(VPN\)](#) (UMD)

BBC Worldwide Learning,; BBC Scotland,  
London, England: BBC Worldwide 2015

**For generations, fat has been the enemy.**

**We've demonized it as a cumbersome health risk and cast overweight individuals as too gluttonous or lazy to make healthy choices. But scientists are coming to understand that fat is not so simple.**

**In fact, it's a fascinating and dynamic organ — one whose size has more to do with biological processes than personal choices. Now, NOVA takes you inside the amazing world of fat. Why don't sumo wrestlers suffer from the health problems that other obese people do? Why has evolution hardwired us to hang onto fat even when it's unhealthy? And what would happen if you had no fat at all?**

**Through real-life stories of hunter-gatherers, supermodels, and a BIGGEST LOSER contestant, NOVA explores the complex functions of fat and the role it plays in controlling hunger, hormones, and even reproduction on ["The Truth About Fat."](#) -- PBS**

 ***Better Brain Health: We Are What We Eat***  
(42:25 min, CC, 2019)

 **on-line access**

[click  here]

[Top Documentary Films Description](#)



**Directed by: Raphaël Hitier**

**“We know that certain foods will expand our waistline, but might they also shrink our mental capacity? Food science has taken a turn for the cerebral as researchers are studying the impacts that food can have on the function and vitality of the human brain. Many of the surprising findings are included in the illuminating documentary *Better Brain Health: We Are What We Eat*. “**

**“Even prior to our birth, the nourishment we receive determines the development of our brain. In one study of 23,000 pregnant women, it was discovered that the pre-natal consumption of large amounts of sweet, sugary foods resulted in higher incidents of stress, anti-social behaviors and other cognitive issues later in the child's life. Dietary deficiencies have produced similar consequences in laboratory mice. “**

**“It has been shown that the consumption of omega-3s in the form of seeds, nuts, oily fish and vegetable oils improve upon the electrical properties of nerve cells in the brain. But so few consumers actually receive the nutritional benefits of these foods in their daily diet. “**

**“The industrialized world relies heavily on processed foods, including those that are composed of astronomical volumes of high fructose corn syrup. Research indicates that these foods produce disturbing imbalances within the brain, which often express themselves in the form of aggression, listlessness and agitation. In one study, hamsters on a strict corn-based diet even resorted to cannibalism. “**

**"Can nutrition play a role in curbing society's scourge of crime? In one of the film's most fascinating segments, we visit a researcher in the Netherlands who has embarked on an ambitious study in search of the answer."**

**"The film presents an international panel of nutrition experts who speak to the power of a proper diet in regulating our mood, impulse control and decision making. Their conclusions are supported in a series of inventive laboratory experiments."**

**"*Better Brain Health: We Are What We Eat* presents an in-depth view of a growing field of research that continues to uncover new possibilities and conclusions. Along the way, we understand the importance of nutrition and learn how we might be capable of retraining our brains to seek out healthier alternatives." -- Top Documentary Films**

## **3.0 WEEK 2 SLIDES . . .**

[Class Slides for the Semester](#)

(optional) **A Very Brief Outline of the Course Structure**

[\(.pptx\)](#)

[click ↑ here]

**“Main Characteristics of Anthropology:  
The Four Fields”**

[\(.pptx\)](#)

[click ↑ here]

Main Characteristics of Anthropology		
<small>WebPage Summary</small>		
week 2:	<b>1 The four fields of anthropology</b>	<a href="#">(.pptx)</a>
week 3:	<b>2 culture</b> as a primary concept	<a href="#">(.pptx)</a>
	• How about a little game of Jeopardy?	<a href="#">(.pptx)</a>
week 3:	<b>3 comparative method</b> as major approach	<a href="#">(.pptx)</a>
week 6:	<b>4 holism</b> as a primary theoretical goal	<a href="#">(.pptx)</a>
	• Anthropology and its <b>Parts Chart</b>	<a href="#">(.pptx)</a>
	◦ Enlarged Chart: "Anthropology and ... It's Parts"	<a href="#">(.pptx)</a>
week 6:	<b>5 fieldwork</b> as a primary research technique	<a href="#">(.pptx)</a>

(optional) **Finding Information on Food of Different Countries and Culture**

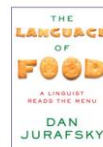
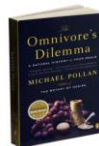
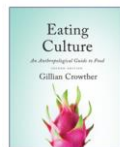
[\(.pptx\)](#)

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**4.0 READINGS FOR WEEK 2 . . .**

[Readings for the Semester](#)

[Textbook Information](#)



- **Eating Culture, Second Edition, Gillian Crowther**
  - CHAPTER TWO: SETTLED INGREDIENTS: DOMESTIC FOOD PRODUCTION

## 5.0 OTHER ASSIGNMENT INFORMATION . . .

[Main Due Dates](#)

su2024 **Module 2 – Week 2**

Be sure to check each week for **OTHER ASSIGNMENT INFORMATION.**  
(scroll down)



### **Main Due Dates**

are listed at

<https://www.d.umn.edu/cla/faculty/troufs/anthfood/afdue-dates.html#title>

[including Term Paper / Exams / Extra Credit Papers . . . not including weekly *Discussions* and Review assignments . . .]

REM: Links on screenshots are not "hot" (active)

2024 May/Summer (04/22/...

- Home
- Announcements
- Modules
- People
- Discussions
- Quizzes
- Calendar
- Inbox
- History

Tim Roufs [\\_Inspecting Durians \\_in Singapore Market, 2017](#)

### Meet Your Professor

Slides: (.pptx)

<https://umn.zoom.us/my/troufs>

#### Index of Major Items

- [AF 1.0 "Sunday Memos"](#)
- [AF 2.0 Video Schedule](#)
- [AF 3.0 Slides Schedule](#)
- [AF 4.0 Text Assignments Schedule](#)
- [Main Due Dates](#)
- [Summer 2024 Calendar](#)

### Other items . . .

<a href="#">Informal Proposal for Project</a>	DUE	<a href="#">Week 4</a>
<a href="#">Midterm Exam Question Submission</a>	DUE	<a href="#">Week 4</a>
<a href="#">Midterm Exam</a>	DUE	<a href="#">Week 4 and Week 5</a>
<a href="#">Formal Abstract and Working Bibliography for Project</a>	DUE	<a href="#">Week 6</a>
<a href="#">Extra Credit paper(s)</a>	DUE	<a href="#">Week 7</a>
<a href="#">Presentation (online)</a>	DUE	<a href="#">Week 7</a>
<a href="#">Final Exam Question Submission</a>	DUE	<a href="#">Week 7</a>
<a href="#">Term Paper</a>	DUE	<a href="#">Week 8</a>
<a href="#">Final Exam</a>	DUE	<a href="#">Week 8</a>
<a href="#">Final Evaluation</a>	DUE	<a href="#">End of Term</a>

AF Index of Major Items

- [AF 1.0 "Sunday Memos"](#)
- [AF 2.0 Video Schedule](#)
- [AF 3.0 Slides Schedule](#)
- [AF 4.0 Text Assignments Schedule](#)



## 6.0 MIDTERM EXAM . . .

[General Midterm Exam Information](#)

## 7.0 PROJECT INFORMATION . . .

[Basic Information](#)

[Main Due Dates](#)

Start thinking a little bit about your Class Project.

Start thinking about something *that you, personally, are interested in*, and we'll work things out from there.

This Project is something with which you should be able to have *fun*.

It's a good time to have at least a quick look at the information for your class project, which you can find at <http://www.d.umn.edu/cla/faculty/troufs/anthfood/afproject.html#title>.

Your class Project is your Term Paper, plus a short “work-in-progress” presentation.



*Demosthenes Practising Oratory* (1870)

[Details of Presentation](#)



*Charles Dickens* (1842)

[Details of Term Paper](#)

Your **Informal Project Statement**, or Project Proposal, is due by the end of Week 3, **Saturday, 22 June 2024**. Basically that's a short *informal* summary personal statement of what you are interested in doing, how you think you might go about it, and what resources you are thinking about using. It can be as simple as the following:

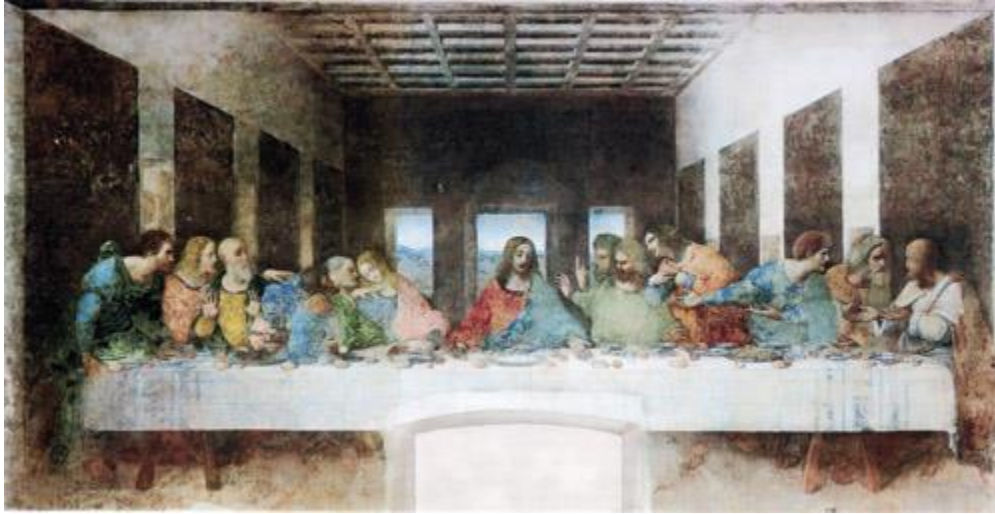
“For my project I’m thinking about X, or Y, and these are the items I’m thinking about using [add short list]. This is why I’m interested in this/these project(s) [add your reason(s)]. . . .

It is an *informal* statement. A more formal statement will come later on (in Week 5, Saturday, 6 July 2024).

## **8.0 DUE: DISCUSSION WEEK 2 . . .**

(optional) [Online Discussions Information, Rubric, and Sample Posts](#)

su2024 [Your Last Supper](#)



**Don't forget to say "Hi" to and check up on your classmates and prof . . . if you haven't already done so.**

**REM: MEET AND GREET FROM WEEK 1  
Your Classmates and Prof**

**If you haven't already done so, meet the others in class. Have a look at the "Introduce Yourself" entries in the "Discussion" section of your  canvas folder.**

**DUE: MEET AND GREET WEEK 1 . . .**

### Introduce Yourself to the Class



What would you like the others in class to know about you?

Be sure to also fill out your Canvas profile.

Photo Credit: [New York Times](#)

su2024 <<https://canvas.umn.edu/courses/426915/modules/items/11849018>>

[click ↑ here]

### Say "Hello" to Others in the Class



What would you like to know about others in the class?

Be sure to also fill out your Canvas profile.

[Andrea Kihlstedt](#) : Photo credit: Copyright: [boarding1now / 123RF Stock Photo](#)

su2024 <<https://canvas.umn.edu/courses/426915/modules/items/11849019>>

[click ↑ here]

# Meet Your Professor

([WebPage](#))  
slides: ([.pptx](#))

If you are curious about me, more than you probably want (or ought) to know is available on the [Meet Your Professor](#) page  
More that you or anyone needs to know is available, with some nice photos, at [http://www.d.umn.edu/~troufs/anthfood/PowerPoint/af-meet\\_your\\_prof.pptx](#).

A while back one of the students seemed to especially like the part where the older folks in my home town of Winsted, MN, talk about the time I burnt the Town Hall by my dad's restaurant down (which I didn't, I only burnt half of the back side off.)

REM: Links on screenshots are not "hot" (active)



## 9.0 (optional) FOR FUN FOOD TRIVIA ...

[Food Trivia HomePage](#)

### Week 2 First Question

This week our **trivia questions for fun**  
**relate to the last meals of last week . . .**

su2024 [What would Willie Nelson's Last Supper be?](#)

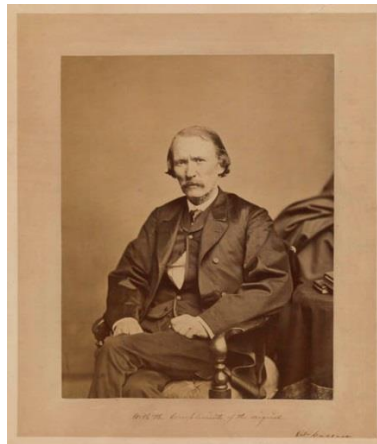


[Answer](#)

Check it out.

### Week 2 Second Question

su2024 [What were the American frontiersman  
Kit Carson's Last Words?](#)



"This is the last picture of Carson, which was taken by photographer James Wallace Black two months before his death. The portrait was made around March 20, 1868 during Carson's visit to Boston with Ouray and Ute chiefs. The print is signed by Carson and is the largest extant photograph of him." -- [Kit Carson, Wikipedia](#)

[Answer](#)

## 10.0 (optional) EXTRA CREDIT . . .

[Basic Extra Credit Information](#)

Extra Credit is available in this class.

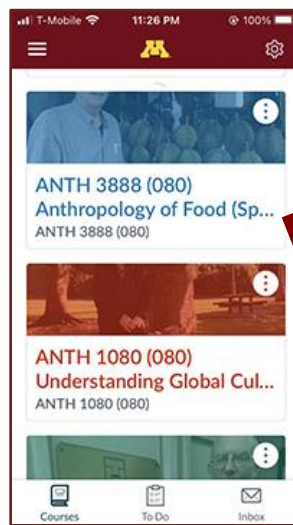
We'll have a closer look at Extra Credit after the Midterm Exam.

## 11.0 OTHER (OPTIONAL) . . .

(optional) Canvas Cell Phone Apps

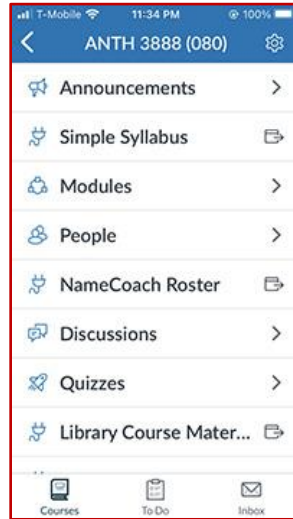
Your *Dashboard* screen on your Canvas phone app (available *via* the [What is the Canvas Student app?](#) link) looks something like this:

**NOTE: External links may not work on all phones**



Your “*Home*” page on your Canvas phone app looks something like this:

**NOTE: External links may not work on all phones**



(optional) **LIVE CHAT: OPEN FORUM / OFFICE HOURS ...**

[Contact Information](#)

Tuesday, 7:00-8:00 p.m. (CDT)

**“ZOOM”**

[click ↑ here]

or

e-mail anytime: <mailto:troufs@d.umn.edu>

[click ↑ here]





Live Chat is optional.

## QUESTIONS? / COMMENTS . . .

If you have any **questions or comments** right now, please do not hesitate to post them on the  **canvas** “Discussions”, or e-mail [troufs@d.umn.edu](mailto:troufs@d.umn.edu),  or ZOOM <https://umn.zoom.us/my/troufs>,  (E-mail is fastest, and most generally best as quite often URLs need be sent.)

Best Wishes,

Tim Roufs

<<http://www.d.umn.edu/~troufs>> 

<<https://umn.zoom.us/my/troufs>> 

<[other contact information](#)> 